

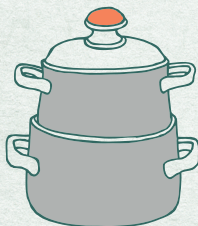
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# BASIC EQUIPMENT



The right kitchen equipment can make preparing and cooking fresh food easier and more enjoyable. The following list has been compiled as a checklist to help you ensure that you have everything you need.

- **Casserole dish** (2-handled).
- **Saucepans** (variety of sizes).
- **Wok** – stir frying.
- **Colander** – washing and draining.



- **Pestle and mortar** – useful for herbs and spices including garlic crushing and making dressings.



- **Can opener** – canned products should be in water with no added salt or sugar.
- **Potato/vegetable peeler** – best to keep skins on and wash.

- **Cutting knives – Paring knife<sup>1</sup>** is a small knife primarily used for peeling and coring, and cutting small foods eg. garlic, herbs, onions; **Utility Knife<sup>2</sup>** has similar functions to a paring knife but is used for larger items eg. cucumbers, large apples; **Cook's knife<sup>3</sup>** is an all-purpose kitchen knife





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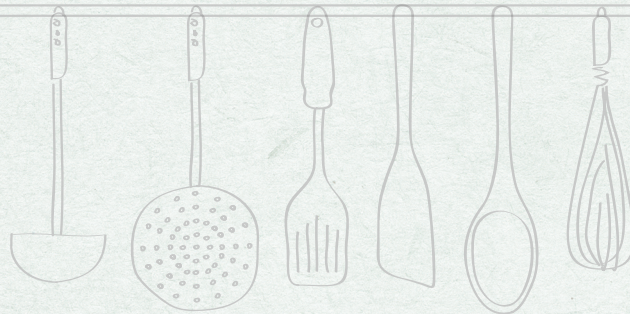


used for chopping, dicing, slicing – (small handed cooks should choose shorter blades to ease handling) or alternatively a **Santoku knife**<sup>4</sup> can perform the same functions as a Cook's knife but allows greater control.

- **Wooden spoon** – avoids damage to cooking pots and pans when stirring.
- **Oven-proof dish** – useful for bakes and finishing dishes in oven.



- **Mixing bowl** – can double as a salad bowl.
- **Measuring jug** – adding water to recipes, making stock for soups.
- **Chopping boards** (vegetables, raw meats/fish) – use separate chopping boards for raw and cooked foods to prevent the risk of cross-contamination.



- **Hand blender** – useful for making smooth soups, and disguising vegetable content.
- **Scales** – initial weighing will provide a good idea of what fresh weights look like.

