

SETTING UP YOUR KITCHEN



PANTRY STAPLES

- Cooking Oils: Olive oil, vegetable oil, and cooking spray.
- All -Purpose Flour
- Sugar
- Salt and Pepper
- Herbs and Spices: Common ones like oregano, basil, thyme, paprika, and cinnamon
- Stock or Broth
- Rice and Pasta
- Canned Tomatoes
- Canned Beans
- Cereal
- Coffee and Tea
- Peanut Butter and Jam/Jelly
- Condiments: Ketchup, mustard, mayonnaise, soy sauce, etc.
- Vinegar: White vinegar, balsamic vinegar, and apple cider vinegar
- Spaghetti Sauce

COOKING UTENSILS

- Spatula
- Slotted Spoon
- Solid Spoon
- Tongs
- Whisk
- Ladle
- Grater
- Measuring Cups and Spoons
- Mixing Bowls
- Kitchen Shears
- Colander
- Peeler
- Can Opener
- Silicone Spatulas
- Pot Holders or Oven Mitts

DINNERWARE

- Dinner Plates: A set of six
- Small Plates: A set of six
- Bowls: A set of six
- Mugs or Glasses: A set of six.
- Flatware (Forks, Knives, Spoons): A set of six
- Glasses or Stemware: A set of six
- Cutting Board: One wood & one plastic

POTS AND PANS

- 2-Quart Saucepan with Lid
- 10-inch Non-Stick Frying Pan/Skillet
- 6-8 Quart Stockpot with Lid
- 3-4 Quart Saute Pan with straight sides and a lid
- Cast Iron Skillet
- Dutch Oven

BAKEWARE

- Two Baking Sheets
- Two 8 or 9 inch Cake Pans
- Muffin Tin
- Loaf Pan
- Casserole Dish
- Pie Plate
- Rimmed Baking Dish
- Cooling Rack
- Silicone Baking Mats

SMALL APPLIANCES

- Microwave
- Toaster or Toaster Oven
- Coffee Maker or Kettle
- Blende
- Food Processor
- Electric Mixer
- Slow Cooker or Crock-Pot
- Rice Cooker
- Electric Kettle



KNIVES

- Basic Knives:
- Chef's Knife
- Paring Knife
- Bread Knife
- Utility Knife
- Serrated Knife
- Steak Knives
- Knife Sharpener

