

56 Ingredients, will make every Condiment or sauce you ever need for your Preps

SPICES n HERBS	From GARDEN	Miscellaneous
basil leaves canola oil chili powder cinnamon clove cumin dill garlic ginger oregano mustard seeds Pepper, red, white, black Salt Thyme Turmeric	Egg bell pepper garlic lemon lime jalapeno pepper onion shallots	Anchovies Capers Corn Starch Cooking Sherry Hickory essence (smoking flavor will do) Kalamata olives Horseradish instant coffee Pine nuts Milk parmesan cheese rice wine sweet rice wine Soy Sauce or Tamari Stock or bouillon Tabasco Thai Fish Sauce Soy Milk
VINEGARS	SUGAR	OILS
apple cider vinegar malt vinegar red wine vinegar rice vinegar white wine vinegar	Honey White, Sugar Brown sugar Maple Syrup Molasses	Olive oil Coconut oil Vegetable Oil of your choice

Soy milk can be easily made from soy beans and milk from powdered milk. Use the Nido brand of whole milk for more flavor (Walmart has Nido)

Vinegars can be made at home

<http://recipes.howstuffworks.com/how-vinegar-works2.htm>

<http://allrecipes.com/recipe/99211/perfect-sushi-rice/>

<http://chinesefood.about.com/cs/sauces/a/ricevinegar.htm>