

Your First Step: Prep!

The first great rule of a great meal is to be prepared. Stock your kitchen with these simple standbys to help keep cooking smart, safe, and speedy.

nail brush



USE TO: Scrub root vegetables, like carrots and potatoes.

TIP: Keep clean between uses, and replace every 3-5 months.

cutting board



TIP: Never put raw meat or fish on the same board as raw produce without first cleaning with soap and water.

wooden spoon



TIP: It's worth investing in a wooden spoon or two. Because they won't melt, they are the perfect kitchen companion for any cooking, stirring, or sautéing needs.

peeler



USE TO: Remove potato and carrot skins. Make thin strips of zucchini and cucumber.

baking tray



USE TO: Roast your vegetables in the oven.

TIP: Find a tray with slightly raised sides for cleaner cooking.

colander or steam basket



USE TO: Rinse fresh fruit and veggies, or thaw frozen ones. Drain pasta. Steam vegetables.

non-stick skillet



TIP: Why non-stick? You can use less oil, which keeps meals healthier. But don't use metal spatulas with non-stick surfaces, as they will scratch.

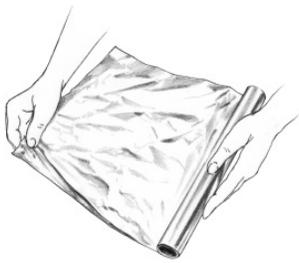
scissors



USE TO: Cut up lettuce and greens. Trim outside leaves and stems.

TIP: Make sure you buy the thick, sharp scissors found in the kitchen aisle; school scissors won't get you too far!

aluminum foil



USE TO: Cook easy-cleanup veggies on the grill or in the oven. *In the oven:* Spread foil flat onto a baking sheet, then roast veggies at 350°. *On the grill:* Place foil over grill grates, poke holes, and cook veggies at medium or low heat. *Both:* Wrap veggies into a bundle and roast away! It's quick, easy, and keeps foods low-fat: no extra oil needed.

pillow case



USE TO: Store dry greens inside. Fill with wet greens and spin overhead to shake off water outside.

TIP: Choose a thin case. Make your own bag by sewing up sides of muslin / cheese cloth.

measuring cups & spoons



TIP: Never underestimate the importance of precision! One half-cup off can turn a dessert into a disaster. Always use proper measurements found in recipes (*from cooks who learned the hard way!*).

3 BASIC KNIVES

chef's knife



USE TO: Cut, chop, slice, and dice.

TIP: Use side of knife to crush, and the heel (*the bottom edge near the handle*) to puncture hard veggies, like pumpkin.

HOW TO HOLD A KNIFE:

For grip and control, hold tightly on handle near the blade, placing thumb on one side of metal and inner edge of bent index finger on other.



paring knife



USE TO: Trim leaves, flowers, stems, and roots.

TIP: Use for more control if chef's knife feels awkward.

serrated (bread) knife



USE TO: Slice tomatoes. Peel or segment citrus or pineapple. Cut melons.



Sharp Knife = Safe Knife

A dull knife requires more force to cut, making accidents more likely.

Kiddos should never cook or use knives without adults nearby!