

# Cookware Basics

Having the right tools in the kitchen will not only assist in achieving the desired outcome for your meal but will help in efficiency and safety. You don't need every single tool to be a good cook, but it does help your final product to use the correct tool.



**Hand tools** are used for cutting, shaping, moving and combining food. Knives are the most important tool in your kitchen, watch our knife skills video (under My Cooking) for detailed instruction.

**Spoons** are another useful kitchen tool. There are solid spoons for scooping and stirring, slotted spoons that allow the liquid to run through, a perforated spoon will do the same, but usually has smaller holes and are useful to get smaller solids out of liquids.

**Rubber spatulas** are ideal for scrapping out bowls and pans.

**Tongs** are used to pick up ingredients that are too hot for your hands.

**Whisks** are used for ingredients that need to be well mixed or whipped.

**Spatulas** are great for scooping out a slice of cake or lasagna, or if you are flipping something in a pan or grill.

## Now to move onto larger cookware.

**Sauce pots** are for the stove top for making stocks and soups, or for boiling or simmering foods.

**Pans** are also for stovetop use. They are ideal for sautéing, panfrying or reducing liquids rapidly and are great for foods that need to be cooked quickly.

**Woks** are originally used in Asian cuisine, but now you can find them for many different uses for them. They have a round bottom and curved sides which allow ease when tossing your ingredients. They also retain heat for steaming vegetables.

**Strainers** are very useful in any kitchen to drain your pasta or vegetables. Or if you need to strain the liquid out of your canned beans.

**Oval roasters** are great for items that are being braised like pot roasts or roasted chicken.

**Casserole pans**, or roasting pans are great for making casseroles, lasagna, or roasting items at high heat.

**Cookie sheets, sheet pans, or baking sheets** are very versatile tools in the kitchen. You can bake, roast or dry out fruits and vegetables. They can be used at high heat for fast cooking or at low heat for a long slow cooking process.

**Bread tins** are great for baking breads or meatloaf.

You can use **muffin tins** for making egg cups, shaped cups, or the obvious choice, muffins!

A **slow cooker** is wonderful for a long slow cooking process, helping with tenderizing and developing flavour. It is also perfect for busy days when you can throw everything in the morning and come home to a cooked meal!

There are many more tools that you can find in the kitchen. But these are a great place to start in creating quick, healthy meals.