

# South Indian Pantry Essentials

## Checklist

### BASIC INGREDIENTS

Boiled rice/  
Sona Masoori  
Dosa rice  
Basmati rice  
wayanadan  
kayma  
Wheat flour  
Rice flour  
Maida  
Besan flour  
Rava  
Vermicelli  
Sago  
Toor dal  
Chana dal  
Round urad  
dal  
Brown chana  
Green gram  
Red cow pea

### WHOLE SPICES

Mustard seeds  
Cumin seeds  
Coriander seeds  
Fennel seeds  
Fenugreek seeds  
Black pepper corns  
Cardamom  
Cinnamon  
Cloves  
Nutmeg  
Star Anise  
Mace  
Red chilli

### SPICE POWDER

Garam Masala  
Turmeric powder  
Red chilli powder  
Kashmiri chilli powder  
Coriander powder  
Cumin powder  
Ground black pepper  
Fennel seed powder  
Sambar powder  
Rasam powder  
Ginger powder  
Hing powder

### DAIRY

Milk  
Curd  
Butter  
Butter Milk

### OTHER

Salt  
Sugar  
Tea/Coffee  
Oil  
Ghee  
Tamarind