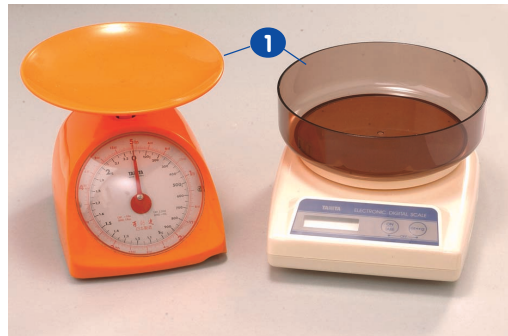


# 附錄：認識基本廚房用具

基本廚房用具可分為量度、切割、攪拌及盛載和煮食工具等，還有一些輔助工具。

## 1 量度用具

- 1 磅 (kitchen scale)
- 2 量杯 (measuring jug)
- 3 量匙 (measuring spoons)
- 4 湯匙 (tablespoon)
- 5 茶匙 (teaspoon)



## 2 切割用具

- 1 膠砧板 (plastic chopping board)
- 2 木砧板 (wooden chopping board)
- 3 菜刀 (chopper)
- 4 麵包刀 (bread knife)
- 5 長刀 (cook's knife)
- 6 蔬菜刀 (vegetable knife)
- 7 菜刨／削皮刀 (vegetable peeler)
- 8 圓頭刀 (round-ended knife)
- 9 剪刀 (scissors)



## 3 攪拌及盛載用具

- 1 粉盆 (mixing bowl)
- 2 木匙 (wooden spoon)
- 3 筷子 (chopsticks)
- 4 大碟 (large plate)
- 5 湯碗 (soup bowl)
- 6 叉 (fork)
- 7 茶匙 (teaspoon)
- 8 湯匙 (tablespoon)
- 9 飯碗 (rice bowl)
- 10 小碟 (small plate)



## 4 煮食用具

煲 (特大煲、大煲、中煲、小煲、水煲)

(extra large, large, medium and small saucepan; kettle)

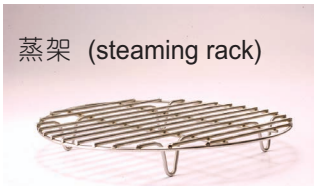


中式鑊、中式鑊鏟  
(Chinese wok and wok chaan)



平底鑊、平底鑊鏟  
(frying pan and fish slice)

蒸架 (steaming rack)



多層蒸籠  
(tiered steamer)



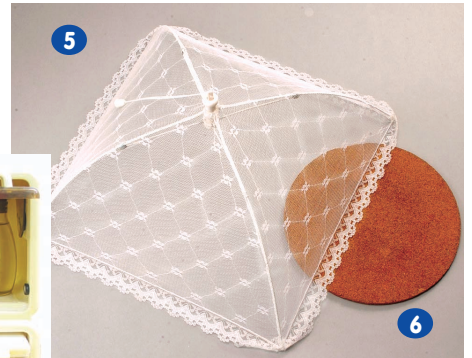
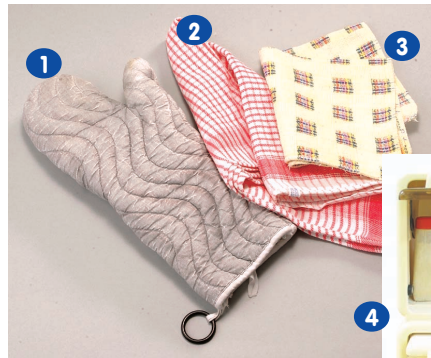
1 長竹筷子  
(long bamboo chopsticks)



2 炸杓 / 漏杓 (frying ladle / draining ladle)  
3 湯杓 (soup ladle)  
4 飯杓 (rice ladle)

## 5 其他用具

- 1 焗爐手套 (oven mitt)
- 2 抹碗布 (tea towel)
- 3 洗碗布 (dish cloth)
- 4 調味架 (seasoning tray)
- 5 食物罩 (food cover)
- 6 鍋墊 (pan stands)



- 7 筲箕 (colander)
- 8 篩 (sieve)
- 9 菜刨  
(vegetable peeler)
- 10 廚房剪刀  
(kitchen scissors)
- 11 罐頭刀 (can opener)
- 12 榨汁器 (squeezer)

