



## Notes

Statements by Julia and Paul Child appear in italics.

Additional posters are available at the Center Book Shop of Walker Art Center, Minneapolis

This poster is washable.

## Kitchen Planning & Design

*When you are planning your kitchen, work out the steps of several complicated meals and entertainments.*

Julia uses her work tops as the "connective tissue" between the activity zones or areas. Adjacent to each work area is what she calls sufficient putting down space.

Paul Child, a master at organization suggests... *lay all of your tools out on the floor in groups that relate to cutting/mixing, baking, etcetera, and build a physical image of the end result.*

### On Lighting

*Work tops need good light—not only general illumination but specific light over every surface. We used a combination of ceiling spots, wall swivels and/or strip lights, so placed that the cook's hands cast no shadows.*

### On Materials

*Material selection is very personal... but remember that serious cooking is a messy business... a spotless design will keep you cleaning, instead of cooking.*

### On Storage

*The number of cupboards, drawers and shelves you need will be decided by whether you like your equipment closed up or on display...*

## 1

### The Table Area & Kitchen Dining

By now, famous advocates of traditional kitchen dining, Julia and Paul Child put forth their philosophy of the kitchen...

*The kitchen proper was our major concern because, to us, it is the beating heart and social center of the household. Although this was our ninth kitchen, we never before had the luxury of a large, well-proportioned room. We intended to make it both practical and beautiful, a working laboratory as well as a living and dining room.*

## 2

### The Cutting/Mixing Area

The most used of Julia's work areas is the cutting/mixing zone. Extending along the 18 foot long north wall under large windows is a solid maple 1-1/2 inch thick work top, separated by a double stainless sink. Above the work surface, the knives are attached by heavy duty magnetic strips. To the right, on pegboard, are poultry shears, scissors, large knives and the butcher's steel sharpener. Below the work top is the dishwasher, open slots for large metal trays and open storage for large mixing bowls. On the work top are the electrical blenders, mixers and the food processor. All the washing, trimming, peeling, skinning, slicing, chopping, grinding, mashing, bashing, and blending take place here.

### Knives

*Dull knives are a serious safety hazard. A dull knife can slip more easily than a sharp one when you are deboning a chicken. Very sharp knives are the mark of the serious cook. Clean and sharpen knives by hand, do not use mechanical sharpeners or leave knives languishing in dish water. Buy knives with a high carbon steel content, they take a sharper edge than pure stainless steel. Wipe oil into wooden handles periodically to keep them tight. Store your knives on racks where they are handy and can be seen. Never store them in drawers, it is dangerous to your hands and to the knives.*



*For cutting bread or slicing tomatoes, a serrated knife is good. It will also slice slab bacon well.*

*For general chopping, you can use one of the Chinese choppers, the traditional chef's knife or the Japanese version.*

*Finally, a general purpose stainless kitchen scissors is useful as is a curved bladed poultry shears.*

*A professional butcher's steel with a blade 10 to 12 inches long is the best sharpening tool.*

*At least one mallet-like instrument is good for whacking up turkey carcasses, chopping bones and flattening cutlets.*

## Food Processors, Mixers & Blenders

Julia says, *The food processing machine is the single most important invention since the electric mixer; it literally liberates the cook from hours of chopping and grating.* In addition to this new tool, Julia also recommends the following: *For grating, puréeing and grinding, some hand operated tools do a better job than the electric blender or mixer. Used more for small scale grating of cheese, for example, the four-sided stainless grater and the small hand held French rotary grater are indispensable. Appliances are best made in an efficient food mill. Take care in selecting a good garlic press; they should take a large unpeeled garlic clove. Finally, a good peppermill is a must.*

Beware of the magic, multi-purpose, do everything kitchen machines. Remember that these machines can only do one thing at a time and must be re-programmed for each new use. It is often the case that two beating or mixing functions must be performed concurrently and it therefore becomes necessary to have some redundancy in your mixing equipment. Moreover, there are limitations to the capacity of food processors versus mixers.

### Heavy Duty Mixers

*For beating egg whites, cakes and soufflés, nothing works as well as a good durable electric mixer. Buy extra mixing bowls and whips to save the chore of washing and drying parts used in a single recipe.*

### Hand Beating

*Hand beating is necessary for many recipes. You may use an unlined copper bowl and whip or a hand-held electric mixer and a stainless steel bowl. The important thing is the beater-bowl relationship. Use the largest whip that will fit into a copper bowl or the smallest stainless bowl that will function with your hand held mixer.*

## 3

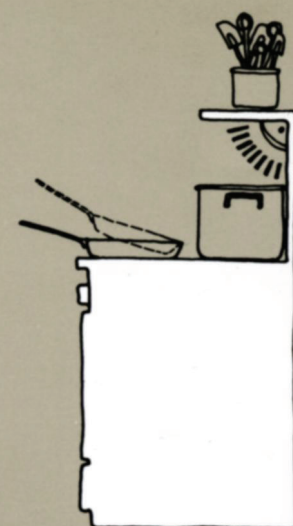
### The Cooking Area

*The more professional your equipment, the more solid, satisfying and long lasting it will be.*

### Stoves

Used or new restaurant quality stoves are superior to any consumer stove product. *Gas is the best form of heat because of its intensity and degree of control... from fiercely hot to warm... and its immediate availability. Electric is okay, if you buy a stove with quick heat-up elements... 30 seconds or less.*

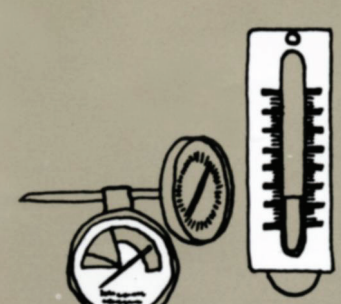
Heating coil controls should have at least ten temperature settings. The stove should have an easy to clean back splash of stainless or ceramic tiles. Any work shelves above the cook top should be high enough to accommodate large cook pots and also be made of easily cleaned, fireproof materials. Undershelf lighting should be installed to illuminate the cook top.



*The cook top of a stove should be thought of as a work bench of sorts and not a decorative hot spot in a counter top.*

Julia's stove measures 33 inches from the cook top to the floor, 3 inches below standard counter tops. This allows visual access to pot interiors and better hand work spaces for pan frying or sauteeing.

## Temperature Controls For Serious Cooking



Julia has little faith in automatic temperature controls on stoves, ovens and refrigerator-freezers.

*Accurate oven thermometers are essential to serious cooking.*

The success of some recipes hinges on a margin of a few degrees of heat. In terms of refrigeration you are best advised to know the "shelf-life" of perishable foods and their critical dependence on temperatures. Julia uses simple direct reading thermometers in her freezers, ovens and wine cellar.

*Built-in automatic temperature controls, clocks-timers and other gizmos collect grease and tend to be unreliable. Use wind-up timers with easy to read dials.*



### Ovens

*I don't find the microwave oven as useful as I thought it would be. I have one, and it isn't really that great for cooking. I use mine as a defroster.*

Two ovens provide more cooking flexibility than one. If space is at a premium buy a small secondary oven like one of the new counter top convector ovens. These units are more efficient than ordinary ovens and unlike the microwave ovens they produce properly browned, appetizing foods. Moreover, they cost half as much. Self-cleaning ovens are fine, but too often they are part of a poor quality stove. Mount these units in the wall if space permits. Warmers, under or near the cooking area are necessary to keep dishes and food hot prior to serving.

### Stove Top Cookware

*Don't waste money on cheap pans. Get something good and solid that will last for years and years. Instead of buying three cheap pans, invest in one good one.*

Sets of matched cookware may look appealing in your kitchen, but beware of the pitfalls in buying "sets" of any kind of cooking utensils. Choose tools individually for their specific materials and cooking function.

Aluminum and copper are the best conductors of heat and remain the most favored pot materials.

*I very much like heavy duty aluminum, with Teflon linings or these new Calphalon pans with their non-stick finish. The non-stick is integrated with the heavy aluminum to produce a superior pan at a reasonable cost. Copper is more beautiful and provides a lot of warmth to a kitchen, but you must be careful to buy good quality. Copper spreads heat evenly... it must be at least 1/8 of an inch thick on the bottoms.*

### Frying Pans

*You should have at least 3 sizes of frying pans: a large one, 11 inches in diameter across its top edges; a medium, or 10-inch pan; and a smaller, 7 to 8-inch pan for single servings and crepes.*

*For general sautéing, the heavy duty frying pan with its long handle and sloping 2-inch sides is the best shape.*

### Saucepans

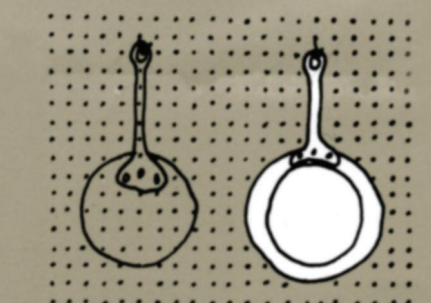
*You will need saucepans of different materials for a variety of foods. A minimal list would include: 1-1/2, 2-1/2, 4-1/2 and 7 quart capacity sizes.*

### Lids

*Rather than a special lid for each pot, a series of long-handled covers allows one to fit several sizes of saucepans. Lids should be within easy reach of the stove, while the pots can be stored elsewhere in the kitchen.*

*I am not one to worry about the scientific relation of how many steps it takes to move from one work place to another; the more exercise the better I think.*

Julia stores all of the pots and pans on pegboard in order of descending size. The pegboard covers allows one to fit several sizes of saucepans. The pots are outlined on the pegboard to insure their safe return.



### Soup Kettles

*An 8-quart kettle and another of 18 to 24-quart capacity will suit most of your needs. A French earthenware marmite is attractive for soups and stews that are cooked and served in the same pot.*

### Casserolés

*Casserolés can double as saucepans or roasters and are essential for stews and braises. Enameled ironware works well in the oven or on the stove.*

### Roasting Pans

*Flameproof dishes, about 2 inches deep, are used for baking, gratiné, roasting and serving. Earthenware gratin dishes are always attractive for baking and serving.*

*I do most earnestly recommend that every area have its adequate putting down counter. You need one next to the oven door where hot pots can rest, and where basting brushes and spoons and a pan or two can rest. You will want a wide space by the cook top for whisks, bowls, plates and other tools you will be cooking and serving with.*

*Don't get scared, and never apologize. If something has gone wrong, serve it anyway. Chances are, no one will know the difference...*

## Books

*The Art of Eating*  
M. F. K. Fisher  
Random House, Inc.

*The Cooks' Catalogue*  
Edited by James Beard, Milton Glaser and Burton Wolf  
hard-cover: Harper & Row  
Pubs., Inc.  
paperback: Avon Books

*Food for Nought: The Decline in Nutrition*  
Ross H. Hall  
Random House, Inc.

*The Joy of Cooking*  
Irma S. Rombauer and Marion R. Becker  
hard-cover: Bobbs-Merrill Co., Inc.  
paperback: New American Library

*Larousse Gastronomique: The Encyclopedia of Food, Wine, and Cooking*  
Prosper Montagne  
Crown Pubs., Inc.

*Mastering the Art of French Cooking*, 2 vols.  
Julia Child, Simone Beck, Louisette Bertholle  
Alfred A. Knopf, Inc.

*The Physiology of Taste: Meditation on Transcendental Gastronomy*  
Jean A. Brillat-Savarin  
Tr. M. F. K. Fisher  
Alfred A. Knopf, Inc.

*Simple French Food*  
Richard Olney  
Atheneum Pubs.

## Measuring Tools

Julia uses three types of measuring cups: glass measures with pouring lips for liquids (1, 2 and 4 cup sizes); dry measure cups for sugar, salt and flour that can be filled to the brim (1/4, 1/3, 1/2 & 1 cup); and two sets of linked spoons (1/4 tsp, 1/2 tsp, 3 tsp and 1 tb)

## Spices

Paul Child has a simple yet clever solution for storing spices. Arranged on three levels of steps, like chorus boys on risers, are most of the frequently used spice containers.



Each container is tagged with a small sticker on which appears the first letter of the name of the spice... "A" for Allspice... "T" for Thyme and so on. The "A's" are on the left and the "Z's" on the right.



Paul says, *This additional labeling at least helps sort out the first level of organization of what can be a frustrating search for an illusive spice container.*

## 4

### The Pastry Area

Pastry and baking has enough significance in Julia's concept of good cooking to command a special place in her kitchen. Situated in a former hall space, the *pastry corner* is comprised of a pastry marble (36 inches wide, 30 inches deep and 1/2 inch thick) surrounded by a host of pastry utensils. The marble has special qualities for working with dough, namely its nonporosity and dough cooling nature; fat in the dough does not prematurely melt on a cool work surface.

*Although Formica will do, a pastry marble is better than just about any surface for prepared pie dough, feuilletés and such. On a really hot day the marble can be inserted into the refrigerator and will remain cool enough to work out your dough.*

A set of graduated puff pastry cutters, a rolling French croissant cutter, oval and round cutters are arranged on pegboard amidst small shelves holding sifters, measuring cups and fancy dough cutters. The opposite wall is complete with a solid maple work top, a number of small and large rolling pins, a food scale and the microwave oven. Below the work top are drawers filled with nested baking tins, flan molds, pie plates; above it and encircling the space is a perimeter shelf (strip lighted beneath) supporting terrines, earthenware pots and casserolés.

## 5

### The Butler's Pantry Area

Most, if not all of Julia's china-ware and glassware is stored behind glass-paned doors in the *old butler's pantry*. As with other utensils, the china and glassware are of various designs, some matching, and some not. *The important thing to remember when setting a table is that it's not the individual look of each piece that counts, but the overall appearance.* Julia uses only everyday set of china and glassware... not a special set for company.

### Wine Glasses

All of her wine glasses have stems. *Stemless glasses are less romantic and less elegant than the stemmed variety. You need*

*only one type for Bordeaux, Burgundy, Rhine wine, Champagne or Chianti—the tulip shaped glass that holds 1/2 to 1 cup; fill it slightly less than half full to give room for swirling and sniffing. Hold the glass by the stem.*



This area, used by Paul for maintaining his wine inventory list, contains a small stainless corkscrew. The wine cellar rooms (kept at 55 degrees) are in the basement (one for red and one for white). Cocktail and other drink recipes are displayed on the wall.

## Spoons, Forks, Spatulas, Whisks & Retrievers



Julia stores her vast assortment of these utensils in widemouthed crocks adjacent to the area in which they are used.

*You can never have enough of these tools. A minimal assortment may include: large spoons of nonmetallic composition (for stirring in non-stick pans), wooden spoons (they blend the flour and butter roux without racket) or the wooden spatulas. They are more efficient than spoons for stirring, scraping, and beating. Chopsticks are good for beating eggs for an omelette. You'll need large forks for turning and lifting roasts and even the common table fork for beating eggs and pricking pastry.*

*At least three spatulas are useful: a flexible blade, 8 and 12 inches for lifting cookies off baking sheets; stainless for general use; and nonmetallic for turning pancakes in non-stick pans. Whisks in all sizes for beating and general mixing... and an assortment of retrievers for removing items from boiling oil. Metal tongs or the perforated spoon are very useful.*

# JULIA'S KITCHEN A DESIGN ANATOMY