



Setting Up the Kitchen The Basics

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by Erika Straight

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First edition

Introduction

Setting up your kitchen for the first time can be an intimidating experience. Let's break down what you'll need to navigate your cooking adventures. In the following pages of this mini guide I will cover the basic equipment & staples you'll need to get cooking.

Please know that you don't necessarily need everything that's listed. Pick and choose what you're comfortable with and determine what's within your budget. This is a very long list and I understand it could overwhelm the bravest of the brave.

Whether you're setting up your very first kitchen or giving yourself a kitchen makeover, I hope you will find this a useful guide to make your space functional as you explore new culinary adventures!

Let's begin...

Basic Equipment

Cutting Boards

One good sized wooden cutting board,
get the biggest size board your kitchen can handle.

- One plastic cutting board

Set this aside specifically for raw meat.
You can wash this in the dishwasher & won't have to worry about contamination.

Knives

- one paring knife with a 3 or 4 inch blade
- one chef's knife with a 6 or 8 inch blade
- one long serrated bread knife

Knife Sharpener

It's important to keep the blades of your knives sharp.

Metal Spatulas

My favorite is called a fish spatula. It's the only one I use on a regular basis. I highly recommend getting one medium and one large all metal fish spatula.

Metal Straight/Icing Spatula

This little beauty comes in handy for icing baked goods or spreading toppings on your toast, bagels, or cheese on your crackers!

Chef Utility Spoon

I'm very territorial with my chef spoon. It's the perfect size for so many tasks. I think every kitchen should have one.

Metal Spring Loaded Tongs

- one 10 inch set of tongs
- several mini tongs for serving or use for various tasks in the kitchen

Wooden Spoons

Various sized wooden spoons always come in handy

Large Metal Spoon & Slotted Spoon

Rubber Spatula

Whisk

Ladles

Large & small for serving

Vegetable Peeler**Graters**

Box grater, Micro plane grater, Zester

Kitchen Shears**Ice Cream Scoop****Pizza Cutter****Mallet**

A two sided cooking mallet.

Butter Dish With a Lid**Melon Baller**

One Small and one medium sized

Olive Oil Dispenser

My favorite type of dispenser is stainless steel with a long spout.

Salt & Pepper Grinder**Salt & Pepper Shakers****Salt Cellar**

My favorite is a thick glass cellar with lid.

Can Opener

Electric or manual or both.

Instant Read Electric Thermometer

Valuable tool for checking if meat is done & anything you need to check the temp during cooking/baking.

Oven Thermometer

This helps to be sure your oven is at the correct temperature for baking.

Waiters Corkscrew

Potato Masher**Pastry Brush****Rolling Pin****Bench Scraper**

Great for sectioning dough, chopping, & scooping.

Bowl Scraper

Flexible tool to scrape down the sides of a bowl, has many uses

Ice Cube Trays**Tea Kettle**

Stove top or electric or both

Pastry Bag With Tips

Funnel-shaped container for holding soft food mixtures from which the foods are forced through a pastry tube at the tip in preparing ornamental spreads or decorations.

Hand Held Juicer

For extracting juice from fruits

Mortar & Pestle

Tool for pounding or grinding substances

Food Mill

- Hand-operated kitchen device for pureeing fruits and vegetables.
- Great for making applesauce.

Measuring Cups & Spoons

Cup or spoon marked in graded amounts, used for measuring ingredients.

Bowls

Nesting bowls for mixing and other tasks. I love stainless bowls, they hold up well and they are very affordable. Buy once, own for a lifetime.

Spider Strainer

A wire skimming spoon to lift solids from liquids.

Electronic Scale

Measures your ingredients accurately. Inexpensive and valuable tool.

Handheld Immersion Blender

Great for making soups, smoothies, and sauces.

Mini Food Processor/Food Chopper

Saves time when dicing, chopping, mincing.

Fat Separator

Separates the fat from drippings for gravy.

Flour Sifter

Makes ingredients smoother for a better result when baking.

Powdered Sugar Shaker/Duster

This can also be used with a cinnamon and sugar mixture or flour for dusting pans.

Toaster**Stand Mixer**

You will want to invest in a mixer with a strong motor. Do not scrimp here. One of the best brands for home cooks is, of course, Kitchen Aid.

Blender

Invest in a blender with a strong motor. I do not suggest scrimping here. One of the best brands I recommend, Vitamix.

Cotton Dish Towels**Pot Holders****Flour/Sugar Keepers**

Airtight containers to store your baking supplies.

Deli Containers with Lids

Pick up a set with assorted sizes. You will use these all of the time for, food prep, storing leftovers, or sending food home with guests. They are also dishwasher safe. Great investment!

Parchment Paper

I prefer to use the sheets of paper. Easier to work with & saves time.

Salad Spinner

Great for drying your greens/lettuce.

Colander

Perforated bowl used to strain off liquid from food.

Coffee Maker/Percolator**Baking/Casserole Dishes**

- 13x9 baking dish
- 9x9 baking dish
- Round casserole dishes, assorted sizes

Pots & Pans

- stock pot 8 & 16 qt.
- double boiler
- skillets & fry pans with lids
- cast iron fry pans (uncoated)
- saucepans with lids 1,2,3 qt.
- Dutch Oven (cast iron, uncoated)
- pie pans
- muffin tins
- loaf pans
- 1/2 sheet baking pans
- 1/4 sheet baking pans
- spring form pan
- turkey roasting pan

Pantry Staples

Keep the basic items listed at all times. Combined with your stock in the refrigerator and freezer, you'll always have something to put together for a great meal, snack, or dessert.

Flour(s)

White, wheat, bread.

Sugar

White, brown, powdered sugar

Baking Soda & Baking Powder

Instant Yeast

Salt

Table, Kosher, Sea

Black Pepper

- Ground and Peppercorns

Spices

- Basics: cinnamon, garlic powder, onion powder, paprika, bay leaves, etc.

Extra Virgin Olive Oil

- Be sure to get good olive oil in a dark glass container.

Other Oils

- Your choice of Canola, Vegetable oil, Avocado, Sunflower

Vinegar

- white, wine, apple cider, balsamic

Cocoa Powder

Corn Starch

Chocolate Chip Morsels

Peanut Butter

Jelly/Jam/Preserves

Nuts

Rice

Beans

Canned Fish

- Salmon/Tuna

Mayonnaise

Salsa

Olives

- Black/Green

Pickles

Canned Veggies

Chicken/Beef Broth

Canned tomatoes

- crushed, diced, puree (your preference)

Spaghetti Sauce

Assorted Pastas

Salad Dressings

Grains

Tahini

BBQ Sauce

Ketchup

Mustard

Hot Sauce

Cereals

Crackers

Vanilla Extract

Refrigerator

Eggs

Breads

- sandwich, bagels, english muffins, etc...

Butter

Vegetables

- especially onion, celery, carrot

Fresh Herbs

Fruit

Potatoes

Orange Juice

Milk

Yogurt

Cheeses

Freezer

Meats

Frozen Vegetables

Frozen Fruits/Berries

Fish/Seafood

Extra Butter

Ice

Ice Cream

- *It might not be a necessity in your house, but it is in mine!*

That's all folks!

I hope you found this free mini guide to be a helpful resource &
thank you for your support!

Be sure to visit & subscribe to my website: www.domestickitchenry.com
for practical culinary advice and resources to help you
navigate smoothly around your kitchen.
If you can read, you can cook,

—Erika