We don't endorse any particular setup, but we did mention what we used in the Part 1 handout for V7 in Utrecht 2012; see slides 14-20.

The most powerful laptop still can't quite compete with the most powerful desktop. RAM and CPU speed/cores make the most difference in performance.

CPU is the most important – one could argue in favor of the fastest i7 Quad core. 16 GB memory is fine.

Dell put out some 6-core PCs – but not yet on the office computers – shortly we should have it on office machines. The new processor is called i7 5930K.