

Indian grocery shopping list

Grains

- Basmati Rice
- Rava (Cream of Wheat, Sooji)
- Whole-Wheat Durum Flour or Atta Flour (for chapatis, pooris and other Indian flatbreads)
- Brown Basmati Rice
- Cracked Wheat
- Flattened Rice (Poha)
- Puffed Rice (Kurmura)
- Millet Flour
- Besan or Chickpea Flour

Legumes

- Toor Dal (pigeon peas)
- Masoor Dal (pink lentils)
- Rajma (red kidney beans)
- Chickpeas or chole or garbanzo beans (chana)
- Peanuts
- Chana Dal
- Urad Dal
- Moong Dal
- Moth or matki beans (tiny little brown beans)
- Whole Mung Beans
- Black-eyed Peas or Chavli beans
- Whole Masoor
- Vaal Dal (field beans)

Spices

- Black Mustard Seeds (rai)
- Cumin Seeds (jeera)
- Coriander Seeds
- Green cardamom pods (hari elaichi)
- Cloves (laung)
- Cinnamon bark (dalchini)
- Nutmeg (jaiphal)
- Mace (javitri)
- Whole Black
- Peppercorns
- Bay Leaves (tej patta)
- Whole Dry Red Chilies
- Green cardamom pods (hari elaichi)
- Cloves (laung)
- Cinnamon bark (dalchini)
- Nutmeg (jaiphal)
- Mace (javitri)
- Whole black peppercorns
- Bay leaves (tej patta)
- Whole dried red chillies
- Asafoetida (hing)
- Black cardamom pods (kali elaichi)
- Asafetida (hing)
- Fennel Seeds (saunf)
- Carom Seeds (ajwain)
- Onion Seeds (kalonji)
- White Poppy Seeds (khus khus)
- Fenugreek Seeds (methi)
- White Sesame Seeds (til)
- Saffron (kesar)

Powdered spices

- Kashmiri red chili powder
- Turmeric
- Ground coriander
- Ground cumin
- Garam masala
- Curry powder
- Biryani masala
- Pav bhaji masala
- Chana masala powder
- Amchur (mango powder)

Oils

- Avocado oil or another unflavored oil like canola oil or peanut oil for every day use.
- Coconut oil for south Indian dishes.
- Sesame oil
- Mustard oil

Fresh & frozen items

- Curry Leaves
- Coriander Leaves
- Mint Leaves
- Shredded Coconut
- Green Chillies

Miscellaneous

- Jaggery (an unrefined Indian sugar that's perfect for Indian sweets)
- Tamarind, pulp or pods
- Coconut milk
- Kasoori methi (dry methi leaves)
- Poppadums or papads
- Golden raisins
- Cashews
- Pistachios
- Alphonso mango pulp. This is sold in cans.