

Basic Whole Foods Cooking Equipment

For good prices, shop for these in local hardware stores, discount shops & estate sales.

3 Knives: One good large chef's knife – the best you can afford; one serrated knife – for cutting bread; one paring knife for small cutting jobs

Knife sharpener

Cutting board – wooden, if possible- doesn't trap germs

Wooden spoons – will not get hot on the stove & will not scratch

Slotted spatula

Ladle – for the easy, delicious soups you will make!

Measuring spoons

Measuring cup(s) – all-purpose 2-cup Pyrex

Can opener

Vegetable peeler

Grater

Colander – metal if possible - it will last longer

Mixing bowls, at least one - glass or ceramic, if possible

Sauce pan – stainless steel, if possible

Sauté pan- stainless steel, if possible

Baking sheet

Baking Dish – glass, if possible

Vegetable brush

Potholders

Timer

Also handy:

Pen and paper to write down recipes changes ☺.

Plastic bags for freezing food; **glass containers** are preferable for food storage

And very dandy:

Water Filter

Santoku knife – has small depressions to keep veggies from sticking

Blender

Food Processor