

RECOMMENDED KITCHEN EQUIPMENT

With so many fancy kitchen tools available, here are the essentials.

- Knife
- Baking Pan
- Skillet or sauté pan
- Soup pot - For cooking soup, boiling water
- Utensils - tongs, spoons, forks - to help you stir and turn food
- Bowls - help you stay organized as you prep (can also use plates)
- Colander
- Cutting board
- Grater
- Peeler
- Kitchen towels
- Parchment Paper or Aluminum Foil - to help prevent sticking and make cleanup easier
- Plastic Containers or plastic wrap - for leftovers and unused ingredients

Being a good home cook is simple, but it helps to be prepared. You don't need a ton of equipment or ingredients. In fact, if you use a few good ingredients and don't do too much to them, you can look like a culinary genius. Really, you just have to be organized - a neat cook is a happy cook.

WORK NEATLY

- Start with a clean sink and a clean counter - it's a lot easier to clean up after yourself if you have a place to put things.
- Clean as you go.
- It's a good habit to keep a bowl for the scraps and garbage you create as you cook.
- Try to clean up as much as possible before the meal is served.

ORGANIZE YOUR TASKS

- Remember that not everything happens instantly in the kitchen - if you're going to need to preheat the oven or boil water, be sure to get that going right away.
- When using a recipe, be sure to read the *entire* recipe through before you start cooking. That way, there won't be any surprises.

HOW TO SEASON

- The key to perfectly seasoned food: tasting as you go. Be patient - add a little bit of seasoning at a time, then taste. If necessary, add a bit more, and taste again. Repeat until the dish tastes right to you. Just be sure to use a clean spoon for each taste.
 - **Salt** brings out the flavors of foods.
 - **Pepper** provides a bit of kick
 - **Acidity** (from lemon, lime, vinegar) can provide balance when you feel like something is missing.