



# PLANT BASED PRO

C E R T I F I C A T I O N

## KITCHEN TOOLS: CHEAT SHEET

### Straining & Washing

- ☐ Small to Large Colanders (Fine And Coarse)
- ☐ Salad Spinner
- ☐ 4-6 Plastic Containers (1-2 Litres/Quarts)

### Cutting & Prepping

- ☐ Chef's Knife
- ☐ Paring Knife
- ☐ Serrated Knife
- ☐ Honing/Sharpening Steel
- ☐ Sharpening Stone
- ☐ Kitchen Shears
- ☐ Box Grater
- ☐ Microplane Zester
- ☐ Peeler
- ☐ Bench Scraper
- ☐ Mandolin
- ☐ Cheesecloth or Mesh Sprouting/Milk Bag

### Mise En Place & Storage

- ☐ 4-6 Small Bowls (1/2-1 Cup Size)
- ☐ 4-6 Pinch Bowls for Spices
- ☐ Liquid Measuring Cups (1 Cup, 4 Cup)
- ☐ Measuring Cups and Spoons
- ☐ Storage Containers/Freezer Bags/Mason Jars

### Mixing

- ☐ Stainless or Glass Mixing Bowls (2 Qt, 4 Qt, 8 Qt)
- ☐ Stainless Balloon Whisk
- ☐ Mixing Spoons (Slotted, Regular, Wooden)

### Cooking

- ☐ Stainless Steel Stockpot (8 Qt)
- ☐ Saucepots (2 Qt, 4 Qt)
- ☐ Stainless Steel Sauté Pan (11-13")
- ☐ Bamboo Steam Basket
- ☐ Sheet Pan
- ☐ Silicone Mat or Parchment Paper
- ☐ Rectangular Roasting Pan or Casserole Dish
- ☐ Heat-Resistant Rubber Spatulas
- ☐ Tongs and Ladles
- ☐ Offset Spatula
- ☐ Rolling Pin

### Additional Specialty Items (Suggested)

- ☐ High-Speed Blender
- ☐ Food Processor
- ☐ Dehydrator with Teflex Sheets
- ☐ Fruit and Vegetable Juicer
- ☐ Multi-Function Pressure Cooker (i.e. Instapot)
- ☐ Thermometer (Preferably Digital)
- ☐ Scale (Preferably Digital)
- ☐ Whipped Cream Dispenser
- ☐ Hand-Held Stick or Immersion Blender
- ☐ Pasta Maker
- ☐ Spaetzle Maker