

COOK'S ILLUSTRATED

2005

Buying Guide for Supermarket Ingredients

190 Top-Rated
Brands from 75
Blind Taste Tests



Anchovies

- Ortiz Oil-Packed Spanish Anchovies
- Flott Salt-Packed Anchovies

Bacon

- Farmland Hickory Smoked Bacon
- Boar's Head Brand Naturally Smoked Sliced Bacon
- Hormel Black Label Original

Barbecue sauce

- Bull's-Eye Original BBQ
- Stubb's Original Bar-B-Q
- Lea & Perrins Barbecue

Beans, canned

Red kidney

- Green Giant Dark Red Kidney Beans
- Goya Dark Red Kidney Beans

White

- Green Giant Great Northern Beans
- Goya White Kidney Beans

Blueberries, frozen

- Wyman's Frozen Wild
- Whole Foods Frozen Organic Wild
- Cascadian Farms 100% Organic Frozen

Bread crumbs

- Wel-Pac Panko
- Progresso Plain

Broth, beef

- Superior Touch "Better Than Bouillon" Beef Base

Broth, chicken

- Swanson Chicken Broth
- Campbell's Chicken Broth
- Swanson Natural Goodness Chicken Broth

Broth, vegetable

- Swanson Vegetable Broth
- Better Than Bouillon Vegetable Base

Butter, unsalted

- Plugrá
- Celles Sur Belle

Best Buy: Land o' Lakes

Capers

- Brined
- Salt-packed

Cheese, blue

(for dressing)

- Stella
- Danish

Cheese, cheddar

- Cabot Sharp Vermont
- Tillamook Sharp
- Cracker Barrel Sharp White
- Spice Island
- The El Paso Chile Company's Chili Spices and Fixin's
- Penderey's Top Hat Chile Blend

Cheese, cream

- Philadelphia Brand
- Organic Valley

Cheese, feta

- Vacuum-packed with brine

Cheese, goat

- Imported: Le Biquet
- Domestic: Vermont Chevre

Cheese, mozzarella

Block

- Dragone Whole Milk
- Polly-O Part Skim

Shredded

- Kraft Shredded Part-Skim Whole Milk
- Polly-O Shredded Whole Milk

Cheese, Parmesan

- Parmigiano-Reggiano
- Di Giorno

Chicken, breasts,

boneless skinless

- Empire Kosher
- Bell and Evans Naturally Raised
- Springer Mountain Farms

Chicken, whole

- Empire Kosher
- Bell and Evans Naturally Raised
- Tyson

Chili powder

- Spice Island
- The El Paso Chile Company's Chili Spices and Fixin's
- Penderey's Top Hat Chile Blend

Chocolate, dark

Favorite:

- Ghirardelli Bittersweet

Sweeter dark:

- Callebaut Dark

Bittersweet:

- Hershey's Special Dark

Bitter dark:

- Lindt Excellence Dark
- Scharffen Berger Bittersweet Pure Dark

Chocolate, milk

- Perugina
- Lindt Excellence Extra Creamy

Best Buy: Nestle Superior Quality

Chocolate, semisweet chips

- Tropical Source
- Guittard Semi-Sweet Chocolate Super Cookie Chips
- Ghirardelli

Chocolate, unsweetened

- Scharffen Berger
- Callebaut
- Ghirardelli

Chocolate, white

- Callebaut White Superior
- Lindt Swiss White

Cinnamon

- Penzeys China Cassia
- Penzeys Extra Fancy Vietnamese Cassia
- McCormick/Schilling Ground Cinnamon

Coffee, French roast

Darkest: Starbucks, 365 Every Day Value

Lightest: Eight O'Clock Bean

Folgers Coffee,

Supermarket #1: Chock Full o' Nuts

Cornmeal

- Arrowhead Mills
- Hodgson Mill

Curry powder

- Tone's
- Durkee
- Penzeys Sweet

Extra-virgin olive oil, supermarket

- DaVinci
- Colavita
- Filippo Berio

Greens, bagged

- Pure Pacific Certified Organic Spring Mix
- Ready Pac Organic Mesclun Blend

Ham, spiral cut

- Cook's Spiral Sliced Hickory Smoked Honey Ham
- Hillshire Farm Spiral Sliced Brown Sugar Cured Ham

Hot dogs

- Deli-Style All Beef Hot Dogs
- Ball Park Bun-Size Beef Franks
- Nathan's Famous Beef Franks

Ice cream, chocolate

- Häagen-Dazs
- Double Rainbow

Ice cream, vanilla

- Edy's Dreamery
- Double Rainbow

Ketchup

- Heinz
- Del Monte
- Hunt's

Maple syrup

- Highland Sugarworks Grade B
- Spring Tree Grade A Dark Amber

Mayonnaise

- Hellmann's Real (Best Foods west of the Rockies)
- Kraft Real
- Trader Joe's Real

Molasses

- Grandma's Mild or Robust
- Brer Rabbit Mild or Full Flavor

Mustard, Dijon

- Roland Extra Strong
- Grey Poupon

Paprika

- Penzeys Hungarian Sweet
- Penderey's Spanish Sweet
- McCormick/Schilling

Pasta, egg noodles

- Light 'N Fluffy Wide
- Black Forest Girl Extra Broad
- Streit's

Pasta, farfalle

- Mueller's Bow Ties
- De Cecco Farfalle
- Barilla Farfalle

Pasta, lasagna noodles, no-boil

- Ronzoni
- DeFino
- Barilla

Pasta, spaghetti

- Ronzoni
- De Cecco
- Mueller's

Peanut butter

- Skippy Creamy
- Jif Creamy
- Teddy Smooth Old Fashioned

Peppercorns, black

- McCormick/Schilling Whole Black Pepper
- Kalustyan Vietnam Black
- Penzeys Malabar Black Pepper

Popcorn, microwave

- Newman's Own Butter
- Guiltless Gourmet Butter
- Act II Butter

Raspberries, frozen

- 365 Frozen Raspberries
- Cascadian Farm 100% Organic Frozen Red Raspberries
- Big Valley Frozen Raspberries

Relish, sweet pickle

- Cascadian Farm
- Heinz

Rice, long-grain white

- Canilla Extra Long Grain Enriched
- Carolina Extra Long-Grain Enriched
- Sem-Chi Organically Grown Florida Long Grain Rice

Salt

- Maldon Sea Salt
- Fleur de Sel de Camargue
- Morton Coarse Kosher

Soy sauce

- Eden Selected Shoyu
- San-J Reduced Sodium
- Tamari Natural

Tea, supermarket

- Lipton
- Salada
- Tetley

Tomatoes, canned crushed

- Progresso
- Muir Glen Organic

Tomatoes, canned diced

- Muir Glen Organic
- S&W "Ready-Cut"
- Redpack (Redgold on the West Coast)

Tomatoes, canned paste

- Amore
- Redpack

Tomatoes, canned puree

- Hunt's
- Progresso
- Cento

Tomatoes, canned whole

- Redpack Italian Style
- Progresso Italian-Style

Tomatoes, juice

- Welch's
- Fresh Samantha

Tomatoes, sun-dried

- Trader Joe's Julienne Blend

Tortilla chips

- Doritos Toasted Corn
- Miguel's Stowe Away White Corn
- Newman's Own Organics Yellow Corn

Tuna, pouch*

- StarKist
 - Bumble Bee
 - Chicken of the Sea
- *Pouch tuna preferred over canned.*

Tuna, fresh

- Yellowfin
- Bigeye

Tuna, in olive oil

- Ortiz Bonito del Norte (jarred, tinned, or "Ventresca")

Turkey, deli

- Sara Lee's Oven Roasted Turkey Breast

Turkey, whole

- All-natural fresh (local brands vary)
- Butterball Fresh
- Butterball Frozen

Vanilla

- Shaw's Pure Vanilla Extract (local supermarket brand)
- CVS Premium Imitation
- McCormick Imitation Vanilla

Vermouth, dry

- Gallo Extra Dry
- Noilly Prat Original French Dry

Vinegar, balsamic

- 365 Every Day Value
- Masserie Di Sant' Eramo
- Fiorucci Riserva

Vinegar, red wine

- Spectrum Naturals Organic
- Pompeian

Water, bottled

- Volvic Natural Spring Water
- Fiji Natural Artesian Water
- Dannon Natural Spring Water

Yeast

- SAF (Instant or Perfect Rise)
- Red Star (Instant Active or Quick Rise)

Yogurt

- Dannon Premium Plain Lowfat
- Alta Dena Plain Nonfat



Complete results for these taste tests and others are available to Web site members at www.cooksillustrated.com.

www.cooksillustrated.com
www.americastestkitchen.com