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Asian Grocery List

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ASIAN



GROCERY

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READY, SET, COOK: KOREAN STYLE

Introduction

This list was inspired by the most commonly purchased items by my own research (including feedback from friends & family). May this list help you the next time you're at the Asian supermarket.

Pro-Tips Recap:

1. **Pen and paper.** Bring a pen and paper in case you need something translated or help finding a specific item.
2. **Take a sweater.** I have always found Asian groceries much cooler than any other local grocery store.
3. **Be Kind.** Sometimes, going into an Asian grocery store is like stepping into a different country. Be patient and be kind, no one is robbing the bank.
4. **Ask when it came.** Know when items came in to have a better educated understanding on the quality of food you are purchasing. Specifically, I always ask my asian grocer when I'm purchasing meats and seafood.

Fresh Produce

- ☐ Daikon (Japanese radish)
- ☐ Green onions
- ☐ Bean sprouts
- ☐ Lotus root
- ☐ Oyster mushrooms
- ☐ Enoki mushrooms
- ☐ Bok choy
- ☐ Chinese broccoli

- ☐ Peeled garlic
- ☐ Crushed (minced) garlic
- ☐ Napa cabbage
- ☐ Leeks
- ☐ Perilla leaves
- ☐ Crown daisies
- ☐ Chinese spinach
- ☐ Kuri (Japanese cucumbers)
- ☐ Kabocha squash (Japanese pumpkin)
- ☐ Radish sprouts
- ☐ Korean peppers
- ☐ Tofu (silken, soft, firm, and extra firm)
- ☐ Korean sweet potato
- ☐ Ginger
- ☐ Asian pear
- ☐ Konnyaku (cooked yam)
- ☐ _____
- ☐ _____
- ☐ _____

Banchan (Korean side dishes)

- ☐ Kimchi - various kinds (ie: nappa, radish, cucumber, green onion, chives, etc...)
- ☐ Korean pickled radish
- ☐ Brined quail eggs
- ☐ Seasoned octopus
- ☐ Seasoned dried squid
- ☐ Marinated fresh crab (soy and spicy)
- ☐ Korean odeng
- ☐ Seaweed salad
- ☐ Pickled perilla leaves
- ☐ Sauteed anchovies
- ☐ Picked garlic
- ☐ Pickled jalapeno and radish
- ☐ _____
- ☐ _____
- ☐ _____

Seafood

- ☐ Raw fish (sashimi grade)
- ☐ Abalone
- ☐ Tiger shrimp (or jumbo shrimp)
- ☐ Crab
- ☐ Muscles
- ☐ Clams
- ☐ Octopus
- ☐ Squid
- ☐ Fish balls (oden)
- ☐ _____
- ☐ _____
- ☐ _____

Meats

- ☐ Short ribs
- ☐ Oxtail
- ☐ Pork belly
- ☐ Pork - stew cuts
- ☐ Beef - stew cuts
- ☐ Sliced brisket
- ☐ Thinly sliced meats (for [shabu shabu](#))
- ☐ _____
- ☐ _____
- ☐ _____

Noodles

- ☐ Somen (thin flour noodles)
- ☐ Ramyun (instant noodles)
- ☐ Vermicelle (sweet potato starch noodles)
- ☐ Rice noodles
- ☐ Jjolmyeon (very chewy noodles)
- ☐ Cheek-Naengmyeon (buckwheat noodles)
- ☐ _____
- ☐ _____
- ☐ _____

List Of Asian Spices And Sauces

- ☐ Gochugaru (ground Korean red chili pepper)
- ☐ Gochujang (Korean red chili pepper paste)
- ☐ Doenjang (Fermented soybean paste)
- ☐ Mirin (rice wine)
- ☐ Rice vinegar
- ☐ Chili oil
- ☐ Sesame oil
- ☐ Oligodang (oligosaccharide -- it's a type of sweet syrup)
- ☐ Dark soy sauce (for banchan)
- ☐ Light soy sauce (for soups)
- ☐ Dried dashi (used to make soup stocks)
- ☐ Shichimi (seven ingredient chili spice)
- ☐ Ichimi (one ingredient chili spice)
- ☐ Sriracha (Spicy red chili sauce)
- ☐ Sambal (garlic chili sauce)
- ☐ Fish sauce
- ☐ Oyster sauce
- ☐ Toasted sesame seeds
- ☐ Furikake (Japanese dried seasoning - typically used as a rice topping)
- ☐ Cooking sake
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ Japanese seaweed crackers
- ☐ Honey butter chips
- ☐ _____
- ☐ _____
- ☐ _____

Ice cream

- ☐ Boba ice cream
- ☐ BBBic (red bean popsicle)
- ☐ Melona (melon popsicle)
- ☐ Tank boy (pear popsicle)
- ☐ 더위사냥 (Korean coffee popsicle)
- ☐ Samanco (taiyaki inspired red bean ice cream)
- ☐ _____
- ☐ _____
- ☐ _____

Beverages

- ☐ Green tea
- ☐ Citron tea
- ☐ Yulmucha (mixed nut tea)
- ☐ Yakult (yogurt drink)
- ☐ Calpice (or Calpico) - yogurt flavored drink
- ☐ Soju
- ☐ Flavored soju
- ☐ Sake
- ☐ Maxim coffee mix
- ☐ Genmaicha (toasted rice green tea)
- ☐ _____
- ☐ _____
- ☐ _____

Snacks To Buy At Asian Market

- ☐ Pepperoni
- ☐ Shrimp chips
- ☐ Banana chips
- ☐ Rice crackers
- ☐ Korean cookies
- ☐ Hi-chew (fruit jellies)
- ☐ Korean corn chips

Other

- ☐ Japanese curry (roux)
- ☐ Mapo mix
- ☐ Roasted unseasoned seaweed
- ☐ Roasted seasoned seaweed
- ☐ _____
- ☐ _____
- ☐ _____