

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

<b>SPICES n HERBS</b>	<b>From GARDEN</b>	<b>Miscellaneous</b>
Allspice basil leaves celery chili powder cinnamon clove cumin dill garlic ginger Onion powder oregano mace mustard seeds nutmeg paprika parsley Pepper, red, white, black Rosemary Sage Salt Thyme Turmeric	Dill Egg bell pepper garlic lemon lime jalapeno pepper onion shallots Chilis -chipotle, Chimayo, ancho  mycoderma acetic Shaoxing wine	Anchovies Capers Corn Starch Cooking Sherry Hickory essence (smoking flavor will do) Kalamata olives Horseradish instant coffee Milk Nutritional Yeast parmesan cheese Pine nuts rice wine sweet rice wine Soy Sauce or Tamari Soy Milk Stock or bouillon Tabasco Thai Fish Sauce
<b>VINEGARS</b>	<b>SUGAR</b>	<b>OILS</b>
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>

[http://www.ehow.com/how\\_2110567\\_make-rice-vinegar.html](http://www.ehow.com/how_2110567_make-rice-vinegar.html)

Ume Plums & Vinegar (can use saladitos instead)

[https://thejapanstore.us/umeboshi-vinegar/what-is-umeboshi-vinegar/#SEC\\_03](https://thejapanstore.us/umeboshi-vinegar/what-is-umeboshi-vinegar/#SEC_03)