

FROM THE KITCHEN OF:

Herbs/Spices	Qty.	Units
Allspice	2 ozs.	
Annatto - (Achiote)	1 ozs.	
Arrowroot - Ground	12 ozs.	
Basil Leaf	2 ozs.	
Bay Leaf - Ground	4 ozs.	
Bay Leaf - Whole	4 ozs.	
Bouquet Garni	2 ozs.	
Caraway Seed	2 ozs.	
Cardamom Ground	1 ozs.	
Celery Seed - Ground	2 ozs.	
Celery Seed - Whole	4 ozs.	
Ceyanne Pepper - Ground	2 ozs.	
Cinnamon - Ground	4 ozs.	
Cinnamon - Whole	Sticks	
Chili Powder	8 ozs.	
Cilantro Leaves	2 ozs.	
Clove - Ground	2 ozs.	
Clove - Whole	2 ozs.	
Coriander - Ground	2 ozs.	
Cumin - Ground	4 ozs.	
Curry Powder - Indian	2 ozs.	
Curry Powder - Asian	4 ozs.	
Dill Seed	2 ozs.	
Dill Weed	2 ozs.	
Fennel - Ground	2 ozs.	
Fennel - Whole	2 ozs.	
Five-Spice	2 ozs.	
Garlic Powder	4 ozs.	
Ginger - Ground	1 ozs.	
Marjoram	2 ozs.	
Mustard - Colemans	1 can	
Mustard - Hot Ground	2 ozs.	
Mustard Seed - Whole	1 ozs.	
Nutmeg	2 ozs.	
Onion Powder	3 ozs.	
Onion Sliced Dehydrated	.5 lb	
Oregano	8 ozs.	
Paprika	4 ozs.	
Parsley - Ground	2 ozs.	
Parsley Leaves	3 ozs.	
Pepper Black - Ground	6 ozs.	
Pepper Black - Whole	8 ozs	
Pepper Black - Butcher Cut	4 ozs.	
Pepper White - Ground	2 ozs.	

Herbs/Spices	Qty.	Units
Pepper White - Whole	6 ozs.	
Poppy Seed	2 ozs.	
Red Pepper - Crushed	4 ozs.	
Red Pepper - Ground	2 ozs.	
Rosemary - Ground	3 ozs.	
Rosemary - Whole	4 ozs.	
Sage Ground	4 ozs.	
Sage Rubbed	8 ozs.	
Tarragon	2 ozs.	
Thyme - Ground	4 ozs.	
Thyme - Leaf	4 ozs.	
Turmeric	2 ozs.	
Chemicals	Qty.	Units
Baking Powder		
Baking Soda		
Cream of Tartar		
Citric Acid	lb.	
Kosher Salt	lb.	
Sea Salt - English	lb.	
Sea Salt - Coarse English	lb.	
Sea Salt - Mediterranean	lb.	
Wheat Gluten		
Yeast		
Blended Seasonings	Qty.	Units
Adobo		
Bayou Blast (Emeril's)	3 ozs.	
Caribbean Pepper	3 ozs.	
Greek Seasoning	3 ozs.	
Israeli Pepper	3 ozs.	
Old Bay Seasoning		
Pumpkin Pie Spice	3 ozs.	
Tandoori Masala	4 ozs.	
Thai Spice	3 ozs.	
Other		
Vinegars	Qty.	Units
Rice Vinegar	1 qt.	
Red Wine Vinegar	1 qt.	
Natural Red Wine Vinegar	1 gal.	
White Wine Vinegar	1 qt.	
Balsamic Vinegar	1 qt.	
Nat. Apple Cider Vinegar	1 qt.	
Distilled White Vinegar	1 gal.	

Sauces / Oils	Qty.	Units
Soy Dark	1 gal.	
Soy Light	1 gal.	
Tamari - Non-Wheat		
Worcestershire		
Nuoc Mam Fish Sauce	1 qt.	
Sriracha Viet. Hot Sauce	1 qt.	
Sesame Oil		
Flax Seed Oil		
Olive Oil, E.V. (Greek)	1 gal.	
Peanut Oil	1 gal.	
Viet. Chili Garlic Sauce		
Black Soy Sauce (sweet)		
Extracts	Qty.	Units
Vanilla		
Almond		
Peppermint		
Stevia - White Powder	4 oz.	
Other		
Seeds / Grains	Qty.	Units
Sushi Rice (CalRose)	lb.	
Jasmine Rice	lb.	
Brown Rice	lb.	
Basmati Rice	lb.	
Cashews - Whole	lb.	
Flax Seed, Whole	lb.	
Oat Groats	lb.	
Oat Meal (Rolled Oats)	lb.	
Almond, Dry Roasted	lb.	
Sesame, Dry Roasted	lb.	
Sunflower, Dry Roasted	lb.	
Sunflower, Raw	lb.	
Pumpkin, Tamari Roasted	lb.	
Other		
Sprouting Seed	Qty.	Units
Mung Beans	lb.	
Radish		
Clover		
Alfalfa		
Pea	lb.	
Other:	Qty.	Units
Miso Red (Aka)		
Miso Light (Shiro)		
Miso Dark (Akadashi)		
Pho Seasoning - no MSG	8 ozs.	