Quarterly Chinese Market Shopping List

Sauces	Spices		
□ Light Soy Sauce□ Dark Soy Sauce□ Shaoxing Rice Wine	Sichuan PeppercornsChinese Five Spice PowderGround White Pepper		
☐ Clear Rice Vinegar	☐ Star Anise Pods		
□ Red Rice Vinegar	☐ Fermented Black Beans Pantry Items		
□ Black Rice Vinegar□ Hoisin Sauce			
☐ Oyster Sauce	Water Chestnuts		
☐ Sesame Oil	Dried Chinese Mushrooms		
☐ Chili Sauce	Dried Chinese Sausages		
☐ Chili Bean Sauce (Toban Djan)	☐ Jasmine Rice		
☐ Ground Bean Sauce	□ Dried Noodles (Rice & Egg)□ Rock Sugar		
How to Stock Your Pantry for Everyday Chinese Cooking	☐ Rock Sugar ☐ Glutinous Rice Flour ☐ Black Sesame Seeds ☐ Evaporated Milk ☐ Candy!		

Chain Grocery Store Weekly Supplements

Proteins	Pantry Items	Refrigerated Items
☐ Fish Fillets ☐ Whole Chicken ☐ Chicken Thighs ☐ Chicken Wings ☐ Beef Flank Steak ☐ Ground Pork ☐ Pork Belly ☐ Shrimp ☐ Soft Tofu ☐ Eggs	☐ Chicken Stock ☐ Peanuts ☐ Cornstarch ☐ Coconut Milk ☐ Peanut Oil ☐ Butter ☐ Flour ☐ Sugar ☐ Salt ☐ Pepper	□ Dumpling Wrappers Chinese
	☐ Fish Fillets ☐ Whole Chicken ☐ Chicken Thighs ☐ Chicken Wings ☐ Beef Flank Steak ☐ Ground Pork ☐ Pork Belly ☐ Shrimp ☐ Soft Tofu	□ Fish Fillets □ Chicken Stock □ Whole Chicken □ Chicken Thighs □ Cornstarch □ Chicken Wings □ Coconut Milk □ Beef Flank Steak □ Peanut Oil □ Ground Pork □ Butter □ Pork Belly □ Flour □ Shrimp □ Sugar □ Soft Tofu □ Salt

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