

# Basic tools and equipment



Use this checklist as a guide to set up your kitchen at home. Cooking is easier and faster when you have the best tool for the job. This is a list of minimum items you will need to prepare healthy and tasty meals.

If you have too much clutter in your kitchen it can be a good opportunity to downsize to the equipment that you will use.

<b>Food preparation equipment</b>		<b>Cooking equipment</b>	
Large sharp knife		Working oven and stove top	
Small sharp knife		Non-stick frying pan	
Chopping board for vegetables		Large cooking pot with solid base	
Chopping board for meat		Saucepans with solid base	
Vegetable peeler		Glass or aluminium roasting tray	
Grater		Ovenproof baking dish	
Colander		Wooden stirring spoon	
Can opener		Slotted spoon	
Hand held fruit juicer		Spatula	
Measuring cup or cup of standard 250 ml size		Tongs	
Teaspoon, dessertspoon, tablespoon		Masher	
Large mixing bowl			
Small mixing bowl			
Whisk			
<b>Other</b>		<b>Not essential but handy</b>	
Reusable containers for storing in fridge		Hand held blender	
Tea towels		Mortar and pestle	
Dish washing liquid			
Sponge			
Apron			

