

# Cookware

# & Bakeware



BY ALEX STUART

## Frying pans

CATEGORY	PRODUCT /NOTES
Stainless Steel	Buy a good quality one
Brushed Black Metal	I use a <a href="#">De Buyer pan</a>
Cast Iron	<a href="#">Le Creuset Omellete Pan.</a> Le Creuset also make great big bigger <a href="#">frypans</a> , and <a href="#">grill pans</a>
Ceramic	<a href="#">Baccarat Bio</a>

## Baking

CATEGORY	PRODUCT /NOTES
Stainless Steel	Find a chef's supply shop near you or online for stainless steel options at somewhere like Chef's Warehouse in Surry Hills, Sydney. Or try this <a href="#">Hospitality Products online shop</a>
Ceramic	Course alumni have had success with the baking products from the <a href="#">Neoflam</a> range
Enamel Cookie Sheet	<a href="#">Falcon Enamel Cookie Sheet</a>
Parchment paper	The only parchment paper I recommend is the <a href="#">If You Care range</a> . It is the 'lowest tox' on the market today
Patty Pans / Muffin liners	Go for the <a href="#">If You Care</a> ones, if you really need them

## Other Kitchen Products

CATEGORY	PRODUCT /NOTES
Chopping boards	Wood is your best option – it shows the ability to halt the growth of and kill bacteria applied to its surface. My husband is an <a href="#">artisan woodworker</a> and has made some gorgeous ones. Biome also has a range of <a href="#">wooden boards</a> . Glass and bamboo are low tox but will make your knives blunt over time.

Pressure cookers	<a href="#">Tefal Acticook</a> - Amazing performance and fully stainless steel except for a small colander handler, so I leave out the colander and steam veggies on the side.
Slow Cookers	The two I would recommend are the <a href="#">Cuisinart Ceramic Slow Cooker</a> and <a href="#">Breville Smart Temp Slow Cooker</a> . Both have ceramic (rather than non-stick cooking surfaces) and are great.
Thermomix	I have a Thermomix but admit that I don't use the steam basket or varoma - I just can't get my head around using any form of plastic with heat in combination.
<a href="#">MyCook / OzCook</a>	The new player in this space is of Spanish origin. I now have one and it's excellent. It performs identically to the Thermomix, minus the flashy digital extras, but its huge draw card for me is the stainless steel attachments so that I feel I can actually use the steamer basket and 'varoma' for cooking
Utensils	Wood is your best bet because it's gentle and prevents scratching, no matter what the surface. Stainless steel is the next preference, and then 100% silicon spatulas for baking.
Blenders, blitzers and food processors	<a href="#">Hamilton Beach Commercial Blender</a> – a professional grade one. Stainless Steel stick blender – buy a quality one
Roasting trays	I'd choose a top notch <a href="#">Le Creuset style of tray</a> for lasagnes and bakes. The roasting trays from <a href="#">Falcon Enamelware</a> are also great and are available on-line and often at Woolworths.
Casserole Pots	I love my <a href="#">Le Creuset</a> big red pot for slow cooking. <a href="#">Chassuer</a> is another great brand. Both brands often go on sale at the big department stores in their twice yearly sales, so keep an eye out for bargains!
Kettles	<a href="#">Le Creuset is my choice here</a> . – a good quality ceramic kettle that you boil on the stove
Bin liners	<a href="#">If You Care</a> has some great ones that don't instantly disintegrate at the drop of a hat like some natural bin bags, and they come in a couple of sizes. And <b>Multix</b> has also started making compostable rubbish bags, which are available at major supermarkets.

### Task for Today

Decide the 3 most toxic things in your kitchen and work towards replacing them as soon as practicable.