



The Every Day Kitchen

In Rachael Ray's new magazine, *Every Day with Rachael Ray* writer Nick Fauchald gives readers advice on how to stock the kitchen so you're ready to cook anything, anytime. Use this list at the grocery store to stock up on all the essentials so you too, can be ready to create some culinary delights!

Spice rack

- cayenne pepper
- bay leaves
- ground cinnamon
- sweet paprika
- dried rosemary
- crushed red pepper flakes
- dried thyme
- dried oregano
- kosher salt
- black peppercorns
- fine sea salt

Fridge

- soy sauce
- Tabasco sauce
- ketchup
- Worcestershire sauce
- pure maple syrup
- mayonnaise
- Dijon mustard
- milk
- unsalted butter
- large eggs
- cheese (Parmigiano-Reggiano, cheddar, goat cheese, etc.)
- bacon

Misc.

- garlic
- onions (yellow, red, shallots)

Cupboards

- extra-virgin olive oil
- vegetable (or canola) oil
- chicken broth
- dried pasta
- red wine vinegar
- balsamic vinegar
- Arborio rice
- long-grain rice
- canned tomatoes (whole, crushed, tomato sauce)
- canned beans (black beans, chickpeas, kidney beans, etc.)
- dried lentils
- canned tuna (olive oil-and water-packed)
- bread crumbs
- granulated sugar
- brown sugar (light or dark)
- baking soda
- baking powder
- pure vanilla extract
- cornstarch
- semisweet chocolate chips
- unsweetened cocoa powder
- golden raisins

Freezer

- nuts (almonds, pine nuts, walnuts, etc.)
- frozen vegetables (broccoli, corn, peas, spinach, etc.)
- frozen fruit (blueberries, raspberries, strawberries, etc.)
- all-purpose flour
- bread (wrap in plastic before freezing)