

Outfitting your new kitchen

To outfit a new or remodeled kitchen, here are some basic suggestions. Even those who have a well-established kitchen may also wish to check your stock against the suggestions listed below:

Start building a basic set of pots and pans, including 1-, 2-, and 3-quart saucepans, a skillet and Dutch oven. Pans should have lids and securely attached heat-resistant handles. Heavy gauge (and a reinforced steel bottom) typically prevents a pan from bending or warping.

Choose a skillet to match family size, such as an 8- to 10-inch skillet for one or two or a 10- to 12-inch skillet for a family of four or more. A skillet with a lid, either of cast iron or stainless steel, is recommended. Larger skillets may have an optional second handle opposite the pan handle to steady the pan when lifting or pouring.

A Dutch oven is a larger pot (with a five-quart capacity, for example) with a lid for use on top of the stove, in the oven and for camp cooking. The larger pot is suitable for preparing large quantity recipes for soups, stews, etc., but heavy when filled with food. Check handles before buying.

A good, basic set of pots and pans — two to three saucepans, a skillet and Dutch oven — usually can be purchased for \$100-150 new. Shopping at thrift stores and auctions can cut the cost.

Wooden or stainless-steel spoons are recommended. Medium to high-end wooden spoons typically will not conduct heat, scratch pots and pans or splinter. If choosing stainless steel, look for utensils with heat-resistant comfortable grips.

A heat-resistant rubber scraper or paddle-like spoon, and a slotted spoon which allows liquids to drain, also can come in handy.

- Basic utensils also include:
- 1- to 2-cup liquid measuring cup
 - a set of measuring spoons and a set of dry measuring cups
 - stainless steel wire whisk, for blending and stirring
 - instant read thermometer to test doneness
 - paring knife for fruits and vegetables
 - serrated slicing knife
 - utility knife
 - French knife for chopping
 - kitchen shears for cutting poultry, pizza, etc.
 - can opener
 - colander and/or strainer for draining pasta, fruits and vegetables



Home Time

By Tranda Watts
Multi-county Extension Agent

- salad spinner
 - one or more cutting boards, wood or manmade, that can be sanitized after each use
 - two or more pot holders, so they can be laundered often
- Like tools, good quality kitchenware will offer years of dependable service at a low cost per use. For home baking, here are the basics:
- A set of three to five mixing bowls of stainless steel, glass or a durable synthetic in various sizes
 - one or two 9x9-inch baking pans, either shiny metal or glass
 - one 9x13-inch baking pan, either shiny metal or glass
 - one glass pie plate
 - large wire cooling rack
 - two shiny metal (preferably heavy gauge stainless steel or aluminum) cookie or baking sheets, with a lip handle at one end

A lip or side rim on all edges can interfere with heat circulation and may affect baking time. The color of

your bakeware can affect the color and required baking time of various foods.

Heavy-gauge metal is recommended. Lighter-weight pans can warp and provide uneven results. A textured surface may ease release and make cookies less likely to stick.

You may wonder, why two baking sheets? Baking sheets should be allowed to cool between batches; having two speeds for the baking process.

While the choices of commercially prepared baked products are many, home baking typically provides more healthful food and opportunity for creativity in the kitchen.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet-ksu.edu.

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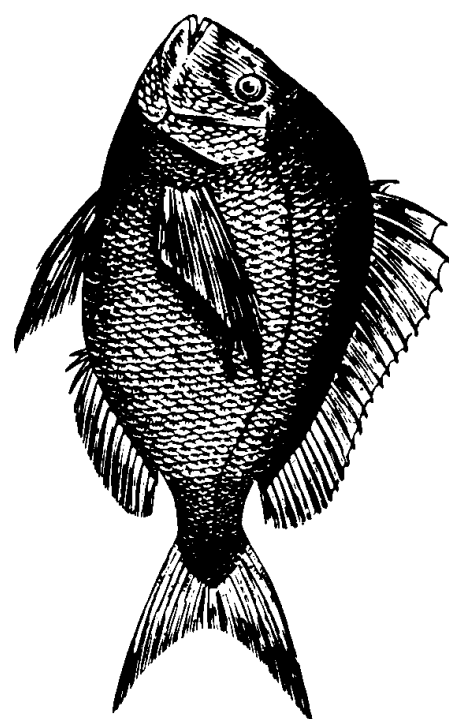
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DECATUR COUNTY

EXTENSION COUNCIL

TO: The Voters of Decatur County, State of Kansas Election at Large.

PUBLIC NOTICE is hereby given in accordance with K.S.A. 2-611, as amended, State of Kansas, that on the date at the time and place mentioned below, the citizens of voting age of Decatur County shall meet for the purpose of electing twelve members, three members for Agricultural Pursuits, three members for Home Economics Work, three members for 4-H Club and Youth Work, and three members for Economic Development Initiatives, as Representatives to the Decatur County Extension council.

Oberlin, Kansas, Decatur County on
October 1, 2005, 9 a.m. - 11 p.m.

Downtown Oberlin, near the Decatur County museum

Consideration shall be given to the Extension Program for Decatur County.

Rick Doeden, Chair
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