

Cooking Equipment

The recipes and activities in this guide may be prepared with everyday kitchen equipment and materials, which can be borrowed from home or from the school cafeteria. Try to choose sizes appropriate for a large family.

If you have the resources for a more permanent set-up, a rolling cart equipped with all the necessary cooking equipment can be a wonderful asset for the school. Properly cared for, it can be used by many classes over many years.

Class Equipment:

- 2 electric hot plates
- 2 large (12- to 14-inch)
nonstick frying pans or skillets
- 1 6-quart pot with cover
- 1 2-quart sauce pan
- 1 chef's knife
- 2 large wooden spoons
- 2 spatulas
- 3 whisks, assorted sizes
- 3 mixing bowls, assorted sizes
- 1 colander
- 1 ladle
- 1 slotted spoon
- 1 potato masher
- 1 can opener
- 2 large plastic wash containers
- 5 sponges with rough side
- 1 bottle of dishwashing liquid
- 4 kitchen towels
- 2 canisters for salt and pepper
- 1 food mill
- 1 rolling cart
- 3 large plastic containers
to hold equipment

The following kitchen kit is for a class of 20 students. It includes all the equipment and materials needed to perform all the recipes in this guide except those involving an oven. All equipment and materials listed are available at most large drugstores, department stores, or discount stores. The cost of the kit will depend on the quality of materials, but can range from \$450 to \$700. Keep in mind that better quality equipment will last longer and give more satisfactory results, and are often well worth the added expense. A portable conventional oven will add about \$250 to the cost.

Student Equipment:

- 10 small plastic cutting boards
- 10 serrated knives with rounded ends
- 5 vegetable peelers
- 5 sets of measuring spoons
- 5 sets of measuring cups
- 5 box graters
- 20 forks
- 20 spoons
- 20 plastic bowls
- 20 plastic plates

