

## Protective Diet Class #125

### Kitchen Tools—Beginner Essentials

*This class introduces the kitchen tools considered essential for operating a Protective Diet plant-based kitchen. Also included are suggestions for sourcing and techniques for using these basic tools in Protective Diet recipes. These are the tools you will use on a daily basis, so give them the most convenient locations in your PD kitchen.*

#### Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support and encouragement. We are there for 24-hour support.
- Join us for [Saturday Live Coaching Hour](#) for personalized guidance on the application of a Protective Diet.
- Read the [Newsletter](#) associated with this class.

#### Vocabulary

Refurbished	Clean As You Go	Stainless Steel	Aluminum
Prep Area	Food Cost Savings	Silicone	Ceramic

#### Action Steps for Gathering Your PD Kitchen Essentials

- Evaluate Your Kitchen Tools
  - Use what you already have if it will work.
- Use Your PD Food Cost Savings to Acquire Essential Tools You Still Need
  - Shop 2<sup>nd</sup> hand stores, the dollar store, TJMaxx/Homegoods, and the [PD Shop](#) for the best deals.
- Give These Tools the Handiest, Quick-Grab Spots in Your PD Kitchen for Convenient Daily Use.

#### MOST Essential

High-Speed Blender	<ul style="list-style-type: none"> <li>- Refurbished <a href="#">BlendTec</a> or Vitamix—This investment will be worth it.</li> <li>- Your food cost savings over 2-3 months should be more than double what you will spend on this blender.</li> <li>- Ninja/classic blender cannot blend the sauces, dips and dressings that make plant foods awesome.</li> <li>- Get the 4-sided jar—PD recipes are formulated to blend in this jar.</li> <li>- Layer ingredients with liquid on bottom, then lightest to heaviest. Blend 1 min. on high.</li> <li>- Rinse blender pitcher right away. Do not leave it soaking in the sink. Damages the gasket. Clean as you go.</li> </ul>
Sharp Knives	<ul style="list-style-type: none"> <li>- Do not wash in the dishwasher—high heat dulls the blade.</li> <li>- <a href="#">Cuisinart Set</a>—affordable; most often used are the Serrated knife, Paring knife, &amp; Chef’s knife.</li> <li>- <a href="#">Classic Chef’s Knife</a>—expensive; lifetime investment; heavier and a pleasure to chop vegetables with.</li> <li>- <a href="#">Magnetic Knife Strip</a> for convenient knife storage in prep area.</li> </ul>
Cutting Boards	<ul style="list-style-type: none"> <li>- <a href="#">Flexible Cutting Boards</a>—big enough to chop a big bunch of herbs; small enough to fit in the sink.</li> <li>- Gel Cutting Board—stiff and sturdy. Size it right for easy cleaning. It should fit in the sink and dishwasher.</li> <li>- Store them in your prep area, near the sink; use on top of a kitchen towel to prevent dull blade.</li> <li>- Glass cutting boards are actually counter protectors. Get rid of them. They dull your knife blade.</li> </ul>
Garlic Press	<ul style="list-style-type: none"> <li>- <a href="#">Zyliss Suzi 2</a> makes pressing garlic clean and effortless.</li> <li>- Keep fresh cloves with skins on in freezer and press directly into whatever you are making.</li> </ul>

#### Prep Area Essentials

<a href="#">Wire Whisk</a>	- Silicone alone is not stiff enough to make <a href="#">Firm Notzzarella Cheeze</a> .
Vegetable Brush	- Separate brush from the dishwashing brush for scrubbing potatoes and other vegetables.
<a href="#">Microplane Grater</a>	- Used for grating fresh ginger (keep frozen), turmeric, lemon and lime zest; do not wash in dishwasher.
<a href="#">Citrus Reamer/Juicer</a>	- many PD <a href="#">recipes</a> use 2-4T. fresh lemon juice.
<a href="#">Measuring Spoons</a>	- Store near your prep area for efficient cooking. Keep 2 sets: one for wet & one for dry ingredients.
Measuring Cups	- Buy multiple sets (look at second hand stores) so the need to wash doesn’t slow you down.
<a href="#">Mixing Bowls</a>	- 2 sizes, one for dry and one for wet ingredients & for washing herbs/lettuce, tossing salads with dressing.
Water Spray Bottle	- For adhering salt or other herbs; empty every time including from the tube; (look at dollar store).

## Bakeware Essentials

<a href="#">Silicone Baking Mats</a>	- Buy an assortment. Wash & hang to dry. Replace when it loses its non-stick quality.
<a href="#">Parchment Paper</a>	- Do not buy dollar store parchment paper. It is not non-stick.
<a href="#">Rimmed Baking Sheets</a>	- Need 2 sizes: 4 full sheets & 2 half sheets
<a href="#">Square Baking Pan</a>	- For <a href="#">Brownies</a> , <a href="#">Cherry Cheeze Danish</a> , <a href="#">Apple Fritter Cake</a> , and more.
<a href="#">Loaf Pan</a>	- For <a href="#">Whole Wheat Loaf Bread</a> , <a href="#">Banana Health Bread</a> , <a href="#">Not Yo Mama's Meatloaf</a> , and more.
<a href="#">Ceramic Muffin Pan</a>	- For <a href="#">Gluten Free Apple Oat Muffins</a> , <a href="#">Blueberry Muffins</a> , <a href="#">Focaccia Muffins</a> , <a href="#">Cinnamon Rolls</a> and more.
<a href="#">Muffin Liners</a>	- Parchment paper liners are essential for non-stick quality.
<a href="#">Glass Pie Plate</a>	- For <a href="#">Chocolate Cream Pie</a> , <a href="#">Fruit Crumble</a> , <a href="#">Fiesta Layer Dip</a> , <a href="#">Eggless Omelet</a> and more.
<a href="#">Hot Mitts</a>	- One for each hand. Never use when wet. The water will conduct heat and burn you.

## Stove Top Essentials

<a href="#">Cuisinart Casserole Pan</a>	- Oven transferrable. 5qts. For <a href="#">Bolognese</a> , <a href="#">Asian Style Kale</a> , <a href="#">Baked Mac &amp; Cheeze</a> and more.
<a href="#">All-Purpose Pot &amp; Lid</a>	- 4qt. for pasta, rice, quinoa, and more.
<a href="#">Mesh Strainer</a>	- To rinse beans and lentils & strain pasta.
<a href="#">Steamer Basket</a>	- Can be used in the pressure cooker or on stovetop for steaming vegetables.

## Cooking Tips

- Season popcorn in layers. Do not shake the bowl. Eat the seasoned layer, then season the next layer. Perfect after-school snack.
- Parchment paper is our secret to browning crispy fries. Julie demonstrates making parchment fit the pan perfectly.
- Crumple parchment paper to make it pliable and easy to stay in place in pie plates, brownie pans or loaf pans.

## Student Q&A

Q: Does your blender pitcher get stained?

Q: Do you peel fresh ginger before grating it?

Q: How do you season your popcorn?

Q: Is there a difference in taste between [white popcorn](#) and [multi-colored popcorn](#)?

Q: Are aluminum baking pans okay?

Q: Do you prefer baking fries on silicone mats or parchment paper?

Q: Do you prefer ceramic over silicone pans?

## Encouragement

- Make your food satisfying. That's what makes this sustainable.
- Efficiency is KEY. We don't want to spend our life in the kitchen. We want to use our new, healthy energy to have fun.
- Make notes of your family's favorite recipes and keep them in the regular rotation.
- Include your family in the cooking process. Show them the recipe images on the [website](#) and let them pick what to make.
- Once in a while we add a new tool, but I always make sure you can use one of these basic tools instead although it may take longer or be a little more work, but I will direct you exactly through it to be able to make the recipe.

*These are the tools necessary when you are just getting started. It would be hard to produce great recipes without these essential kitchen tools.*

## Recommended Recipes

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|--|--|---|--|
| <input type="checkbox"/> <a href="#">Grilled Mini Party Pizza</a>      | <input type="checkbox"/> <a href="#">Firm Notzzarella Cheeze</a> | <input type="checkbox"/> <a href="#">Speedy Steak Fries</a>     | <input type="checkbox"/> <a href="#">Tamale Pie</a>                  |
| <input type="checkbox"/> <a href="#">Pho</a>                           | <input type="checkbox"/> <a href="#">Fiesta Layer Dip</a>        | <input type="checkbox"/> <a href="#">Plant-Based Etouffee</a>   | <input type="checkbox"/> <a href="#">Steak House Croutons</a>        |
| <input type="checkbox"/> <a href="#">Vegetable Broth</a>               | <input type="checkbox"/> <a href="#">Popcorn</a>                 | <input type="checkbox"/> <a href="#">Bolognese Sauce</a>        | <input type="checkbox"/> <a href="#">Roastless Pot Roast</a>         |
| <input type="checkbox"/> <a href="#">Hot &amp; Spicy Get Well Soup</a> | <input type="checkbox"/> <a href="#">Cheater Baked Potatoes</a>  | <input type="checkbox"/> <a href="#">Asian Style Kale</a>       | <input type="checkbox"/> <a href="#">Breakfast Brownies</a>          |
| <input type="checkbox"/> <a href="#">Banana Health Bread</a>           | <input type="checkbox"/> <a href="#">Apple Oat Muffins</a>       | <input type="checkbox"/> <a href="#">Baked Mac &amp; Cheeze</a> | <input type="checkbox"/> <a href="#">Broccoli &amp; Cheeze Sauce</a> |

## Recommended Classes

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|---|---|--|
| <input type="checkbox"/> <a href="#">Blend Tec Review Video</a>           | <input type="checkbox"/> <a href="#">#178 All Natural Cleaning</a>                      | <input type="checkbox"/> <a href="#">#053 Garlic Party</a>                       |
| <input type="checkbox"/> <a href="#">#058 Improving Knife Skills</a>      | <input type="checkbox"/> <a href="#">#175 Mastering Oil-Free Grilled Pizza</a>          | <input type="checkbox"/> <a href="#">#145 Cutting Food Costs</a>                 |
| <input type="checkbox"/> <a href="#">#210 Easy Bake Loaf Bread</a>        | <input type="checkbox"/> <a href="#">#203 Glazed Cinnamon Rolls</a>                     | <input type="checkbox"/> <a href="#">#189 Co-Cooking Eggless Omelet</a>          |
| <input type="checkbox"/> <a href="#">#116 Becoming A Plant-Based Chef</a> | <input type="checkbox"/> <a href="#">#096 Kitchen Set Up For Efficiency</a>             | <input type="checkbox"/> <a href="#">#074 Oven Tips &amp; Tricks</a>             |
| <input type="checkbox"/> <a href="#">#063 Stove Top Tips &amp; Tricks</a> | <input type="checkbox"/> <a href="#">#047 Chopping, Dicing, Slicing &amp; Shredding</a> | <input type="checkbox"/> <a href="#">#127 Kitchen Tools Efficiency &amp; Fun</a> |