

# Recommended Cookware

**Food processor** – Recommend Cuisinart 11-cup capacity + the following blades: S-blade, slice blade, and shred blade

**Slow cooker**

**Immersion blender**

**Cutting boards** – Bamboo or other eco-friendly material are best to prevent slices where germs/bacteria can get in and contaminate food

**Muffin tins** – Two 12-cup pans

**Silicone muffin cups** – not essential but really handy for egg muffins or regular muffins; makes for easy clean up.

**Mixing bowls** – Stainless steel in small, medium and large

**Chopping knife**

**Kitchen scissors**

**Measuring spoons** – Recommend stainless steel utensils measuring 1 and ½ tablespoons; ⅛, ¼, ½, and 1 teaspoon

**Measuring cups** – Recommend stainless steel measuring ¼, ⅓, ½, and 1 cup

**Grater** – Recommend one with an option for small holes

**Garlic press**

**Spiralizer**

**Can opener**

**Masher** – a fork will also do

**Whisk**

**Silicone spatulas**

**Peeler**

**Digital meat thermometer** – to know if meat is fully cooked

**Wooden (or bamboo) spoons** – Including one with a straight edge

**Slotted spoon** – wooden or metal

**Non-stick pan** – Recommend 12-inch Scan Pan or any enameled cast-iron pan

**Oven-safe skillet** – 12-inch

**Dutch oven with lid** – Recommend 7-quart Scan Pan, or any enameled cast iron pot

**Rimmed baking sheets** – Two 12x17-inch sheets

**Glass baking dish** – Glass or ceramic

**Glass measuring cup with spout** – 2-cup capacity

**Oven mitts**

**Wide-mouthed mason jars** – quart sized with lids (six)

**Pint-sized mason jar with lid** (one)

**Parchment paper**