

# Store Cupboard

I tend to keep a few items in the store cupboard or freezer, that I know I use regularly. This tends to be items that have a long shelf-life.

This lets me cook a lot of the dishes right from the larder, or with just a simple addition of base meat or vegetables.

You don't need to rush out and buy all these items – you can build your store cupboard as you cook new recipes.

## Stock Cubes (Knorr)

- Ham
- Chicken
- Vegetable
- Beef

## Dried Herbs

- Mixed Herbs
- Oregano
- Chilli Flakes (for me!)
- Garlic Flakes
- Thyme
- Bay leaf
- Mint
- Chinese 5 Spice

## Tins & Cartons

- Mushy Peas
- Chopped Tomato
- Passata
- Mixed Beans

## Sauce Mix (dry powder)

- Cottage Pie
- Shepherd's Pie
- Chicken Casserole
- Sausage Casserole
- Chicken & Leek Bake
- Creamy Pepper Sauce
- Parsley Sauce
- Cheese Sauce
- Beef Casserole
- Pork Casserole

*Note: I do have recipes for making all these sauces from scratch, but the packets are so much easier. I use either Schwartz or Colemans. Both work well.*

## In the Freezer

- Diced Onion
- Diced Turnip
- Diced Carrot
- Peas
- Sweetcorn

Processed frozen carrot is rarely any good – it's a bit to rubbery for my liking.

Fortunately, it's easy to work with fresh carrot to slice or dice for use right away, and to portion up the excess for freezing.

I also freeze a lot of home produce from the garden or anything that is left over from my purchases for a cooking day.

These include:

- Carrot
- Green Courgette
- Yellow Courgette
- Spaghetti Squash
- Green Beans
- Onion
- Diced Sweet Peppers

It might be worth investing in a bag tape machine for freezing small portions. This is a great time saver! See the "Techniques" for more details.

## Others

- Rice Pockets (Ben's)
  - Egg Fried
  - Tomato & Basil
  - Golden Vegetable
- Risotto Rice
- *Meat flavoured gravy powder (Bisto)*
- White Thickening Granules (*McDougalls*)
- Cornflour
- Sea salt and grinder
- Black peppercorns and grinder
- Vanilla Extract
- Orange Essence