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Asian Grocery List

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GROCERY

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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:

Pen and paper. Bring a pen and paper in case you need something translated or help finding a specific item.

Take a sweater. I have always found Asian groceries much cooler than any other local grocery store.

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.

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.

READY, SET, COOK: KOREAN STYLE

Fresh Produce

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

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) Kimchi - various kinds (ie: nappa, radish, cucumber, green onion, chives, etc) Korean odeng Seasoned dried squid Marinated fresh crab (soy and spicy) Korean odeng Seaweed salad Pickled perilla leaves Sauteed anchovies Pickled garlic Pickled jalapeno and radish Crab Abalone Tiger shrimp (or jumbo shrimp) Torab Nuscles Clams Octopus Squid Fish balls (oden) Fish balls		Peeled garlic	Seaf	Seafood	
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List Of Asian Spices And		<u> </u>	Japanese seaweed crackers Honey butter chips
Sauc	ces		Tioney butter emps
	Gochugaru (ground Korean red chili		
	pepper)	٥	
	Gochujang (Korean red chili pepper	_	
	paste)		
	Doenjang (Fermented soybean	Ice c	ream
	paste)		Boba ice cream
	Mirin (rice wine)		BBBic (red bean popsicle)
	Rice vinegar		Melona (melon popsicle)
	Chili oil		Tank boy (pear popsicle)
_	Sesame oil		더위사냥 (Korean coffee popsicle)
_	Oligodang (oligosaccharide it's a		Samanco (taiyaki inspired red bean
_	type of sweet syrup)	160	ice cream)
	Dark soy sauce (for banchan)		
	Light soy sauce (for soups)		
_	Dried dashi (used to make soup		//
_	stocks)	. 1	2/
	Shichimi (seven ingredient chili	Reve	erages
_	spice)	11 10	Green tea
	Ichimi (one ingredient chili spice)		Citron tea
	Sriracha (Spicy red chili sauce)	and the second	Yulmucha (mixed nut tea)
	Sambal (garlic chili sauce)	152	Yakult (yogurt drink)
	Fish sauce		Calpice (or Calpico) - yogurt flavored
	Oyster sauce	/\ _	drink
	Toasted sesame seeds		Soju
	Furikake (Japanese dried seasoning		Flavored soju
	- typically used as a rice topping)		Sake
	Cooking sake		Maxim coffee mix
			Genmaicha (toasted rice green tea)
	READY, SET, COOK:	KORE	AN STYLE
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Snac	eks To Buy At Asian		
Mar	ket	Othe	er
	Peppero		Japanese curry (roux)
_	Shrimp chips		Mapo mix
_	Banana chips		Roasted unseasoned seaweed
	Rice crackers		Roasted seasoned seaweed
_	Korean cookies		
	Hi-chew (fruit jellies)	_	
	Korean corn chips	_	