Aberdeen COOKING

Kick start your kitchen!

Check our sister guides ‘Aberdeen Shops/Eats’
The main ‘utensils & crockery’ that you need
(refer to the Shopping in Aberdeen guide for details on where to buy)

• 1 x pot
• 1 x frying pan
• 1 x strainer/colander
• 1 x bowl
• 1 x plate
• 1 x glass
• 1 x mug
• 1 x wooden spoon
• 1 x plastic spatula
• 1 x cutlery set (1 x knife/fork/plate)

The following ‘core’ ingredients:

• Oil (Vegetable, Rapeseed, Olive)*
• Salt & Pepper
• Pasta/Rice/Potatoes**
• Meat (or alternative for vegetarians)***
• Vegetables (Frozen are cheapest, and retain nutrition) - boil for 5-10 minutes

*Each oil has different properties which make them better for different kinds of cooking, but we aren’t going to worry about that level of cooking as this is just for beginners!
** Choose your favourite starch
*** Ensure you follow the directions on the package for proper cooking, or speak to the butcher.

Pasta

• Portion Size: 1 handful (100g)

Rice

• Portion Size: ¼ of a mug full (75g)
• Put rice in pot. Pour double the amount of water (150mL) into the pot and add a pinch of salt. Bring the water to a boil. Once water is boiling, turn heat all the way down (but not off!) and cover pan with lid. Cook for 10-15 minutes. Strain. Put in bowl. Add sauce/seasoning.

Potatoes

• Portion Size: Your palm (1 potato)
• Boil: Cut the potato into quarters. Fill the pot with water above your potato. Bring the water to a boil. Cover the pot. Cook for about 20 minutes.