



Cooking Matters Equipment & Supply List

The following is a complete list of the equipment and supplies needed to make all of the recipes from the Cooking Matters curriculum

Equipment

3-8" chef knives	Muffin tin
3-6" utility knives	1-2 large mixing bowls
3-3.5" paring knives	1-2 medium mixing bowls
1 large stock pot	1-2 small mixing bowls
1 small stock pot with a lid	1 set of dry measuring cups
1 large sauté pan- 10" or larger	1 set of measuring spoons
2 baking sheets	1 glass liquid measuring cup
1 large baking dish (9x13)	2 vegetable peelers
1 small baking dish (8x8)	2 large serving spoons
large colander	cooking spoons
grater	meat thermometer
can opener	spatula
whisk	2-4 pot holders
Dishes- plates, cups, bowls and utensils real or paper	Paper towels, napkins

Pantry Supplies

Spices	Large Pantry Items	Paper Goods
Basil-dried	Flour (Whole Wheat and All Purpose)	Aluminum Foil
Bay leaves- dried	Baking powder	Plastic Wrap
Pepper grinder	Baking soda	Snack size zip-lock bags
Cayenne pepper	Cornstarch	Quart size zip-lock bags
Chili powder	Sugar (White and Brown Sugar)	Gallon size zip-lock bags
Cinnamon	Honey	Sponges
Cumin	Brown Rice	Paper towels
Curry powder	Old Fashion Oats & Quick Oats	First Aid Kit
Garlic powder	Plain Whole Wheat Breadcrumbs	Dish Towels (2)
Ginger	Olive Oil & Canola Oil	Pot Holders (2)
Nutmeg	Non-stick cooking spray	Storage Containers
Oregano	Chicken Stock-low sodium	Plastic spoons, knives & forks
Paprika	White Vinegar	Paper plates, bowls
Parsley- dried	Soy Sauce- low sodium	Napkins
Red pepper flakes	Pure vanilla extract	
Rosemary-dried		
Sea salt grinder		
Thyme, ground		