

# EMERGENCY PANTRY LIST FOR BENGALI AND INDIAN FOOD

## Essential Shelf-stable items

- Dry lentils
- Rice
- Whole wheat flour ( Atta )
- Oil
- Salt
- Sugar
- Beaten Rice ( Chire / Poha )
- Ghee

### Whole and ground spices

- Cumin seeds
- Bay leaves
- Dry red chillies
- Turmeric powder
- Hing

## Items can be store frozen

- Meat
- Fish
- Vegetables ( e.g. Carrots, Peas )
- Leafy greens
- Green chillies
- Cheese
- Ginger
- Garlic
- Fruits
- Butter

## Good to stock

- Nuts & dry fruits
- Plain Flour ( Maida )
- Semolina ( Suji or Rava )
- Vermicelli ( Semai )
- Besan
- Milk powder
- Tea/ coffee
- Papad
- Fryums
- Muri or puffed rice
- Phool Makhana ( Lotus seed )

### Whole and ground spices

- Coriander seed ( Dhania / Dhone )
- Fenugreek seed ( Methi )
- Fennel seed ( Mauri / Saunf )
- Nigella seed ( Kalonji / Kalo Jeera )
- Mustard seed ( Sarson / Sorshe )
- Green cardamoms ( Elaichi / Elach )
- Cloves ( Laung / Labango )
- Cinnamon ( Darchini )