

North Indian Pantry Essentials

Checklist

BASIC INGREDIENTS

White rice 
Basmati rice 
Dalia 
Atta 
Maida 
Besan 
Toor dal 
Channa dal 
Urad dal 
Chole 
Rajma 
Soybean 
Green grams 

WHOLE SPICES

Methi seeds 
Bay leaf 
Jeera 
Corriander seeds 
Sesame seeds 
Mustard seeds 
Black pepper 
Cinnamon 
Cardamom 
Clove 
Nutmeg 
Mace 
Star Anise 
Red Chilli 

SPICE POWDER

Garam Masala 
Turmeric powder 
Red chilli powder 
Kashmiri chilli powder 
Coriander powder 
Jeera powder 
Ground black pepper 
Chat masala 
Kasuri methi 
Ginger powder 
Mango powder 
Hing powder 

DAIRY

Milk 
Yogurt 
butter 
paneer 
Cream 

OTHER

Salt 
Sugar 
Tea/Coffee 
Oil 
Ghee 