

KITCHEN SETUP

BASIC TOOLS

CUTTING BOARDS

USES

- Wood - protects knife's blade
- Bamboo - same as wood, but eco-friendly
- Plastic - durable; won't absorb moisture or odors
- Flexible - for light cutting

MAINTENANCE

- Clean thoroughly after use with hot, soapy water to avoid transference of bacteria

BASIC UTENSILS

WOODEN UTENSILS

- Will not conduct heat
- Wash by hand
- Never leave to soak (encourages bacteria growth)

TONGS

- Will not conduct heat
- Spring action tongs stay open unless pressure applied to close them
- Some lock for easy storage

SPATULA

- Look for long, heat-resistant handle
- Choose material that will not damage nonstick surfaces
- Perforated spatulas drain excess liquid or fat from foods

MATERIAL MATTERS

For safety, even-cooking, and efficiency

GLASS AND COOKWARE WITH A PORCELAIN-ENAMEL COATING

- Least reactive to foods
- Easiest to clean

CAST IRON

- Good for quick breads, pancakes, and crêpes; not recommended for soups, stews, or acidic foods that require prolonged cooking

STAINLESS STEEL

- Poor heat conductor unless layered with a highly conductible metal like aluminum

ANODIZED ALUMINUM

- Toxic to the environment; not recommended

COPPER

- Excellent conductivity though typically expensive



THE TRUTH ABOUT TEFLON

Teflon can be toxic to humans, animals, and the environment

If you choose to use Teflon pans, follow these rules for your safety:

- **Do not use at high temperatures** – Use at medium to medium-low temperatures
- **Do not heat dry** – May cause toxic particles to become airborne (always have oil or liquid in a Teflon-coated pan before heating)
- **Do not scratch** – If scratched, discard to avoid releasing chemicals into your food (use wood, silicon, or other non-scratch utensils with nonstick pots and pans)
- **Follow manufacturer's directions for cleaning** – Avoid damaging the surface



STEAMER BASKET

USES

- Cooks vegetables quickly
- Water-soluble vitamins stay intact

WHAT TO LOOK FOR

- Legs 1/2 inch or higher
- A collapsible basket (fits almost any size pot and folds for storage)
- Enamel steamers are easiest to clean (acidic foods may leave a film on stainless steel)

MAINTENANCE

- Wash by hand with soft brush or use dishwasher



BAMBOO STEAMER

USES

- Cooks multiple dishes at once by stacking layers of bamboo racks
- Only one burner and one pan required

FOR CONSIDERATION

- The lowest tier of stacked steamers cooks food faster so place foods that require more cooking time on the bottom
- Place food directly on slots, or over a lettuce leaf or parchment paper



GLASS JARS

USES

- Ideal for storing grains, nuts, and dried legumes
- Unlike plastic, will not react with food



GLASS STORAGE CONTAINERS

BENEFITS

- Won't stain, warp, or absorb odors
- Can be used in the oven, refrigerator, or freezer
- Brands made from tempered (heat-treated) glass are tougher than normal glass (will usually shatter into small fragments, rather than sharp shards, if broken)

COLANDER

USES

- Drains pasta and rinses fresh fruits and vegetables
- Also used as a fruit and vegetable bowl (holes allow air to circulate)

VEGETABLE PEELER

USES

- Peels the skin off vegetables
- Removes sprayed-on chemicals

MEASURING CUPS

USES

- Measures grains, flours, liquids, etc.

RECOMMENDED

- Purchase a set that comes with a few different sizes



ADVANCED TOOLS

SHARPENING STEEL OR STONE

USES

- Sharpens your knives (sharp knives are safer to use than dull knives)

WHAT TO LOOK FOR IN A HONING STEEL

- Ceramic, silicone carbide, or standard steel covered with industrial diamond dust
- Length of at least 10" long

WHAT TO LOOK FOR IN A SHARPENING STONE

- Length of at least 6" long



PRESSURE COOKER

USES

- Cooks food up to three times faster than conventional cooking methods and saves energy
- Preserves essential vitamins and nutrients in food

WHAT TO LOOK FOR

- A highly conductive base material such as aluminum
- Spring-loaded valves
- High and low settings to regulate cooking



KNIVES

SANTOKU KNIFE

- For all-purpose kitchen chopping, slicing, and mincing of vegetables and meats
- Similar to a chef's knife, but lighter and smaller with straighter edge

USUBA KNIFE

- Thin blade for cutting firm vegetables and other foods with precision
- Specialized chopping such as katsuramuki (shaving a vegetable cylinder into a thin sheet)

FILLET KNIFE

- Flexible
- Used to fillet and prepare fish

CLEAVER KNIFE

- Large, usually rectangular heavy blade for splitting or "cleaving" meat and bone



APPLIANCES

FOOD PROCESSOR

USES

- Shreds, slices, grates, purées, grinds, blends, and chops food with speed and efficiency

WHAT TO LOOK FOR

- Models designed with the plastic bowl and blades above the base

FOOD DEHYDRATOR

USES

- Removes the moisture from meats, fruits, vegetables, and legumes to preserve nutrients
- Commonly used to create raw dishes or snacks such as homemade apple or banana chips, raisins, and raw “bread”

RICE COOKER

USES

- Cooks rice quickly and evenly

HIGH-POWER BLENDER

USES

- Performs all the functions of a blender and food processor
- High-spinning blades generate enough friction and heat to cook soup and vegetables
- Ideal for creating fruit and vegetable smoothies without separating fiber

JUICER

USES

- Separates fiber and pulp from fruits and vegetables to create juice

