**Kitchen in a Box**

**Induction burner**

* Safer since open flame > easier to get biomed/facilities approval
* Cools off quickly for pack up

**Large plastic tote with lid**

* Straight sided holds more and utilizes space better

**Smaller plastic box w/ lid** – shoebox size-ish or slightly smaller

* Small glass jars filled with [I scavenge tiny bottles whenever I see them]
* extra virgin olive oil
* vinegar[s]
* good honey or quality Grade B maple syrup
* spices - red chili flakes, cumin, coriander, cinnamon, dried herbs, garlic, turmeric etc. sea salt, black pepper

**Same size or slightly larger box w/ lid**

* Tools and utensils
* knife w/ cover
* wooden spoon
* tongs
* whisk
* measuring spoons
* measuring sups
* spatula
* zester
* citrus squeezer
* small grater
* 8 – 16 oz. mason jar with lid

**2 flexible cutting mats**

**3 nesting stainless steel prep bowls:** 12 inch, 10 inch, 8 inch

**4 prep bowls:** 2 to 4 inch

**10 inch skillet with lid:** check for induction compatibility

* lesser expensive newer gen nonstick is fine. Look for PFOA, PTFE free

**3 to 4 quart soup pot w/ lid:** check for induction compatibility

- steamer insert is a bonus

**Miscellaneous**

* pot holders, cloth or paper towels
* gloves, band aids

- small compostable tasting cups and utensils, box of zip locks

- power strip

**Bonus tools**

* Immersion blender, mini prep

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