



# Kitchen Equipment, Tools and Such

**Like most endeavors, the right equipment makes the task easier. This list paves the way. *Italicized indicates the ones I own.***

## Must haves: tools I believe to be essential

### **Pots and pans**

A heavy bottomed 10-inch skillet, a 12-inch skillet with a lid, an 8-quart pot, a 3- or 4-quart sauce pan and a Dutch oven. A Dutch oven is an investment, but one worth making because it lasts forever and will help you become a better cook because temperature is evenly distributed so food cooks more evenly, less likely to burn. *All-Clad*

### **Mixing bowls**

Glass or metal mixing bowls in various sizes. Plastic bowls hold odors, are harder to keep clean and can bend out of shape.

### **Knives**

Start with a paring knife, 10-inch chef's or Santoku knife and a serrated knife. *Forschner, Wusthof*

### **Cutting boards**

Wood, bamboo or plastic is less important than keeping them clean. Two cutting boards are even better, especially if they are different colors to help keep raw meat and vegetables separate.

### **Measuring spoons**

Accurate and dishwasher safe. I like complete sets of stainless steel spoons on a ring so you don't have to hunt for the teaspoon measure or discover it melted when it got too close to the dishwasher heating element. *Williams-Sonoma*

### **Dry measuring cups**

Used to measure dry ingredients, I have two sets and they include  $\frac{1}{3}$  and  $\frac{2}{3}$ , which I love. *Tupperware*

### **Liquid Measuring Cups**

I prefer glass so they can also be used in the microwave; they should be clear so you can see the level of food. *Pyrex*

### **Sheet pans, heavy gauge**

A workhorse for baking cookies, catching drips, baking pizza. Visit a kitchen supply store.

### **Colander**

Use to drain pasta, rinse fruits and vegetables, and sort and rinse lentils and beans. *Tupperware*

### **Cheese grater**

Shred carrots and zucchini, slice cucumbers, zest fruit, and even grate cheese. *Microplane box grater*

### **Microplane grater**

Great for citrus zest, garlic and for adding a small amount of chocolate shavings to amp up flavors. *Microplane*



Making it simpler to live best because remember, you must be present to win!

Judy Barbe  
[www.LiveBest.info](http://www.LiveBest.info)



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## **Citrus juicer or squeezer**

A hand-held juicer for lemons, limes and oranges makes juicing easy and adds fresh flavor to drinks, salad dressings, pasta and salsas.

## **Food thermometer**

The only way to know when food is cooked to a safe temperature. *Taylor (instant read), Acurite (jelly/candy), Redi Chek (remote)*

## **Baking dish**

9 x 13 baking dish, stainless steel or glass.

## **Wooden spoons**

They don't transfer heat and won't scratch the surface of pans plus, they are inexpensive.

## **Salad spinner**

Dry greens last longer and help keep the dressing on the greens. *Oxo*

## **Blender**

Create smoothies and blend soups and sauces. *Braun, no longer available*

## **Toaster/toaster oven**

Toaster oven is more versatile but I think the drop toaster toasts bread better. *Sunbeam, Black and Decker*

## **Mixer**

A handheld is handy to have. Whip egg whites, mash potatoes, cream butter and sugar. I also have a stand mixer that is more than 30 years old; an investment piece that is on the nice-to-have list. *KitchenAid*

## **Slow cooker**

Soups, stews, lasagna, applesauce. *West Bend*

## **Stainless steel wire whisks**

Blend vinaigrettes and dressings, aerate flour and beat eggs.

## **Heat-Resistant spatulas**

Use for stirring on the stove, scrapping the last bits out of a bowl and frosting a cake. *Oxo*

## **Metal tongs**

Long and short, plastic tips and a locking mechanism. The length helps keep your arm out of the fire but beware that the plastic can melt. Toss salads and serve vegetables.

## **Vegetable peeler**

A sturdy peeler is safer to use. *Oxo*

## **Silicon baking mats**

Not just for cookies, but also baked fish, cheese crisps and anything else that might stick. Food literally rinses off these silicon mats. *Silpat*



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## **Liquid soap at the sink**

Encourages cooks and diners to keep hands clean.

## **Potholders**

## Nice to have: add to your wish list

### **Food processor**

Whirl bean dip, make pie dough, chop vegetables, shred cheese, slice apples — lots of uses. *Cuisinart*

### **Kitchen scales**

Helps with accuracy in baking and to determine portion sizes. *Salter*

### **Cast iron skillet**

Even heat distribution. Great for searing. A must for corn bread and cheese fundido. *Lodge*

### **Tube pan**

Angel food cake, monkey bread.

### **Stainless steel scoops**

For cookies, filling muffin tins, drop biscuits and scooping ice cream — you can even use them to measure sugar.

### **Kitchen triple timer**

Three timers helps you multi task with what's in the oven, cooking pasta, the sprinkler — you name it. *Williams-Sonoma*

### **“Cheater” eyeglasses**

See labels, ingredients, recipes and iPad.

### **Apple divider**

Encourages fruit consumption.

### **Kitchen shears**

To trim skin off chicken, cut up fresh herbs, open packages. *Joyce Chen*

### **Pressure cooker**

Makes meal time fast, easy and more energy efficient. I suggest a 6- to 8-quart stainless steel pressure cooker. *Presto*

### **Immersion blenders**

Hand-held blenders are great for soups or large batches of cocoa. *Braun*

### **Ten-inch dinner plates**

Reducing your plate size from 12-inch to 10-inch results in a 22% less food being served. A no-brainer way to control portion sizes.

### **Tall, narrow glasses (versus short, wide glasses)**

People pour 20-30% more into short, wide glasses, but they believe they've done the opposite.

*I have received no compensation for using a particular brand.*