



The Home Chef's Shopping List

- Lentils and Beans
 - Red Lentils (*Masoor Dal*)
 - Whole, green lentils or *Hari Mung Dal*
 - Yellow Split Mung or *Dhuli Mung Dal*.
 - Whole Black Urad or *Ma ki Dal*
 - White Whole *Urad Dal*
 - Pigeon Pies or *Toor Dal*
 - Split brown chickpeas or *Chana Dal*
 - Brown chickpeas, or *Kallè Chanè*
 - Red Kidney Beans or *Rajma*, dried or canned
 - Chickpeas, *Kabuli Chana/ Cholé*, dried or canned
- Flour and Rice
 - Basmati Rice (Ofcourse)
 - Wheat Flour
 - Chickpea Flour (*Besan*)
 - Water Chestnut Flour (*Singhada Aata*)
 - Black Chickpea flour (*Sattu*)
 - Ragi Flour
 - Sela Rice for Biryani's
 - Buckwheat Flour (*Kuttu ka Aata*)
- Whole Spices
 - *Dalchini* or Cinnamon (*Dalchini*)
 - Clove (*Laung*)
 - Star Anise (*Chakri Phool*)
 - Green Cardamom (*Choti Illachi*)
 - Black Cardamom (*Badi Illachi*)
 - Coriander Seeds (*Sukha Dhania*)
 - Whole Black Pepper (*Kaali Mirch, Sabut*)
 - Bay leaves (*Tej Patta*)
 - Cumin (*Zeera*)
 - *Panch Phoren* (A spice mix of 5 whole spices including Cumin, Brown Mustard, Fenugreek, Nigella and Fennel.)
 - Pomegranate Seeds powdered (*Anardana*)



- Asafetida (*Hing*) (Pure - if available)
 - Whole *Kashmiri* Chili (*Sabut Kashmiri Mirch*)
- Spice Powders and Blends
 - Coriander Powder (*Dhania*),
 - Cumin Powder (*Zeera*),
 - Dried ginger (*Sunth*),
 - Fennel seeds Powder (*Saunf*),
 - Dried raw mango (*Amchur*).
 - *Chaat Masala*
 - *Garam Masala*
 - *Ver* (A *Kashmiri* *Garam Masala*)
 - Turmeric, fresh or ground (*Haldi*)
 - *Kashmiri* Red Chilli Powder (*Kashmiri Mirch*)
 - Asafetida (*Hing*) powder - a milder version of *hing* more easily available in Indian stores.
- Herbs
 - Fresh Mint
 - Dried Mint
 - Coriander/ Cilantro
 - Kadi patta
 - Dry Fenugreek (*Kasuri Methi*)
- Cooking/ Garnishing Oils
 - Ghee
 - Mustard Oil (*Saron Tel*)
 - Coconut Oil (*Nariyal Tel*)
 - Vegetable oil for deep frying
 - Avocado oil/ Olive oil
- Other fresh ingredients
 - Ginger
 - Garlic
 - Red Onions or Shallots
 - Crushed or fresh tomatoes
 - Plain Yogurt (Homemade preferred)