

## Real Food Kitchen Tools Checklist

### The Kitchen Essentials

Certain kitchen tools, utensils, and appliances in working order are must-haves for your real food kitchen to cook healthy meals efficiently. As you start to cook more and more, you'll learn which kitchen tools and appliances make your life easier and which ones you can do without. When it comes to kitchen tools, quality is much more important than quantity. These are the essentials.

#### Cutting boards:

- Large cutting board
- Medium cutting boards (x 3)

#### Knives:

- Paring knife
- 6" chef's knife
- 8" or 10" chef's knife
- Heavy cleaver
- Serrated knife

#### Utensils:

- Solid wooden spoons (x 2)
- Slotted wooden spoon
- Flat-bottomed wooden spoon
- Metal serving spoons (x 2)
- Ladle
- Rubber spatulas (x 2)
- Flat plastic spatula
- Flat metal spatula
- Metal tongs w/ spring-loaded hinge (x 2)
- Vegetable peeler
- Hand can opener

#### Measuring cups and spoons:

- 2 cup glass measuring cup
- 4 cup glass measuring cup
- Set of stainless steel dry measuring cups
- Stainless steel measuring spoons

#### Graters:

- Box grater w/ 4 different blades
- Microplane grater/zester

#### Cookware:

- 2 quart saucepan
- 6 or 12 quart stock pot
- 10" or 12" sauté pan
- 4 or 6 quart sauté pan
- 6" or 7" skillet

#### Strainers:

- Large metal colander
- 6" or 7" fine mesh strainer

#### Bakeware:

- 8" or 9" pie plate
- 9" x 13" baking dish
- 8" or 9" square baking dish
- Loaf pan
- Cookie sheets w/ raised sides (x 2)

#### Mixing and Storage Bowls:

- Stainless steel mixing bowls (x 2)
- Glass mixing bowls w/ lids (x 4)
- Glass storage bowls w/ lids (x 4)

#### Lunch and Travel Containers:

- Assorted size plastic containers w/ lids (x 4)
- Stainless steel interlocking containers

#### Blenders:

- Blender w/ glass pitcher
- Immersion blender

## Other Helpful Kitchen Tools

Some other kitchen tools are not essential but may make your life easier. These are nice to have when you need them and will make certain tasks faster and easier. If you have no use for something, don't buy it or keep it in your kitchen just in case you need it once a year—that is a waste of money and valuable kitchen space. Only keep these items in your kitchen if they will help you out.

### **Kitchen Tools:**

- Wok
- Dutch oven
- Thermometer
- Garlic press
- Apple peeler
- Citrus juicer or reamer
- Whisks
- Cookie scoop (tsp. and Tbsp. size)
- Vegetable steaming basket

### **Appliances:**

- Salad spinner
- Small handheld electric mixer
- Stand-up mixer with multiple attachments (ex. Kitchen Aid)
- Food processor (ex. Cusineart, Kitchen Aid)
- High powered blender (ex. Vitamix)
- Pressure cooker
- Slow cooker
- Rice cooker
- Dehydrator (ex. Excalibur)
- Juicer (ex. Champion)

### **Other:**

- Meal planning binder
- Real food cookbooks