



Recipes created for BBC Radio Oxford 95.2FM

Ingredients List

Cupboard:-

Flour – plain, self raising, gluten free flour, Cornflour

Sugar – granulated, caster, icing, soft brown sugar, demara, muscovado

Salt, pepper (ground and corns)

Bicarbonate of Soda, Baking Powder, Arrowroot

Gelatine, Vege Gel, Agar Agar

Tins of Fruits – cherries, peaches etc

Tins of Beans (Canneloni, Red Kidney, Harricot etc), Tomatoes,

Dried Pulses and Beans – Haricot, Flagelot, Lentils, Pearl Barley etc

Oils – Vegetable, Olive, Rapeseed, Sesame etc

Vinegars – Balsamic, Malt, White/Red wine, Cider vinegar, Rice wine

Alcohol – Brandy, Calvados, Kirsch, Red/White wine, Cider, Beer, Sherry (Dry/Sweet), Port, Marsala, Maderia

Herbs – Thyme, Sage, Rosemary, Tarragon, Parsley, Dill, Basil, Oregano, Chives,

Spices (ground and whole where available) – Chili powder, Tumeric, Garam Masala, Cinnamon, Cloves, Nutmeg, Allspice, Mace, Juniper Berries, Vanilla Pod or Essence, Paprika, Mustard seeds, Peppercorns, Salt (rock etc), Ground Pepper (Black and White)

Fridge:-

Butter, Milk, Cream, Lard, Margarine, spread etc

Cheese – cheddar, blue i.e. stilton, parmesan etc

Tomato Puree, Anchovy paste

Eggs

Freezer:-

Meats – bacon, sausages, chicken - whole/joints, minced beef/lamb, Beef/Lamb cuts

Stocks – chicken, lamb, beef, vegetable

Fish:- prawns, scallops, whole and fillets – of your favourite fish etc.

Fruits – bought packs or freshly frozen

Prepared herbs – parsley etc.

Prepared pastry – yours or bought

Note:

With all of these ingredients you must check Best Before dates and use accordingly. Anything that is frozen must be recorded so that you know when it went into the freezer. Defrost as per instructions on the packet or defrost in the fridge before you need the ingredient.

This is not an exhaustive list – if you have any favourite ingredients to add to the list please let me know - paul@thelatechef.com