

SHOPPING LISTS, BY ME FOR YOU

You don't need to buy everything at once on this list, just build your pantry slowly based on what appeals to you. Unless indicated, I recommend purchasing one package/jar/bottle/unit at a time if you're not cooking up an entire village fiesta.

This list is not conclusive by any means. You may have to make several shopping trips

and not have just one place to buy all of your vegan ingredients. Or maybe you have an excellent grocery store that services a Latin community and regularly stocks plantains and masa harina in addition to all of the "regular" nonethnic stuff. I've just organized this list to reflect the Ingredients chapter. Hope this helps!

Latin American Stuff

Dried Chiles

- For moles and sauces, earthy sweet flavors, and mild-to-medium heat, dark reddish-brown: ancho, pasilla, morada
- Hot and bright sharp flavors, red: costeño, piquín, chile de árbol
- South American chiles (*ají*): mild to medium: amarillo, panca, mirasol; hot to very hot: rocoto

Dried Beans

- Black, pinto
- White
- Cargamanto
- Central American/Salvadorean red
- Bola roja
- Canary
- Garbanzo
- Pigeon peas

Spices

- Achiote, a.k.a. annatto seeds
- Aniseeds or star anise
- Bay leaves

- Cinnamon sticks and ground cinnamon
- Cloves
- Cumin, ground
- Epazote, dried
- Mexican oregano, dried
- Oregano, dried

Grains and Flours

- Mexican masa harina
- Masa harina for tamales
- Masarepa, a.k.a. Harina PAN (Colombian/Venezuelan *harina*) for *arepas*
- Long-grain white or brown rice
- Quinoa, white, red, or black
- Amaranth (for polenta or soup)
- Toasted manioc flour for *farofa* (Brazilian specialty item)

Prepared Jarred/Canned Items

- Peruvian *ají* paste (*crema*): amarillo, panca, and rocoto
- Assorted hot sauces, Mexican: Tapatío, Yucatán, Valentina ; Ecuadorean: La Cholla ; and so on

- Costa Rican Salsa Lizano
- Canned black, pinto, kidney, and garbanzo beans
- Canned Latin specialty beans (see dried list) such as bola roja, cargamanto, and pigeon peas
- Achiote paste
- Coconut milk and cream of coconut
- Guava paste (canned or in a plastic container)
- Pickled jalapeños
- Pickled nopales (cactus paddles)
- Olives: green pimiento-stuffed, black kalamata
- Capers or *alcaparrado* (mixed olives, capers, and pimientos)
- Chipotles in adobo sauce

Fresh Produce

- Cilantro
- Other Latin herbs such as culantro, yerba buena, papalo, and epazote
- Yuca (cassava, manioc) root
- Other Latin root veggies: yautía, ñame,
- Green onions
- Garlic
- Onions: yellow, red, Spanish, sweet/Vidalia
- Leeks
- Plantains, green or ripe
- Fresh chiles: Anaheim, jalapeño, serrano, poblano, chilaques, and so on
- Bell peppers, green and red
- Avocado (buy 2 to 3 days prior to using)
- Potato, waxy yellow, red, and purple

- Papaya
- Limes, lemons, oranges
- Tomatillos
- Ripe red tomatoes
- Calabaza (Latin pumpkin)
- Fresh nopales, spines removed (cactus paddles)

Frozen

- Tropical fruit purees: guava, passion fruit (*maracujá*), soursop (*guanábana*), pineapple
- Frozen pigeon peas
- Frozen fava beans
- Vegan empanada dough rounds (read ingredients carefully . . . lard may lurk here!)
- Frozen peeled yuca chunks
- Choclo corn kernels
- Frozen whole *ají amarillo*, rocoto
- Frozen banana leaves

Miscellaneous

- Beer (most Mexican beer is vegan)
- Vegan dry white wine and red wine for cooking
- Dried corn husks
- Panela* brown sugar, any cone or cake shape
- Latin chocolate for drinking (Ibarra, Sol, Luker, etc.)
- Corn or flour (read labels to check for lard) tortillas
- Cotton kitchen twine for tamales (cheaper in Latin markets!)
- Parchment paper for wrapping tamales (ditto)

Vegan Ingredients

- Vegetable broth or bouillon (avoid very “green” cabbagey-tasting brands)
- “Chicken” -flavored vegetable broth, cubes, or concentrated pastes
- Vital wheat gluten flour
- Tofu, Chinese (firm) for savory, Japanese silken (soft) for desserts or *crema*
- Soy sauce; use lighter Chinese-style sauce over strong tamari or shoyu varieties
- Nutritional yeast flakes
- Vegetarian Worcestershire sauce
- Tempeh
- Vegan mayonnaise
- Nonhydrogenated shortening and margarine
- Pine nuts

General Ingredients

Most any supermarket should have these groceries in stock.

- Tomato paste
- Canned diced tomatoes, preferably organic
- Canned crushed tomatoes or plain tomato sauce
- Red wine vinegar, white wine vinegar
- Olive, oil, and vegetable oil for frying and baking
- Almonds, peanuts
- Raisins
- Fresh produce: corn, kale, radishes, green or red cabbage, lettuce, summer squash (zucchini, yellow squash), garlic, Italian parsley, carrot, eggplant, and so on