

# The Quiet Kitchen: Pantry Basics

*A simple foundation for everyday cooking*

A calm kitchen doesn't begin with recipes. It begins with a few dependable ingredients you reach for again and again — without having to think too hard.

This list reflects a flexible, everyday pantry. Nothing here is rare, specialised, or demanding. These are basics chosen for usefulness, longevity, and ease, the kind that quietly support daily cooking without clutter.

Take what works for you. Leave the rest.

## Everyday Staples

### **Rice**

A reliable base for simple meals. Keep one variety you actually cook with — white, brown, or parboiled.

### **Lentils or Dals**

Choose one or two you use often. They're filling, adaptable, and store well.

### **Pasta or Noodles**

Useful for quick meals when time or energy is limited.

### **Flour (one kind you trust)**

Whether wheat, all-purpose, or another staple you use regularly.

### **Cooking Oil (Preferrably cold-pressed)**

One primary oil you're comfortable cooking with. Familiarity matters more than variety.

## Flavour Builders

### **Salt**

The most basic seasoning — used thoughtfully, it brings balance rather than heaviness.

### **Whole Spices or Ground Basics**

A small selection you actually use (pepper, cumin, mustard seeds, chilli). Fewer, fresher spices are better than a crowded shelf.

### **Dried Chillies or Spice Blends**

Optional, but helpful for depth and warmth when needed.

## Kitchen Essentials

### **Onions**

The quiet base of countless meals.

### **Garlic & Ginger**

Fresh or stored in the way that suits your routine.

### **Tinned Tomatoes or Tomato Purée**

For structure and body in everyday cooking.

### **Stock Cubes or Homemade Stock**

Choose what fits your cooking style — simplicity counts.

## **Comfort & Practical Additions**

### **Tea / Coffee**

Something familiar, grounding, and dependable.

### **Sugar or Sweetener**

Used sparingly, but kept on hand.

### **Snacks with Intent**

Biscuits, nuts, dried fruits, or anything small that prevents rushed eating.

## **A Gentle Note on Adaptability**

These pantry basics are intentionally flexible. They can be adjusted easily for different needs, whether you prefer lighter seasoning, simpler meals, or fewer processed ingredients.

Small choices, not special products, usually make the difference.

## **Keeping the Pantry Calm**

- Store only what you use
- Refill before running out completely
- Let go of duplicates and forgotten packets
- Return items to the same place each time

A calm pantry supports calm cooking.

**Note:** This is not a list to perfect or expand endlessly. It's a foundation — steady, familiar, and quietly supportive. Build from it slowly, in your own way.

*This guide reflects my editorial approach to everyday living — practical, restrained, and adaptable.*