

The Complete Kitchen Guide



Prepare For Your Original Cooking With The Right Items At The Ready!

"Having the correct tools and equipment for your cooking journey is critical. A select few tools that work in complement with your cooking are better than many tools that don't perform. Choose the items you will create new meals with carefully, they will provide much enjoyment for many years" -Chef Todd Mohr

Basic Kitchen Needs Checklist:

- 
- Sheet pan for baking
- 
- Casserole pan
- 
- Strainer/Sieves
- 
- Small Saute Pan
- 
- Large Saute Pan
- 
- Small & Large Non-Stick Pans
- 
- Large Braising Pan
- 
- Vegetable Steamer
- 
- Soup/Pasta Pot
- 
- Large Stock Pot
- 
- Mixing Bowls









The Two Most Important Tools For Quantifying Your Cooking:

- 
- Digital Thermometer
- 
- Electronic Weight Scale

The ONLY 4 Knives You Need In Your Kitchen

- 
- Chefs Knife
80% of the work
- 
- Boning Knife
for RAW Meats
- 
- Slicing Knife
Slicing softer items
- 
- Paring Knife
Small Close-up vegetables

8 Fresh Herbs For Fresher Flavor In Cooking

- | | | | |
|--|--|--|--|
| <p>Basil</p>  <p>Italian Food</p> <input type="checkbox"/> | <p>Dill</p>  <p>Fish & Eggs</p> <input type="checkbox"/> | <p>Chives</p>  <p>Potatoes</p> <input type="checkbox"/> | <p>Cilantro</p>  <p>Chicken</p> <input type="checkbox"/> |
| <p>Mint</p>  <p>Meats/Lamb</p> <input type="checkbox"/> | <p>Oregano</p>  <p>Tomatoes</p> <input type="checkbox"/> | <p>Rosemary</p>  <p>Grilled Meats</p> <input type="checkbox"/> | <p>Thyme</p>  <p>Poultry</p> <input type="checkbox"/> |

Fresh Herbs Are Added LATER In Cooking

Uses for Common Spices

- Dried Spices Are Added SOONER in Cooking**
- | | |
|-----------|--|
| Anise | Fruits, relishes, braised meats |
| Caraway | Asian cuisines, pastries, breads, cheeses |
| Cumin | Rye bread, cabbage, beans, pork, beef, veal |
| Coriander | Chili, sausages, stews, eggs, Mexican, Latin, Caribbean cuisines |
| Fennel | Meats, Chicken, seafood, Mexican, Latin, Caribbean cuisines |
| Ginger | Sausages, stews, sauces, pickling, lamb, eggs |
| Marjoram | Asian, Caribbean, and Indian cuisines, pastries, curries, stews |
| Nutmeg | Sausages, pates, meats, poultry, green vegetables, tomatoes |
| Saffron | Curries, relishes, rice, eggs, beverages, baked goods |
| Sage | Rice, breads, potatoes, soups, stews, chicken, fish, shellfish |
| Tarragon | Poultry, pork, stuffings, pasta, beans, tomatoes |
| Turmeric | Chicken, fish, eggs, salad dressings, sauces, tomatoes |
| | Curries, relishes, rice, eggs, bread |

Condiments

Get Quick And Easy Flavors With Pantry Items

- | | |
|----------------------|---------------------------|
| Mustards | Soy Sauce |
| Ketchup | Asian Fish sauce |
| Hoisin Sauce | Oyster Sauce |
| Red Chili Thai Paste | Old Bay Seasoning |
| Tabasco Sauce | Jerk Seasoning Sauce |
| Basil Pesto | Mint Jelly |
| Red Pepper Jelly | Horseradish |
| Teriyaki Sauce | Indian Tikka Masala Sauce |
| Worcestershire Sauce | Barbeque Sauce |
| Siriacha Sauce | Steak Sauce |
| Salad Dressings | Vinegars |
| Olive Oil | Sesame Oil |
| Walnut Oil | Truffle Oil |

Basic Hand Tools Checklist:

- 
- Ladle for soups/stocks
- 
- Mallet for consistent thickness
- 
- Spatula to flip it over
- 
- Whisks to blend and add air
- 
- Tongs to pick it up
- 
- Pastry Brush for egg wash
- 
- Rubber Spatula—scrape it clean
- 
- Solid and Slotted Spoons
- 
- Wheel Cutter for dough/bread
- 
- Peeler
- 
- Portion Scoops for even cooking
- 
- Measuring Cups
- 
- Measuring Spoons