

Wishlist: Kitchen Gadgets & Appliances

The Basics

You can make any CARE or Perfectly Produce recipe with these essentials.

GADGETS



- **Vidalia Chop Wizard™ (\$20)** (one of my MUST haves)**
 - Inexpensive, yet effective, for chopping and dicing produce (even works on tomatoes).
 - I've tested so many veggie choppers – and this one has worked *great!*
 - It works for all fruits and many vegetables (it does white potato; sweet potato is too hard).
- Can opener
- Vegetable peeler
- Egg slicer
 - I use mine most to slice strawberries and mushrooms!
- Inexpensive manual juicer (wooden or plastic gadget for lemon/lime juice)
- Set of “flexible” plastic cutting boards (set of 3-5 avg. \$10)
 - Allows you to quickly change them out between recipes or between produce and meat products for food safety.
- **Zyliss® Hand-Held Vegetable Slicer with julienne setting** (pictured to right) (another MUST have)**
 - Wider than most, I have found this hand-held slicer to be the most comfortable to use.
- Cut Resistant Glove (found by cutting knives)
 - Worn to protect nicks from slicers and graters; a must have to use with the Zyliss Slicer
- Whisk
- Metal tongs
- Metal collapsible steamer basket
- Measuring cups and measuring spoons
- Rubber spatulas



Basics List Continued

- Wooden spoons
- Scissors used exclusively in the kitchen
 - Use for ‘cubing’ meat or produce, trimming ends of produce
- 1 large colander
- 2 sets of large mixing bowls
 - Eases prep of multiple recipes or large batches
- Large salad spinner
 - Essential for easing prep of leafy greens
- **OXO Good Grips® Salad Chopper (pictured to right)**
 - This gadget can turn almost anyone into a salad lover! The combinations are endless making you look forward to playing with leafy & tender veggies!



3 GOOD KNIVES

- Small paring knife
- Serrated ‘bread’ knife
- Large Chef or Butchers knife (~8” blade)

POTS & PANS

- Box set of 4 various size pots and saucepans
- 1 small and 1 large non-stick skillet
- 2 Stainless steel 27-35 quart stock pots
 - Essential for large batches of soups and broths

APPLIANCES

- Good blender – Ninja is the brand I’ve had good luck with for an entry level blender
- Toaster
- Digital food scale

STORAGE

- Plastic or glass storage containers
 - Having the right sizes available eases portioning and storage, as well as, clean-up
 - Costco often has a great option for both glass and plastic sets
 - Also recycle salad dressing, salsa, spice jars, and other glass containers for your kitchen
- Freezer bags in quart and gallon sizes
- Masking tape and a marker
 - Easiest way to label, date, and note portion sizes on bulk servings

INTERMEDIATE

As you cook more, you'll appreciate the ease these bring.

GADGETS

- Mechanical meat tenderizer (*gadget with small blades; pictured*)**
 - I prefer mechanical meat tenderizers to marinades. A meat tenderizer mechanically cuts through tougher fibers in meats versus marinades that work by chemically 'dissolving' tissue and fibers.
 - Both can be used – but when you don't want additional taste from marinades use a mechanical tenderizer.
- Cheese slicer and cheese grater
- Cherry pitter
- Microplane for fine grating
- Rubber mallet
- 4-Tier Plastic Sprouter Set (to make home grown broccoli sprouts)



POTS & PANS

- Cast Iron Skillet
 - Be sure to season it to avoid sticking and naturally using less oil when cooking
 - Cast iron cooking provides a dietary source of the mineral iron
- Additional sized non-stick skillets for ease with prep
- Stove-top grilling skillet
- Wok

APPLIANCES

- Immersion Blender
 - You use these wand style blenders right in the pot! No having to transfer hot soup to a blender or dirtying the blender for smaller jobs.
- Spice/coffee grinder
- Air popcorn maker
- Pressure cooker for making dried beans and lentils

ADVANCED

These investments come to pennies per use within just months.



Vitamix® Blender

- Price is the only reason Vitamix isn't listed under the basics list. It is an investment, but when you're ready, it is a tremendous addition to your kitchen. It's the power that Vitamix brings that makes it unique. I wasn't a believer until I finally got one myself. It can blend an entire beet (with the peel on), ginger (with the peel on), and the list goes on.
- It makes what I call 'whole foods juice' vs. just juice from a juicer. A juicer just extracts the water/juice within the plant's cell walls leaving the incredible, nutrient-rich fibers and piths. I know you can save these fibers and bake with them later, but extracting them from the produce source and converting them into grains or 'Sweet & Treats' just don't fit the same way on a balanced plate.
- I recommend the 5200 Series with dual blades (wet & dry)

Large-capacity food processor

- >14 cup capacity

Stand mixer (the last thing I would get if I already had everything else)

- Many stand mixer brands offer attachments for shredding and slicing that are used directly on the stand mixer potentially eliminating the need for an additional food processor. I, personally, have found these attachments to underperform. And because I don't bake often, my stand mixer doesn't get much use. However, when I make things like large make-ahead batches of buckwheat pancakes, I'm glad I have it available.