

Part A

Kitchen Tips and Information



Kitchen Tools

Choose kitchen tools that work for you.

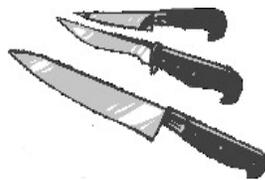
Knives

Choose knives that feel comfortable in your hand. A good choice is high-carbon stainless steel with blades that run through the handles. They will sharpen easily and last a long time.

Four basic knives should meet the needs of most home cooks.



Bread knife - 8 inch (20 cm) blade: the saw like blade of this knife makes it easy to cut tough breads, tomatoes, cakes, and other foods with tough outsides and soft insides.



Paring knife - 3 or 4 inch (7 to 10 cm) blade: this knife is used for peeling and cutting fruits & vegetables or other small items.

Utility knife - 6 inch (15 cm) blade: the thin blade of this knife makes it easy to slice sandwiches and other soft foods like fruits and cheese.

Chef's knife - 8 inch (20 cm) blade: chop, slice and dice foods with this wedge shape blade.

Cooking Tools You Will Need

- **Bottle opener**
- **Can opener**



Colander – Bowl with holes in the bottom to rinse food or to drain liquid from solid food, like draining pasta.



Cutting Boards – Have at least two: one for raw meat, poultry and fish; one for ready to eat food, like fruits & vegetables.



Fork (long handled) – Use when cutting up, or moving large pieces of food like roasts.



Funnel – Will help avoid spills when pouring liquids from one container to another.



Grater – This tool is usually metal with sharp-edged holes, used to break foods into smaller pieces. They come in many shapes and sizes. Those with large holes are sometimes called shredders. Very small holes can be used for mincing garlic or rind from oranges and lemons.

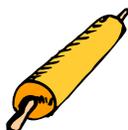


Ladle – Is used for spooning soups, stews or liquids from a pot or serving bowl into serving dishes.

- **Measuring Cups & Spoons** – see Page 16.
- **Mixing bowls** – A set of 4 in the following sizes is good:



- small: 1 quart (1 litre)
- medium: 1 ½ quarts (1.5 litres)
- large: 2 ½ quarts (2.5 litres)
- very large: 4 quarts (4 litres)



Rolling pin - If you don't have one, try using a clean, heavy bottle with smooth sides. Used for making pastry and biscuit dough larger and flatter.



Sieve – Metal or plastic ring with wire mesh (also called strainers).



Spatulas – These flat-ended tools can be made of metal, plastic, rubber and wood. They come in many sizes. They are used to flip foods, spread things out, scrape batter from bowls or fold foods together. **NOTE:** Do not use plastic spatulas in frying pans. They will melt!



Slotted Spoon (long handled) – Used for straining solids from liquid mixtures.



Wooden Spoons (assorted sizes) – Sturdy spoons for stirring thick dough or batter or for stirring mixtures while they heat. Wooden handles stay cool longer than metal handles.



Spoons (long handled) – Good for stirring large amounts.



Tongs – Good for lifting and turning foods.



Vegetable Brush – Good for scrubbing fruits & vegetables when skins will not be peeled off, like potatoes, mushrooms and fruit.



Vegetable Peeler – Handy for peeling vegetables like carrots or apples. You can also use a paring knife.



Wire Cooling Rack – Allows air to move around baked goods to cool them quickly and keep them from getting soggy.



Wire Whisks – These are good for beating ingredients like eggs or stirring sauces to prevent lumps.

Pots and Pans

Pots and pans are made from many types of materials. Aluminum and copper are the best conductors of heat. All-copper or all-aluminum pots are expensive and not easy to find. Good options for the home cook include heavy stainless steel pots with copper bottoms or pots that have aluminum sandwiched between stainless steel. Cast iron or enamel coated cast iron pots are another option. Heavy pots and pans are often used because they heat foods evenly and gently.

Stove Top Pots

Pots (or) Saucepans – Come in different sizes. These pots will have long handles and high sides. It is good to have:



small – 1 quart (1 litre)



medium – 2 quarts (2 litres)

large – 3 quarts (2.5 litres)



Dutch Oven – If you like cooking large amounts of soups and stews you may also want a Dutch oven or large stockpot. These large, heavy pots have tight fitting lids and handles on each side.



Skillet – Is also called a frying pan. It is a long handled, low-sided pan. One large skillet, about 10-inches (25 cm) across, and one small one, about 6-inches (15 cm) across are good.



Woks – Come with round or flat bottoms. They are deep pans with sloping sides that help keep food pieces in the pan when stir-frying.

Oven or Baking Pans You Will Need

A baking pan is a metal or glass pan that is used for making baked goods like cakes or it can also be used as a casserole or baking pan for cooking main dish recipes. Many casserole baking pans have lids. If your recipe says cover and you don't have a lid, you can cover with aluminum foil.



Rectangular Baking Pans – The most common one used in recipes is 13 x 9 x 2 inches (4 L) metal or glass pan.



Square Pans – Can be 9 x 9 x 2 inches (2.5 L) or 8 x 8 x 2 inches (2 L) square. They will also work as casserole dishes.



Cake Pans – Are 8 to 9 inches (20 to 23 cm) across the top and 2 inches (5 cm) deep.



Covered Casserole Dishes – Come in several sizes and are usually round and deep. They often hold 1, 2, or 3 quarts (1, 2, or 3 L). They are usually made of glass or pottery.



Cookie Sheets or Baking Sheets – It is good to have at least 2 metal sheets with either no sides or low sides.



Loaf Pans – A rectangular pan made of glass or metal. They are usually 2 to 3 inches (5 to 7 cm) deep and vary in length and width.



Muffin Pan – One metal pan with twelve 2 ½ inch (6 cm) wide cups.



Pie plate or pan – One 9 inch (23 cm) round metal or glass pie pan.



Roasting Pan – A large deep pan with a lid and small handles at each end. It is usually metal and often has an enamel coating.

Useful Electric Tools



Blender – Makes it faster to blend, chop and puree foods into a thick liquid form.



There are also **hand held blenders** that can blend, liquefy or puree foods directly in pots or bowls (good for soups or mashing potatoes).



Slow Cooker or Crock Pot – This type of electric cooker cooks foods at very low heat. This tool has 2 fixed temperature settings, LOW [200° F (100° C)] and HIGH [300° F (150° C)]. The ceramic liner may or may not be removable. This type of cooker is ideal for cooking recipes that require a long time to cook at low heat, often to make the meat tender or cook dried peas or beans. You can put the ingredients together in your cooker in the morning and come home to a hot, well cooked meal.



Electric Mixer – This is needed to mix, whip or beat foods especially for baking.



Food Processor – Does many of the same jobs as a blender or electric mixer. It can also slice or shred foods. It is a convenient tool but not essential to a basic kitchen.



Toaster – Is good for bread or bagels. A “toaster oven” can be used for toasting several slices of bread at once, making toasted sandwiches, and for baking small amounts of food.

Microwave Oven



These ovens are convenient for cooks who do not have a lot of time to cook. They cook foods fast and if purchased new will come with operating directions that should be followed.

1. Cooking Times - Recipes are tested in micro-wave ovens with a cooking power of 850 – 1000 watts. If you own a lower or higher wattage oven, you will have to change cooking time by making it shorter or longer.
2. Use only microwave safe utensils, materials or containers in your microwave oven. Never use metal utensils or dishes that contain metal, gold, silver or copper trim.
3. Use the lid of the microwave safe container or plastic wrap to cover containers when cooking foods such as casseroles, fish, chicken and meat. Turn back one corner of the plastic wrap to let steam escape.
4. Stir foods often or move foods around so that they will cook evenly. You can also turn dishes around 2 or 3 times while the food is cooking.