



DESCRIPTION

How can you cook if you can't tell the difference between a saute pan and a baking pan? Don't fret! From mixing bowls to spatulas, Carrie reveals and demonstrates the basic tools for cooking.

TOOLS

- whisk
- spatula
- sauce pan
- wooden spoon
- cheese grater
- pizza cutter
- sauté pan
- bakeware

DIRECTIONS

1. The Whisk - is used when you want to put air into a ingredient to make it fluffy. Make a ferris wheel motion when using a whisk.
2. Spatulas - use a spatula when you want to flip, remove, cut or stir food in a bowl, a saucepan, a baking sheet or a plate.
3. Pizza Cutter - use a pizza cutter when you want to cut pizza into individual slices.
4. Peeler - use a peeler when you want to peel off the skin from fruits and vegetables.
5. Cheese Grater - use a grater when you want to shred cheese into small bits, long strips or small cubes.
6. Microplane Zester - is like a kitchen knife with an ergonomic handle and a grater instead of a regular blade on the end. They are used to extract the flavors from foods, like cheeses, onions, citrus fruits, ginger and more.
7. Baking pan - is what you put the food in when you want to cook it in the oven. They come in different sizes and shapes.
8. Baking sheet - are used when you want to bake flat foods, like cookies or cakes.
9. Pots and Pans - are used to cook food on the stove top. They come in different shapes and sizes.
10. Wooden spoon - is used to stir hot and cold foods and is recommended over a metal spoon because some foods will react badly to metal spoons.