

7 ESSENTIAL CUISINE FISH/LAMB STOCK**£3.95 homechef.essentialcuisine.com**

As nice as it is to make stock from scratch, few of us have the time or energy to have a ready supply of it. Thankfully these pots from Essential Cuisine make fantastically flavourful stock that tastes just like homemade.

8 SAINSBURY'S PEARL BARLEY**55p from stores nationwide**

Produced in the UK, pearl barley is a delicious (and not to mention wholesome) alternative to rice in a risotto. It's our grain of choice and is perfect for bulking up soups, stews and salads.

9 CORNISH SEA SALT FLAKES**£2.10 cornishseasalt.co.uk**

Salt is probably the most crucial ingredient in all of cooking and has been used as a flavour enhancer for time immemorial. We much prefer Cornish Sea Salt flakes to mass-made table salt – and a little goes a long way, so this pinch pot should last well.

10 BORDERFIELDS COLD PRESSED RAPESEED OIL**£3.99 from all major supermarkets**

Olive still seems to be the go-to oil in many recipes but we'd pick rapeseed every time. The British provenance of Borderfields is a big plus, but the flavour is also great, and the high smoke point means it can be used for frying at high temperatures as well as drizzling, roasting and baking.

11 UNCLE ROY'S GRAINY MOFFAT MUSTARD**£2.95 uncleroys.co.uk**

Every larder needs a good mustard and while there is a big difference between English, wholegrain and Dijon, we think

Uncle Roy's sweet and spicy Grainsy Moffat Mustard covers all the bases. Perfect on sandwiches or stirred into mash.

12 TIPTREE ENGLISH BORAGE HONEY**£4.99 redmoped.co.uk**

Again, there are so many varieties, honey lovers will want a few to choose from, but Tiptree's gorgeously smooth clear honey has just the right balance of sweetness and fragrance, making it a great all-rounder.

13 STOKES REAL MAYONNAISE**£3.15 stokesSauces.co.uk**

Although technically a fridge staple, we always have a jar of mayonnaise at the ready for sandwiches, slaws and general dipping. Stokes' version uses more eggs and oil than other brands for extra creaminess.

14 BAXTERS BEEF CONSOMMÉ**£1.69 from supermarkets nationwide**

A can of good quality soup is great to have on hand (or at desk) for those lazy days when cooking just seems like too much of a faff. Baxters has a great selection of luxurious soups, including this perfectly clear consommé.

15 HENDERSON'S RELISH**£2.49 buy-hendos.co.uk**

This unique Sheffield-produced sauce is similar in taste and appearance to Worcestershire sauce, but as it contains no anchovies it's suitable for vegetarians. Sweet and spicy, it's delicious on chips in place of vinegar, or stirred into bolognese.

16 JULES & SHARPIE HOT RED SAUCISH**£2.75 redmoped.co.uk**

A cross between a sauce and a relish, Jules & Sharpie's versatile Hot Red Saucish covers both bases and has just the right balance of heat and flavour – perfect for the hot heads out there.

17 MACKAYS DUNDEE ORANGE MARMALADE**£1.25 shop.mackays.com**

A simple orange marmalade is a breakfast essential, and even if it isn't your idea of a good toast topper, it also makes a fantastic glaze for gammon and sausages.

18 TESCO NATURAL BREADCRUMBS**80p from stores nationwide**

Making your own breadcrumbs couldn't be easier, but it's always good to have a back up. These golden crumbs add a lovely crunch to fish cakes, gratins and bakes. For extra flavour, add grated cheese, herbs or smoky paprika.

19 ORIGINAL BEANS BENI WILD HARVEST DARK CHOCOLATE**£4.25 kingsfinefood.co.uk**

Chocolate is such an essential baking ingredient it makes sense to have a good quality bar in the cupboard – especially if you're prone to impromptu cravings! Try grating into chilli for extra richness.

20 WAITROSE COOKS' INGREDIENTS WILD MUSHROOMS**£2.99 from stores nationwide**

Dried mushrooms are great for injecting a hit of umami into dishes. Simply steep in hot water for 20 minutes and add to soups, sauces and risottos. The mushroom-infused water left behind is very intensely flavoured and can also be used.

