

Kitchen Utensils

Discovering Food and Nutrition

Knives

Parts of the knife

Knives

Traditional Chef's Knife: used for chopping a variety of foods.

Knives

Cleaver: to cut through thick meat or bone.

Knives

Paring Knife: to peel or skin fruits and vegetables.

Knives

Steak Knife: used to cut meat with a sawing motion.

Cutting Board

To cut food on to protect surfaces and for safety.

Grater

Used to shred food into pieces, come in a variety of blades.

Vegetable Peeler

Used to remove skin or shred a food into small pieces.

Misc.

Pizza cutter/slicer, timer, two prong/serving fork, can opener, bottle opener

Rubber Scraper

A type of spatula that is built to blend, fold, combine, and scrap food ingredients as they are being prepared.

Straight Edge Spatula

A narrow spatula that is built with a thin, flexible stainless steel blade. This spatula is used for frosting cakes and to spread toppings or mixtures smoothly .

Mixing Bowls

Used to combine and mix ingredients

Spatulas

For turning and flipping of foods.

Spoons

Regular and slotted spoons for stirring and serving.

Ladles

Used to serve soup and sauces.

Pasta Ladle

Used to grab pasta products while draining off excess water.

Tongs

Used for grasping, serving, turning, or tossing foods.

Rolling Pin

Used to flatten dough or other foods.

Pastry Blender

Used to cut fat into dry ingredients.

Dry Measures

Cups and spoons for measuring dry ingredients.

Liquid Measures

See-through cups for measuring liquid ingredients.

Sifter

Used to separate particles of dry ingredients and to incorporate air.

Cooling Rack

Used to allow air to reach product, ensuring proper cooling.

Colander

Used to wash and drain food, allows excess water to drain.

Strainer

Used to removed/strain small particles.

Rotary Beater

Used to blend together ingredients.

Electric Mixers

Used to blend ingredients with vigor. Electric hand mixer or a standard/stationary mixer

Whisk

Used to whip ingredients, usually for the purpose of adding air for baking.

Thermometers

Candy, Meat, and

Deep Fat Thermometers

Baster

Used to add moisture and flavor to food while cooking.

Brushes

Pastry Brush: fine bristled brush used to coat pastry before or after baking.

Basting Brush: courser textured brush used to coat meat and other foods during grilling or cooking.

Pans

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Pots