## Equipment List

<table>
<thead>
<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Equipment for All Recipes</strong></td>
</tr>
<tr>
<td>1 each</td>
<td>Cutting Board</td>
</tr>
<tr>
<td>1 each</td>
<td>Chef Knife</td>
</tr>
<tr>
<td>1 set</td>
<td>Measuring Cups</td>
</tr>
<tr>
<td>1 set</td>
<td>Measuring Spoons</td>
</tr>
<tr>
<td>Various</td>
<td>Mise en Place Bowls (small bowls, cups, or mugs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Medium or Large Sauté Pan/Skillet</td>
</tr>
<tr>
<td>1 each</td>
<td>Sheet Tray/Baking Tray – lined with foil</td>
</tr>
<tr>
<td>1 each</td>
<td>Tongs</td>
</tr>
<tr>
<td>1 each</td>
<td>Small Mixing Bowl</td>
</tr>
<tr>
<td>1 each</td>
<td>Spoon</td>
</tr>
<tr>
<td>1 each</td>
<td>Meat Thermometer</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Small Saucepan</td>
</tr>
<tr>
<td>1 each</td>
<td>Medium or Large Sauté Pan/Skillet</td>
</tr>
<tr>
<td>1 each</td>
<td>Tongs</td>
</tr>
<tr>
<td>1 each</td>
<td>Sheet Tray/Baking Tray – lined with foil</td>
</tr>
<tr>
<td>1 each</td>
<td>Spoon</td>
</tr>
<tr>
<td>1 each</td>
<td>Meat Thermometer</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Large Pot with Lid</td>
</tr>
<tr>
<td>1 each</td>
<td>Slotted Spoon</td>
</tr>
<tr>
<td>2 each</td>
<td>Paring Knife (for testing doneness)</td>
</tr>
<tr>
<td>1 each</td>
<td>Potato Masher</td>
</tr>
</tbody>
</table>

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<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Large Mixing Bowl</td>
</tr>
<tr>
<td>1 each</td>
<td>Sheet Tray/Baking Tray – lined with foil</td>
</tr>
<tr>
<td>1 each</td>
<td>Spoon/Spatula</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qty</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Casserole Dish (1 ½ -2 Qt. or 6 cup capacity)</td>
</tr>
<tr>
<td>1 each</td>
<td>Large Sauté Pan/Skillet</td>
</tr>
<tr>
<td>1 each</td>
<td>Wooden Spoon or Spatula</td>
</tr>
<tr>
<td><strong>Moroccan Spiced Quinoa Stew</strong> <em>will not be prepared live during class</em></td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Quantity</td>
<td>Equipment</td>
</tr>
<tr>
<td>----------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>1 each</td>
<td>Dutch Oven or Large Pot with Lid</td>
</tr>
<tr>
<td>1 each</td>
<td>Wooden Spoon or Spatula</td>
</tr>
</tbody>
</table>

**Supplemental Equipment:**

- 1 Small Pot with lid for cooking quinoa
- 1 Medium Sauté Pan/Skillet for cooking cabbage (or other vegetable side dish)
- Storage Containers for refrigerating/freezing: single-serving size or bulk storage