

Italian Pantry

Kitchen

What to keep in, and the principle behind Italian cooking.

A dozen items cover an enormous range of dishes.

Store cupboard

Tinned San Marzano tomatoes

Dried pasta, several shapes

Arborio rice

Extra virgin olive oil

Anchovies in oil

Capers and olives

Dried porcini

Fridge

Parmigiano Reggiano, a whole piece

Pancetta or guanciale

Fresh basil, flat parsley

Aromatics

Garlic, onion, celery, carrot

Chilli flakes

Oregano, rosemary

Soffritto — onion, celery and carrot cooked slowly in fat — is the base of a large share of Italian cooking.