

Basic Equipment Needed to Start Cooking

- Knives—Invest in a good paring knife, chef's knife, and serrated bread knife
- Cutting board (dishwasher safe)
- 3 quart sauce pan with a lid
- Frying pan or sauté pan
- Large stockpot
- Colander or mesh strainer
- Measuring cups—one with a pouring spout for measuring liquids and a set of graduated cups to measure dry ingredients
- Measuring spoons
- Large sturdy mixing spoons
- Bowl scraper
- Pancake turner
- Can opener
- Bowls of various sizes (microwaveable)
- Ovenproof pan or casserole dish
- 9 x 13-inch cake pan

TIPS:

- Build your collection of kitchen gadgets gradually to avoid a large onetime expense.
- Shop at garage sales and estate sales for good quality equipment at bargain prices
- Buy two or more sets of measuring spoons and cups to avoid washing them in the middle of cooking

Other nice to have equipment:

- Sauce pans in different sizes
- Ladle
- Wire whisk
- Slotted spoons
- Cookie sheets
- Roasting pan
- Slow cooker
- Electric mixer
- Microwave oven



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Basic Ingredients

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Pantry

- Flour: whole wheat and all-purpose
- Sugar: granulated, confectioners, and/or brown
- Baking powder and baking soda
- Canned goods: soups, tomatoes, other vegetables, tuna
- Salt
- Spices: pepper, cinnamon, chili powder
Mixes like pumpkin pie spice which contain several spices commonly used together, may be a good choice in place of several individual ones
- Dried herbs: basil, oregano or Italian mix
- Rice and/or pasta
- Vegetable or canola oil
- Vinegar
- Coffee and/or tea if desired
- Dried beans and peas or canned ones
- Crackers
- Oatmeal and other cereal
- Peanut butter
- Bread, whole wheat is best
- Potatoes
- Onions
- Cornmeal
- Other nonperishable items you use regularly

Refrigerator:

- Milk
- Eggs
- Margarine or butter
- Cheese
- Mayonnaise
- Mustard
- Ketchup
- Salad dressing
- Meat, poultry, fish (Use within 1-2 days or rewrap in freezer-proof wrapping and freeze)

Shop weekly for fresh fruits and vegetables, purchasing those your family likes and adding a few new ones occasionally. Keep potatoes, onions, and salad greens on hand.

