



Refrigerator:

Milk
Soy/Non-Dairy Milk
Lemon Juice/Lime Juice
Fresh Garlic
Mayonnaise/Lite Mayonnaise
Orange Juice (7x)
Eggs
Butter
Shredded Cheese (i.e. Mozzarella)
Parmesan Cheese
Feta Cheese
Greek Yogurt (4x)
Freezer: Assorted Frozen Herb Cubes

Basics:Oil/Flour/Sweeteners/Leaveners/Thickeners:

Oil
Olive Oil
Flour/Whole Wheat Flour
Sugar
Brown Sugar
Cornstarch
Baking Soda
Baking Powder
Dry Yeast
Coffee
Honey
Maple Syrup
Silan (2X)

Bread Products & Breadings:

Breadcrumbs/Panko Crumbs
Cornflake Crumbs
Crushed Pretzels (1x)
Croutons

Stocks/Consommés

Chicken Consomme/Stock – Whenever this is called for, the cook has multiple options. You can use water and a consomme powder, you can use leftover chicken soup (if you don't mind if the recipe becomes meat), or you can use stocks that come in a carton.

Beef Consomme

Onion Soup Mix (4x) – This is used in a limited amount of “quick” recipes where we want a lot of flavor along with convenience.

Mushroom Soup Mix (1x) – This is used in one recipe, but can easily be substituted with any other consomme you have.

Vegetable Stock (1x) – This can easily be substituted with a pareve chicken consomme.

Vinegars & Cooking Wines

Wine and Wine Vinegars are not interchangeable. In general, most recipes that call for balsamic or a wine vinegar will be interchangeable, but the flavor will be different. Rice vinegar (categorized under Asian) is a great substitute for white or apple cider vinegar because it has a very neutral flavor. White Vinegar

Balsamic Vinegar

Red Wine Vinegar / White Wine Vinegar

Apple Cider Vinegar (1x)

White Wine (1x)

Worcestershire Sauce – A tiny bit gives Caesar dressing a zing. If you don't use Worcestershire in any other recipes, you can substitute with soy sauce.

Asian Ingredients

Because of the popularity of Asian foods, these four ingredients have become standards. Most Asian-style recipes will call for a combination of these. Other Asian ingredients, such as Hoisin Sauce, Miso, or Mirin, while they offer great flavor, are not as common, so we did not use them in Dinner Done recipes.

Soy Sauce

Teriyaki Sauce

Sesame Oil

Rice Vinegar

Condiments/Sauces

Some of these are standards in every home, and some you might keep on hand only if your repertoire includes recipes which call for these ready-made ingredients.

Ketchup

Mustard (Yellow, Dijon, Spicy Brown, any type you like)

Peanut Butter or Pb2

Tahini/Techina

Duck Sauce (2x)

BBQ Sauce (2x)

Hot Sauce (2x)

Sriracha Sauce (1x)

Sweet Chili Sauce (1x)

Pasta Sauce

Canned (and Dried) Products

Crushed tomatoes can usually be substituted for tomato sauce. Tomato paste can be turned into “sauce” by adding 2 parts water. Whether you stock beans (whether canned or dried) and dried lentils depends on your repertoire.

Tuna is not used in Dinner Done, but it's still a great canned item to have on hand.

Tomato Paste

Crushed Tomatoes/Tomato Sauce

Diced Tomatoes (1x)

Beans: Chickpeas (3x), Cannellini Beans (1x), (Dried) Red Lentils (1x)

(Tuna)

Grains

Barley

Pasta (different shapes)/ Egg Noodles/ Ramen Noodles

Rice/Brown Rice/Sushi Rice

Farro / Quinoa / Israeli Couscous

Nuts/Seeds

In general, nuts are almost always easily swapped for one another in recipes.

Sesame Seeds (used in a variety of dishes)

Slivered or Sliced Almonds

Pistachios (1x)

Glazed Pecans (1x)

Cashews (1x)

Spices

Kosher Salt

Black Pepper (fresh ground from a peppermill and/or coarse ground)

Garlic Powder

Onion Powder

Paprika

Smoked Paprika

Chili Powder

Crushed Red Pepper (1x)

Cayenne Pepper (3x)

White Pepper (1x)

Montreal Steak Seasoning

Cumin

Shawarma Spice

Turmeric

Cinnamon

Allspice (1x)

Coriander (2x)

Dried Parsley

Dried Basil

Dried Oregano (1x)

Dried Dill (1x)

Dried Thyme (1x)

Italian Seasoning – A combination of any of the dried herbs above can be used instead.]

Dried Chives (1x)

Fish Seasoning (1x) – Though this is only used in one recipe, it's a great convenient item to have on hand for when seasoning fish and don't want to turn to "a recipe."

Minced Onion/Onion Flakes (2x)

Everything Bagel Spice Mix



Ingredients Used in One/Two Recipes:

These would only be staples if you make the recipes that call for these ingredients often.

Dr. Pepper (1x)
Apricot Jam (2x)
Liquid Smoke (1x)
Salsa (1x)
Truffle Oil (1x, optional)

Ingredients Used Only in Baked Goods/Sweets:

Chocolate Chips
White Chocolate Chips (1x)
Vanilla Extract
Almond Extract
Oats
Almond Flour
Chocolate Sandwich Cookies (1x)
Vanilla Sandwich Cookies (1x)
Chocolate Bar (2x)
Chopped Pecans (1x)
Shredded Halva (1x)
Lotus Biscoff Spread (2x)
Confectioners' Sugar (2x)
Sweetened Peanuts (1x)
Rainbow Sprinkles (1x)
Cocoa
Corn Chex (1x)
Rice Krispies (1x)
Confectioners' Sugar
Corn Syrup (1x)
Margarine (2x)
Marshmallows (1x)
Graham Crackers (1x)
Vanilla Pudding Powder (1x)
Applesauce (1x)