

A Virtual Cooking Class on Wheels with a Tiny House Traveler Twist!



@rvcookingshow



RVCookingShow

When considering what to stock in your RV kitchen think about your cooking habits, likes, and dislikes. Be space and weight smart – buy and bring what you most likely will use. Think about the spices you cook with, popular condiments, mixes, and canned goods. Plan to bake? Love to grill? Shop accordingly.

Liquids:

- ☐ oils (avocado, extra virgin olive, coconut oil (keep in refrigerator), canola oil (expeller pressed), dark roasted sesame oil (refrigerate, goes rancid quickly)
- ☐ vinegars (apple cider, red, balsamic, rice, etc.)
- ☐ soy sauce
- ☐ fish sauce (for umami...a lil drop'I do ya!)
- ☐ non-stick cooking spray (or a reusable mister)
- ☐ BBQ sauce
- ☐ Tabasco/hot sauce
- ☐ vanilla
- ☐ honey/real maple syrup
- ☐ _____
- ☐ _____
- ☐ _____

Canned/Jarred Goods:

- ☐ whole tomatoes
- ☐ spaghetti sauce
- ☐ salsas
- ☐ beans (of all varieties – even baked)
- ☐ tuna
- ☐ artichoke hearts
- ☐ vegetables (to compliment my frozen assortment)
- ☐ olives – black and green
- ☐ roasted red peppers
- ☐ tapenade/bruschetta
- ☐ peanut/almond butter
- ☐ jelly/jam
- ☐ cream of mushroom soup
- ☐ chicken broth (I like the shelf stable boxes)
- ☐ _____
- ☐ _____
- ☐ _____

Dry Goods:

- ☐ pasta
- ☐ rice
- ☐ quinoa (always rinse before using)
- ☐ whole wheat cous cous
- ☐ polenta (corn grits)
- ☐ corn bread mix (or other breads) in a box
- ☐ cereals
- ☐ oats (rolled or steel cut)
- ☐ nuts (of all varieties)
- ☐ raisins/dried fruit/dates
- ☐ popcorn kernels
- ☐ crackers/chips
- ☐ sports/nature bars
- ☐ corn starch
- ☐ flour (white, wheat, spelt, kamut, etc.)
- ☐ sugar (white, brown, coconut, powdered)
- ☐ _____
- ☐ _____

Spices (shop the bulk bins):

- ☐ salt/pepper grinders
- ☐ red pepper flakes
- ☐ garlic powder
- ☐ rosemary
- ☐ thyme
- ☐ oregano
- ☐ chili powder
- ☐ dill
- ☐ paprika
- ☐ cinnamon
- ☐ Williams No-Salt Chili spice
- ☐ _____
- ☐ _____

Spice Blends:

- ☐ Caribbean Jerk
- ☐ Montreal Chicken/Steak
- ☐ Old Bay Seasoning
- ☐ Greek blend
- ☐ blackening powder