

# Cooking with the Vagabond Epicurean



A Minimalist  
Gourmet Cook

Click on color stripe to go to that section or scroll down to each section



Introduction



Sanitation



Knives



Kitchen Utensils



Pots, Pans and Skillets



Kitchen appliances (small)



[Shop Kitchen Items](#)

 Introduction



[Back](#)



# Sanitation



[Back](#)

**Food temperature**

*Danger zone 40 to 140*

*Don't leave out more  
than 2 hrs.*

*Defrost in refractor or in  
cold water*

*Poultry over 165 +*

*Fish, shellfish 145*





# Knives



[Back](#)

## Basic Knives

- *Chef 8"*
- *Boning 6"*
- *Paring 3.5"*
- *Bread knife*
- *2-sided sharpening stone*
- *Knife sharpening steel 10" to 12" round*
- *Cooking scissors*





# Kitchen Utensils



[Back](#)

1 Vegetable peeler	Food thermometer	Food funnel 2 pack silicone collapsible
1 bottle opener	Turner	Colander collapsible
1 can opener	Slotted turner	Small fine strainer
3x spatula	1 ladle	Mandolin slicer
1 set of 5 measuring cup	1 slotted spoon	Corkscrew
1 set of 5 measuring spoon	Wooden spoon	
Food grater	1 whisk	
Rolling pin	1 food tong	
Dough scraper	1 grater	
	1 apple corer	





# Pots, Pans and Skillets



[Back](#)

- *Nesting pans*
- *Sauté skillet, 10" w/ lid*
- *Saucepan – 2qt w/lid*
- *Saucepan – 3 qt w/lid*
- *Stock pot – 12 qt w/lid*
- *Sheet pan 2, 9"x13"*
- *Cupcake pan 12 cups*





# Kitchen appliances (small)



Back

- *Look for appliances that can multi-task*

