

Kitchen Tools

These household items will improve your cooking experience.



Baking Sheet

Roasting, toasting, and baking call for every kitchen to have 2-3 baking sheets. Grab a roll of aluminum foil or parchment (not waxed!) paper to make cleanup easy.



Cooking Oil

Buy a quality extra virgin olive oil or more neutral-flavored canola oil for higher temperatures. A non-stick cooking spray comes in handy for baking and grilling recipes.



Pots

We recommend one small (for sauces or a cup of rice), one medium (for blanching green beans or asparagus), and one large pot (for boiling pasta), all with lids.



Pans

Invest in one small (for toasting nuts and reducing glazes) and two medium pans (for proteins and sauces), preferably oven-safe so you can easily move from searing on the stove to finishing in the oven.



Mixing Bowls

Start with a small and a medium bowl. Having two bowls is important for preventing cross-contamination when you're mixing meat in one bowl and vegetables in the other.



Meat Thermometer

Take the guesswork out of safely cooking proteins. Insert a meat thermometer into the thickest part of the protein. We recommend the instant-read variety with a large, easy to read display.



Knife Set

A quality knife doesn't have to break the bank. We recommend starting small with an 8-inch all-purpose chef's knife, a serrated knife for bread, and a paring knife for peeling.



Cutting Board

We recommend having at least two cutting boards in your arsenal for safety reasons – one dedicated to meats, one dedicated to vegetables.

Chef's Tip: Keep a moistened kitchen towel under your board to keep it from moving around while you prep.



Peeler

It's not just for taking the skin off produce - you can make ribbons and noodles out of carrots, cucumbers, zucchini, and countless other vegetables.



Zester

We use a microplane to capture the flavorful zest of citrus fruits (just avoid the bitter white pith!), but you can also use it for grating ginger, garlic, and hard cheeses.



Colander

A colander tackles big jobs, like draining pastas and canned beans.



Wire-Mesh

A wire-mesh strainer or sifter is ideal for tasks that require a finer filter.

Storage and Preparation

How to keep your ingredients ready for the cutting board.

All of our proteins taste best when cooked from their thawed, refrigerated state. Here's how to safely defrost prior to cooking:

Shrimp: Run under cold water in a colander for 5 minutes.

Fish: Thaw in fridge for 8 hours or under a thin stream of cold water for 15 minutes.

Meats: Thaw in fridge overnight or under a thin stream of cold water for 20 minutes.

Potatoes, bread, basil, and avocados: These items thrive at room temperature, so remove them from the bag before placing in the fridge.

Frozen Fruit: For smoothies, place frozen fruit in the freezer.

Other Frozen Items: Thaw frozen peas, corn, and other foods in the fridge.

Protein	Temperature	Cook by
Ground Turkey, Ground Chicken	165°F	4-5 days
Poultry	165°F	4-5 days
Ground Beef, Ground Pork, Ground Lamb	160°F	4-5 days
Beef, Lamb	145°F	5-6 days
Pork	145°F	5-6 days
Fin Fish	145°F	3 days
Shrimp, Scallop	Cook until opaque	3 days