



Thrive Kitchen at Home - Online Cooking Classes

List of Specialty Ingredients

Linda Shiue, MD, Chef, Director of Culinary Medicine

As much as possible, I've tried to minimize ingredients which will send you all over town to a bunch of different stores or have included substitutions for specialty ingredients. That said, over the years many of you have asked me for where I like to shop, so I am happy to provide this as a resource for you.

(Disclaimer: I do not have any affiliations with and do not receive any commission from any of these stores. Exceptions are Diaspora Co and Oaktown Spice Shop, who partnered to publicize my cookbook, without compensation.)

Supermarkets

Most ingredients can be found at large supermarket chains such as

- Safeway (my preferred locations: Diamond Heights and Westlake, Daly City)
- Trader Joes
- Whole Foods
- Rainbow Grocery (1745 Folsom Street @ 13th Street, San Francisco) is a great local resource which will have many of the more specialized ingredients.

Spices

- Want to try out a small amount? Local spice company Spicely sells 1 oz or less in those little green boxes you'll find in supermarkets.
- Trader Joes has an interesting and ever-changing spice selection, so it's worth checking out.
- Ethnic groceries (see below) also are a good source of spices used in their cuisines.
- World Market has a very good selection of international spices, condiments, and prepared foods.

We are also lucky to have **local specialty spice shops**, selling online and at select retail locations:

- Viks Chaat (2390 Fourth St, Berkeley) For a wide selection of Indian spices and others, as well as a delicious adjacent chaat (snack) restaurant, I love Viks Chaat.
- Oaktown Spice Shop (3 locations, with the closest in Oakland: 546 Grand Ave. Oakland)
- Diaspora Co (sold at Rainbow Grocery, 1745 Folsom St, San Francisco; Bernal Cutlery, [766 Valencia Street, San Francisco](#) and both Bi-Rite locations (3639 18th St and 550 Divisadero St, San Francisco, and elsewhere)

Other **spice brands** I like which you can purchase online or in various retail stores:

- Burlap and Barrel
- Penzeys (online and sort of local in Menlo Park, 771 Santa Cruz Ave; and Santa Rosa, 736 Farmers Lane)

Ethnic Markets

Asian (general)

- 99 Ranch (250 Skyline Plaza, Daly City, and many other locations)
- New May Wah (707 Clement St)
- Manila Oriental Market (4175 Mission St)
- Sunset Supermarket (2425 Irving St)
- San Bruno Supermarket (2480 San Bruno Ave)
- And any little produce shop in Chinatown!

Japanese

- Nijiya Market, Japantown

Korean

- Kukje Supermarket (2350 Junipero Serra Blvd, Daly City)

Indian

- Viks (2390 Fourth St, Berkeley)
- Jai Ho Indian Grocery (1462 Fillmore St, San Francisco)

Mexican/Latin American

Any little grocery in the Mission! Walk down 24th St between Mission and Potrero

Examples:

- Casa Guadalupe
- Casa Sanchez
- Casa Lucas
- La Loma
- La Palma Mexicatessan (for fresh tortillas and masa)

Middle Eastern

- Parkside Farmers Market (555 Taraval Street)