



PROFESSIONAL

COOK

CERTIFICATION

KITCHEN TOOLS: CHEAT SHEET

Straining & Washing

- Large Colander
- 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
- Food Processor
- Blender
- Mandolin

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 (a reusable substitute for parchment)
- Rectangular Roasting Pan or Casserole Dish
- Heat-Resistant Rubber Spatulas
- Tongs and Ladles
- Offset Spatula
- Rolling Pin

Additional Specialty Items (Suggested)

- High-Speed Blender
- Scale
- Hand-Held Stick or Immersion Blender
- Pasta Maker

