

## ESSENTIAL EQUIPMENT

## APPLIANCES AND EQUIPMENT

- Aluminum foil
- Blender (*Laura: I love my Vitamix blender. It is incredibly powerful and can chop, puree, and liquefy; it's great for making soups.*)
- Cheesecloth
- Cooking twine
- Cutting board
- Fat separator (good to use for drinking a cup of broth before refrigerating it)
- Food processor
- Grater
- Lemon juicer
- Potholders
- Slow cooker
- Strainers, one small handheld and one large metal freestanding
- Toaster
- Toaster oven (optional)
- Waxed paper bags and roll, unbleached
- Wire rack

## POTS AND PANS

- Cookie sheets
- Dutch oven
- Large nonstick skillet, with cover
- Small nonstick loaf pan for bread and meat loaf
- Roasting pans, small, medium, and large
- Roasting rack

- Saucepans, small, medium, and large, with lids
- Skillets, small, medium, and large, with lids
- Stockpot

## UTENSILS

- Heatproof stirring spoons
- Kitchen shears
- Knives
- Ladle
- Large fork
- Measuring cups and spoons
- Parer
- Rubber or silicone food scraper
- Tongs
- Vegetable chopper (optional)  
(*Laura: I love my vegetable chopper. I first got one after my friend sold them in a mall and gave me one as a present. He had a whole sales pitch when selling them and gave chopping demos. It was very funny. One thing I always remembered from his pitch was "no more tears!" So for cutting onions, I love to use my vegetable chopper because it really helps with the crying factor. I also love it for mincing garlic and herbs.*)
- Vegetable scrubber (optional, but it makes cleaning the veggies a lot easier, especially if you aren't peeling them)
- Whisk