

Basic Cooking Supplies and Foods

Here is a list of some basic cooking supplies and foods. Having these on hand will help make cooking much easier.

Cooking Supplies:

- baking pan
- can opener
- casserole dish
- cookie (baking) sheet
- cooling rack
- cutting board
- grater
- knives
- measuring cups and spoons
- mixing bowls
- mixing spoon (wooden or stainless steel)
- pans (frying pan or wok, saucepan with lid, soup pot)
- potato peeler
- pot holders/oven mitts
- rolling pin
- soup ladle
- spatula (rubber and metal)
- strainer
- tongs



Foods, Spices and Condiments:

Baking Items:

- baking powder
- baking soda
- cornstarch
- flour
- sugar



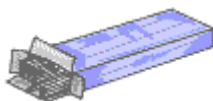
Cold Storage Items:

- butter or margarine
- cheese
- eggs
- milk
- salsa
- Tofu



Grains:

- breads
- cereals
- noodles/pasta
- rice
- tortillas



Produce:

- garlic
- onions
- potatoes

Pantry Items:

- beans
- broth/stock (canned) or bouillon cubes
- chili paste
- fish sauce
- mustards
- peanut butter
- soy sauce
- vegetable oils
- vinegar



Spices and Herbs:

- basil
- cilantro
- chiles
- chili powder
- cinnamon
- cumin
- epazote
- garlic powder
- nutmeg
- oregano
- pepper
- salt
- vanilla

