

Protective Diet Class #270

Protective Diet Pro Tips

This class is full of helpful recommendations. Julie Marie's pro-tips and kitchen systems will save you time, money and add to your kitchen confidence.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) for the strong support system you need to achieve your goals.
- Join us in [Saturday Morning Live Coaching Hour](#) for personalized guidance on the application of a Protective Diet.
- Check out this [Organic Bulk Foods](#) resource to replenish your Protective Diet staples.

Vocabulary

Pot-in-Pot Method	Sulforaphane	Myrosinase	Additive-Free
Burn Signal	Yogurt Starter	Incubation Time	Blender Loading Order

Useful Tips for PD Pros

Instant Pot Tips

- **Pot-in-Pot Steam Cooking Method**
 - Pressure cooker pot containing 1 cup water & rack.
 - Vessel/Bowl: Use any oven-safe [dishware](#), stainless steel bowl, Pyrex measuring cup or bowl that fits in your pressure cooker.
 - Food: Start with room temperature (not frozen) food for 1 minute cook time. Increase to 2 minutes if item is cold.
 - Tools: [Silicone hot mitts](#) or [pot gripper](#) & [steam diverter](#) for use when quick releasing pressure.
- 1. **EASILY ADD KALE TO ANY MEAL**
 - Pre chop kale (at least 30 minutes before cooking to activate Sulforaphane production) and place in dish.
 - NOTE: If you don't have time to pre-chop, add a raw cruciferous vegetable or light sprinkle of mustard powder to cooked cruciferous vegetables to re-activate the enzyme, myrosinase, which allows Sulforaphane production to take place.
 - Wash & store fresh kale or collard greens for convenient daily use: put in a plastic bag, press all air out and seal the bag.
 - Use the [Storing Herbs Technique](#) for more delicate parsley & cilantro to avoid crushing them.
 - Add optional seasonings (Julie adds [PD Broth Mix](#))—no liquid is added to the kale.
 - Put dish in [Instant Pot](#) on rack, close the pressure valve and set to STEAM for 1 minute with quick or natural pressure release.
 - If you are reheating a subsequent item, replenish 1 cup water to replace water loss from steaming & pressure release.
- 2. **REHEAT LEFTOVERS**
 - Perfect method for reheating leftovers because you don't have to add any liquid to the food & it won't get dried out.
 - Store meal-sized portions of leftovers in [glass containers](#) for quick and easy reheating.
 - The PD Hungry Man Dinner from leftovers=[Smashed Potatoes](#), Corn, [Mushroom Gravy](#), defrosted green beans & torn kale.
 - Place dish without cover in Instant Pot on rack, close the pressure valve and set to STEAM for 1 or 2 minutes w/ natural release.
 - Test to see if heated through by stabbing a fork in the middle. If the fork handle heats up, the food is hot.
- **"Burn" or "Hot" Signal**
 - Because there is not enough liquid on the bottom of the pot. Be sure there is sufficient water to boil and produce steam.
 - Because starch accumulates in the steam valve preventing steam from exiting the pot. Rinse the valve after every use.
 - When making [Pasta Arrabbiata](#), stir slow cooked sauce into pasta cooking water before cooking pasta to avoid "burn".
- **Instant Pot Plant-based Yogurt**
 - Freeze a couple Tablespoons of [Plant-based Yogurt](#) in a small container as an emergency starter should you run out of yogurt.
 - Never run out of yogurt—make a new batch the night you open your last jar; make at night so IP is free during the day.
 - Using yogurt as a starter rather than the powdered [starter packet](#) will result in thicker yogurt with each successive batch.
 - Minimum yogurt incubation time is 8 hours. Longer incubation time will increase tangy taste, not thickness of yogurt.
 - Make yogurt in any clean jar with lid: quart jar, recycled applesauce jar, pint jar, etc.; as long as it's clean it will work.
 - 1 batch of [Greek Soy Yogurt](#)=1 quart of Plant-Based Yogurt strained. Use a [nut bag](#) & follow the Greek Yogurt recipe guidance.
- **Instant Pot Vanilla Extract**
 - Make all [vanilla beans](#) into [Instant Vanilla Extract](#) rather than letting them get stale in a package in the pantry.
 - To prevent jar from breaking under pressure, split the batch into 3 durable 1 cup [jelly jars](#), rather than your heavily used [22oz. jar](#).
 - Store vanilla extract in recycled 20oz. Tamari jars or [22oz. straight sided jars](#) for easy measuring.
 - Add vanilla beans from [Instant Vanilla Extract](#) to any recipe with vanilla flavor that is blended completely.

Protective Spices & Seasonings Tips

- Invest in [bulk spices](#) for the best deal and superior freshness. Refill spice canisters in your spice cupboard as needed.
- Buy fresh garlic in bulk. Separate cloves and freeze in a plastic bag. [Suzy 2 garlic press](#) will press right through the skin.
- Buy [fresh turmeric root](#) in bulk on sale in fall. Clean, dry and freeze.
- To extend the life of chopped fresh cilantro, add diced onion to it & refrigerate.
- Use additive-free vinegars. Balsamic Vinegar should be Grape Must (not cooked or reduced) & vinegar, or just vinegar.

Storage Tips for Protective Freezer Staples

- [Fresh ginger](#) & [turmeric root](#) --for easy [microplane](#) grating into [Spicy Oil-Free Curry](#), [Tuber Tonic](#), etc. Wash, air dry & store whole in bag.
- Fresno and jalapeno peppers--for use in ferments or cooking. Roast first or leave raw. Store in a plastic freezer bag.
- Grape or cherry tomatoes--for [Pasta Arrabbiata](#). Buy tomatoes on sale and freeze in 2-pint portions.
- Additive-free tomato paste--portion and flash freeze in Tablespoon mounds (¼ cup = 4T.; 6oz. can =6-7T.). Use a [silicone spatula](#) to make it easy. When firm, transfer to a freezer bag for easy addition to recipes. Repeat when you have a partial can of tomato paste.
- Tofu--keep 4 bricks of tofu in the freezer. Designate as frozen by marking with a sharpie "X". Use defrosted for [Ground Crumbles](#).
- Bread crumbs--make double the amount when you make [Perfect Pesto Sauce](#) & store 1 batch in freezer for next time.
- Garlic cloves separated with peel on--[Suzy 2 garlic press](#) can handle frozen cloves, no problem.
- [Nice Cream](#)--transfer from freezer to refrigerator 2 hours before eating to defrost to perfect texture.
- Yeast & [Yogurt Starter](#) Packets--can store long past the expiration date when kept in freezer.
- Fresh Pineapple--cleaner than canned. Buy on sale. Chop and freeze what you can't eat. Use in [Sugar-Free Sweet & Sour Duck Sauce](#).

High Speed Blender Tips

- [Oat Flour](#)--Blend in the morning when blender jar is dry.
 - Blend 3 cups at a time to a fine blend consistency (1 minute).
 - Put oat flour in wide-mouthed canister on the counter top for easy measuring access.
 - Leave the lid slightly opened to let warm moisture escape just after blending.
 - Next, blend Nice Cream batter to incorporate any oat flour residue in the blender jar.
- [Quinoa Flour](#)--Toast quinoa in the evening and let cool on the stove. Blend in the morning.
- Garlic--Blend with peel on to retain protective phytochemicals. Raw garlic can taste spicy. Select the right sized clove.
- [Blender](#) loading order--liquid on bottom, seasonings, then crumbled tofu. Blend on high.

Stove Top & Baking Tips

- Get 2-4, 17" [rimmed baking pans](#) for [Crackers](#), [Nice Cream Sandwiches](#), [Fat-Free Fruit Newtons](#) & [Baked Tortilla Chips](#).
- Use an [offset spatula](#) for easy spreading of batters.
- Keep your [Cast Iron Pan](#) dry to prevent rust. Follow guidance in [Class #266](#) to renew & re-season your pan.
- Reinvent leftover [Busy Day Chili](#) into baked [Tamale Pie](#).

Food Labeling & Measuring Tips

- Use a sharpie marker to label directly on glass jars of ferments, vanilla & anything you want to give a "use by" date.
- Remove marker from glass using dishwasher, vinegar, or [All Purpose Cleaning Spray](#).
- Have multiple sets of measuring cups and [spoons](#) so you can go from recipe to recipe without the need to wash and dry.
- To measure accurately for [PD Recipes](#), scoop measuring cup into flour canister/bag and level off with finger or side of bag.
- Use dry measuring cups for both wet and dry ingredients instead of pyrex wet measuring pitchers.
- Use wet measuring pitchers to measure fruits and vegetables or to add water to instant pot.
- [Tapioca Starch](#), sometimes labeled Tapioca Flour, is finer than flour. Indian market Spice Land brand is NOT fine enough.

Fermenting & Beverage Tips

- Mince fermented garlic, which is milder, into [Kids Spaghetti](#) & [Mix n Mac](#).
- Use brine in cooking liquid for rice (2 cups rice + 2 cups water + ½ cup brine), in [No Knead Brine Bread](#), or as water in [Salad Dressings](#).
- Optimal house temperature for fermenting is between 68-72 degrees. Things ferment faster in a warmer house.
- Look, smell and taste to determine your preferred doneness. The longer they ferment the softer & more vinegary.
- Remove the flowers from [Flower Water](#) and [Blue Chai](#) before transferring to the fridge. They will mold.

Social Responsibility & Family Tips

- [Reusable produce bags/grocery totes](#)--load groceries back in the cart loose & bag them at the car instead of using plastic.
- Invite your loved ones to a "Cook & Catch up Session" where you cook together and socialize in the kitchen.
- Set some kitchen organization "ground rules" so the kitchen is a delightful and orderly place to be.
- Encourage family members to choose the menu by looking at the pictures at [protectivediet.com](#) so they have buy-in.

"If you haven't ordered the organic onion powder that I have linked to every recipe, you must. It is delicious compared to any onion powder you can buy in the store. It will make your Buttermilk Dressing sing. Your French Onion Dip will be the ultimate."

Recommended Recipes

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| <input type="checkbox"/> Asian Style Kale | <input type="checkbox"/> Homemade Lasagna | <input type="checkbox"/> French Onion Dip |
| <input type="checkbox"/> Tapioca Pudding | <input type="checkbox"/> Pressure Cooked Pasta | <input type="checkbox"/> Egg Roll Bowl |
| <input type="checkbox"/> Vanilla Rice Pudding | <input type="checkbox"/> Perfectly Cooked Brown Rice | <input type="checkbox"/> Buttermilk Ranch Dressing |
| <input type="checkbox"/> French Vanilla Nice Cream | <input type="checkbox"/> Bolognese Sauce | <input type="checkbox"/> Peppermint Bark Popcorn |
| <input type="checkbox"/> MoJos | <input type="checkbox"/> Creamy Chocolate Frosting | <input type="checkbox"/> Chocolate Fondue |
| <input type="checkbox"/> Protective Probiotic Pepper Sauce | <input type="checkbox"/> Plant-Based Etouffee | <input type="checkbox"/> Sugar-Free Fruit Jam |
| <input type="checkbox"/> Pit Paste | <input type="checkbox"/> Sugar-Free Powdered Sugar | <input type="checkbox"/> Fudge |

Recommended Classes

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| <input type="checkbox"/> #148 Sulfuraphane Protection | <input type="checkbox"/> #052 Microwave Yay or Nay? | <input type="checkbox"/> #157 Preparing to Be Away |
| <input type="checkbox"/> Making Plant-based Yogurt | <input type="checkbox"/> Make Greek Yogurt with Me | <input type="checkbox"/> #266 Homemade Tortillas & Pro Tips for Chips |