



## Kitchen Absolutes & Nice-to-Haves

Listed below are the essential tools for the kitchen – additional tools will make your kitchen life easier, but are not required! Before stocking up, think about how often you cook, how you cook, how serious you are – or will be, and very important – how much space you have!

Items in **bold** are essential; in regular text very nice, though essential for the serious enthusiast; in *italics*, nice-to-have.

### Knives

- Stamped knives are very reasonable, but are not the best, serious knife. Forged knives are heavier, and will last forever if taken care of properly.
  - NEVER buy a stainless steel knife – these cannot be sharpened! Look for “high carbon stainless” or “stainless high carbon”.
  - European and American made knives tend to be heavier, they hold an edge better, but are not as sharp and “clean”.
  - Asian knives are sharp, light and produce clean cuts, but do not hold an edge as long.
  - Ceramic knives may be sexy, sharp and stain free, but they are brittle and very difficult to sharpen.
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|----------------------------|----------------------------------|
| ▪ <b>Chef Knife – 8”</b>   | ▪ Knife Sharpener                |
| ▪ <b>Paring Knife</b>      | ▪ <b>Honing Steel</b>            |
| ▪ Bread Knife              | ▪ <i>Santoku – Slicing Knife</i> |
| ▪ Boning Knife – semi-flex | ▪ <i>Cleaver</i>                 |

### Cutting Board

- Wood/Bamboo – At least 12” x 18”
- Poly Board – At least one dedicated to raw protein
- NO glass boards! Will destroy your knives and increase injuries!



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### Cookware

The best overall type of cookware is stainless with aluminum/copper ply, or sandwich. Look for heft – light cookware causes uneven heating, thus burned foods. Except for eggs and tofu, stay away from non-stick.

- **Saute Pan – 3-4 quart for 2 to 4 people**
- **Saute Pan – 5-6 quart for 4 plus people**
- **Saucepan – 1 ½ - 2 quart**
- **Saucepan – 4 or 5 quart**
- **Stock pot – 10 or 12 quart**
- **Fry Pan – 9" or 10"**
- **Non stick skillet or fry pan**
- **Fry Pan – 12" or 13"**
- **Roasting Pan**
- **Cast Iron Skillet**
- *Sauce Pot – 6 or 8 quart*
- *Sauteuse – 3 to 5 quart*

### Other Tools

- **Colander – large enough for 2 lbs of pasta**
- **Strainer – 4" to 6"**
- **Spoons – Wooden, solid stainless, perforated stainless**
- **Whips**
- **Measurement Tools**
- **Peeler**
- **Bowls**
- **Tongs**
- **Ladles**
- **Pastry Brush**
- **Microplane Grater/Zester**
- **Mise Containers**
- **Spatula – Offset, soft (heat resistant)**
- **Skimmer – Either standard mesh or Spider (Asian)**
- **Sheet Pans – ½ size**
- **Blender**
- **Stand mixer.**
- **Food Processor**
- *Immersion Blender*
- *Salad Spinner*
- *Grates for sheet pans.*
- *Parchment Paper – Sheets*
- *Pannini Press, Multi Purpose*
- *Mini Processor*
- *Slow Cooker*