

Recipe Ingredients Checklist

Checklist · 23 items · 5 sections

Nothing is more frustrating than starting a recipe and realizing you're missing an ingredient. This recipe ingredients checklist helps you organize your pantry staples, create a shopping list, and fully prep ingredients before you start cooking.

Open the editable version online:

<https://genechecklist.com/checklist/recipe-ingredients-checklist>

BEFORE YOU START

- Read the entire recipe before starting: note all ingredients and equipment needed

HIGH

Mise en place: 'everything in its place': is the key to stress-free cooking

- Check you have all ingredients before shopping: don't assume

HIGH

- Check ingredient amounts: do you have enough of each?

HIGH

- Note any ingredients that need to be at room temperature before using (butter, eggs)

PANTRY STAPLES TO CHECK

- Salt and pepper

HIGH

- Olive oil and/or neutral cooking oil

HIGH

- Flour (all-purpose, bread, or cake as required)

- Sugar (granulated, brown, powdered)

- Baking powder and baking soda (check they're not expired)

- Stock or broth (chicken, beef, or vegetable)

- Canned tomatoes or tomato paste

- Spices called for in recipe: check freshness (replace if over 1–2 years old)

HIGH

- Soy sauce, vinegar, or other condiments

FRESH INGREDIENTS

- Fresh produce: buy as close to cooking day as possible
HIGH
- Proteins: meat, fish, poultry, or tofu: check freshness and thaw if frozen
HIGH
- Dairy: butter, milk, cream, eggs, cheese (check expiry)
HIGH
- Fresh herbs if required: buy day of cooking

PREP TASKS

- Wash and dry all vegetables before cutting
HIGH
- Chop, dice, or mince all vegetables before cooking starts
HIGH
- Measure out all dry ingredients into separate bowls
- Preheat oven if baking: allow at least 15–20 minutes
HIGH

EQUIPMENT CHECK

- Gather all equipment: pots, pans, mixing bowls, baking sheets, utensils
HIGH
- Check you have the right baking dish size specified in the recipe