

# Batch Cooking Kitchen Essentials

This list of kitchen essentials will help you build your batch cooking repertoire. Having the right tools will turn dreaded meal prep tasks into something you look forward to! Buy within your budget- you don't have to buy top of the line products and can find good quality items at reasonable prices.

## Knives

Go to the store and try out a variety of knives to decide which handle and weight feel best in your hand.



### Chef's Knife

This will be your go-to knife! Be sure to choose one that fits your hand and is comfortable.



### Boning Knife

With a sharp point and narrow blade, this is good to remove bones from and butterfly meat and fish.



### Paring Knife

Like a chef's knife but smaller. It's ideal for peeling and other smaller more delicate work.

## Cutting Board (Wood or Plastic)



### Wood

Clean with hot, soapy water and disinfect with white vinegar. Be sure to wipe dry!



### Plastic

Choose boards with gripper feet on the bottom to prevent slipping. Dishwasher safe.

## Storage Containers



Stock up with PLENTY of glass, air-tight containers and jars in various sizes and shapes.

## Skillet



This pan does everything from sauteing to scrambling! Choose cast iron or any basic heavy skillet.

## Casserole Dish



A large, deep dish used in the oven and as a serving dish! The most versatile size is 9x13in.

## Set of Mixing Bowls



You can never have enough prep bowls! Get a stackable set to save space.

## Saucepans or Pots



Have both a small and medium pot on hand. A simple, good quality pot will do!

## Large Stockpot



This big pot is perfect for boiling pasta in or making soups and stews.

## Colander or Strainer



Tiny, all-over holes drain liquids quickly without food slipping through.

## Baking Pans

These rimmed pans are essential for roasting and baking items in the oven



### Half sheet

Approximately 18in x 13in. Choose aluminum or stainless steel.

### Quarter sheet

Approximately 13in x 9in. Choose aluminum or stainless steel.

## Measuring Utensils



### Measuring Cups

Used to measure volume of dry ingredients like flour or grains.



### Pyrex liquid measuring cups

Used to measure volume of liquid ingredients.



### Measuring spoons

Used to measure a small amount of liquid or dry ingredients.

## Tongs



Shallow pincers grip everything from heavy roasts to slender vegetables and help move food around in a pan.

## Spatula



Firm-but-flexible, silicone spatulas scrape and stir well, clean easy and stand up to heat well.

## Kitchen Shears



For when you don't want to pull out a knife! These sharp blades easily cut through just about anything.

## Spoons (Wood or Silicone)



### Wooden

Non-abrasive and last forever. Just don't put them in the dishwasher!



### Silicone

Stands up to heat well without melting, cleans easy and they look pretty, too!

## Slow Cooker



Also called a Crock Pot, it's great for soups and stews and tougher cuts of meat that can simmer all day.

## Can Opener



A must-have to open any canned items. A long handle offers good leverage to tidily remove lids.

## Peeler



Buy a good quality, sharp peeler to skin vegetables or fresh ginger or even to shave off cheese!

## Garlic Press



Put whole garlic cloves (skin and all) in, press, and voila you have perfectly minced garlic! This can't be easier!

## Kitchen Towels



Keep a couple kitchen towels easily accessible at all times to wipe up spills or dry your hands or dishes.

## Oven Mitts



These insulated mitts will protect your hands from hot pots or pans on the stovetop or oven.

## Pot Holders



Offers protection for only one hand at a time against hot pots or pans. Use two when lifting a pan with two hot handles.

## Food Thermometer



Use to easily ensure food is cooked to a safe temperature. Choose digital, if possible for easy reading.

## Food Processor (Large and/or Mini)



### Large

Good for slicing, grinding, mixing, shredding, grating, pureeing or chopping.



### Mini

Great space saver with same abilities but just for smaller batches of food.