



Meal Mastery's Recommended Kitchen Basics

The Gadgets

<h3>Equipment</h3>	<p>Knives: ideally, a serrated knife, a 9-10" chef's knife and a paring knife.</p> <p>Cutting Boards: at least two - one for raw proteins (meats/seafood) and the other for veggies and anything else that never breathed.</p> <p>Mixing bowls: A set of stainless steel bowls. If they're a nesting set (fit inside one another when stacked) it's even more useful.</p> <p>Measuring spoons and measuring cups: remember to get cups for measuring liquids as well as a set for measuring dry items.</p> <p>Instant read thermometer: don't want to overcook the meat? Then you need one.</p> <p>Rolling pin: also serves as a home security device in lieu of a baseball bat. But mostly we'll just use it for pastry.</p> <p>Colander: Used to drain items cooked in tons of water (pasta, for example). Make sure it'll fit in your sink, or else the whole 'draining' part of the plan won't work very well.</p>
<h3>Cookware</h3>	<p>People have heated debates over cookware every day ('heated,' get it? HA-HA!)</p> <p>We'll have discussions on the blog about cookware later, but if you haven't invested in an expensive set yet then we recommend getting an inexpensive starter set of nonstick cookware AND an inexpensive set of stainless cookware until you learn which pieces you find to be indispensable. Make sure your set includes a small and large skillet, a small and large saucepan and a stockpot.</p> <p>Try to remember to use coated or non-metal utensils on the nonstick cookware to avoid scratching the non-stick surface.</p>

Bakeware	Roaster Rimmed baking pan Cookie/baking sheets Pizza pan or better yet a Pizza stone A glass (think "Pyrex") round and square baking dish.
Small Kitchen Appliances	Slow cooker (AKA "Crock Pot" or "Thing from which many unrecognizable sludge-like dishes have been served at potlucks" Don't worry though, our recipes produce attractive and tasty crock pot recipes. Hand mixer: if you ever want to bake anything, trust us, you want one. Stand mixer: think "Kitchen Aid." Also extremely useful to have on hand. Blender: all you need for a tasty smoothie... or a flawless hollandaise sauce.
Utensils	Whisks, veggie peeler, slotted spoons, wooden spoons, tongs, ladles, spatulas... it's the little things that count.



The Edibles

<h3>Dry Goods</h3>	<p>Assorted pasta (whole wheat is recommended) Brown rice Wild rice Couscous Lentils All Purpose Flour (NOT self-rising) Whole Wheat Flour Bread Flour Rolled Oats Cornmeal Plain breadcrumbs Buttermilk powder Cocoa powder Bittersweet chocolate</p>
<h3>Canned & Bottled</h3>	<p>Chicken, beef and vegetable broth Clam juice Coconut milk Tomato sauce/ paste Beans: black, kidney, great northern, chickpeas Lentils (we swear there are good lentil recipes.) Chunk light tuna Soy sauce Extra-Virgin Olive Oil Canola Oil Vinegars: balsamic, white-wine, red-wine, rice, cider, white Dijon mustard Ketchup BBQ Sauce Worcestershire sauce Mayonnaise or MiracleWhip (you know which type of person you are by now)</p>



<p>Nuts, Seeds & Dried Thingz</p>	<p>Nuts: walnuts, pecans, almonds, pistachios, pine nuts, hazelnuts Sesame seeds Peanut Butter (look for a natural brand with low or no sweeteners, preservatives or fillers added) Tahini Dried Fruits: apricots, cranberries, cherries, dates, figs, raisins, currants</p>
<p>Spices</p>	<p>Salt: Kosher, sea Pepper (peppercorns and a grinder are preferable) Garlic Ginger Parsley Cinnamon Nutmeg Cilantro Cumin Thyme Rosemary Oregano Cardamom</p>
<p>Fridge Stuff</p>	<p>Milk (dairy, coconut, lactose-free, goat or whatever other kind you prefer) Plain yogurt Sour cream Parmesan cheese Cheddar cheese Eggs (large)</p>

