[CLAIMS]

[Claim 1]

A cooking spoon for a user, comprising:

a ~~long~~ handle portion that is to be grabbed by the user; and

a spoon body that is coupled to the handle portion and has a bowl portion recess-shaped in a predetermined direction, wherein

the handle portion includes

a tip portion that is coupled to the spoon body and has a recess portion for accommodating a tip of an index finger of the user; and

a base end portion that is coupled to the tip portion and has a curved shape protruding in a direction opposite to the predetermined direction, and wherein

the recess portion has a bottom portion where a distance with respect to a straight line connecting a tip-side end portion and a base end-side end portion is a maximum depth, and

the handle portion is formed with a straight-line distance from a top portion of the base end portion to the bottom portion of the tip portion such that the tip of the index finger of the user can be accommodated in the recess portion in a state in which a part near a palm side of a metacarpophalangeal joint (MP joint) of the index finger of the user is positioned at a top portion of the curved shape.

~~[Claim 2]~~

~~The cooking spoon according to claim 1, wherein the handle portion is formed such that the tip of the finger of a user can be accommodated in the recess portion in a state in which a predetermined position of a palm of the user is positioned at a top portion of the curved shape.~~

~~[Claim 3]~~

~~The cooking spoon according to claim 2, wherein the predetermined position is located near the palm side of an MP joint of an index finger.~~

[Claim 2]

The cooking spoon according to claim 1, wherein a distance from the base end-side end portion to the bottom portion is longer than a distance from the tip-side end portion to the bottom portion.

[Claim ~~4~~3]

The cooking spoon according to claim 1 or 2~~ or 3~~, wherein a first radius of curvature of the curved shape at the top portion is greater than a second radius of curvature at ~~a~~ the bottom portion~~ where the recess portion is the deepest~~.

[Claim 4]

The cooking spoon according to any one of claims 1 to 3, wherein the straight-line distance from the top portion of the base end portion to the bottom portion of the tip portion is 50 mm or greater and 70 mm or lesser.

[Claim 5]

A cookware set, comprising:

a mashing container that accommodates an ingredient and has a curved shape recessed in the predetermined direction; and

the cooking spoon according to any of claims 1 to 4.

[Claim 6]

The cookware set according to claim 5, wherein a third radius of curvature of the curved shape of the mashing container is greater than a fourth radius of curvature of a bottom surface of the spoon body.