

Protective Diet Class #127

Kitchen Tools—Efficiency & Fun

This class introduces equipment to add when you are ready to increase the efficiency of plant-based cooking, add variety and boost the fun factor in your PD kitchen. Eating a Protective Diet should be fun. Gift yourself some tools and delight in the many benefits of investing well-spent time in your workplace for wellness where you get the greatest advantage with every bite at every meal.

Announcements

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

Vocabulary

Food Cost Savings

Baggy Clothes Syndrome (BCS)

Optimal Health

Workplace for Wellness

Action Steps for Boosting the Efficiency & Fun in Your PD Kitchen

- Turn Food Cost Savings Into Kitchen and Clothing Investments
 - There should be a remainder of money every month; enough that you could buy a pressure cooker every month.
 - Results happen fast. Your clothing size will change rapidly. Shop 2nd hand until you reach your goal.
 - Acquire kitchen tools that make your favorite recipes more efficient and fun to prepare.

Appliances

Electric Pressure Cooker	- Instant Pot (6qt and 8qt) has yogurt making feature. - Secura—1 st model in the PD Test Kitchen, no yogurt feature, no meat cooking presets, simpler. - Stainless steel inner lining, Time Delay, Slow Cook, Yogurt, Sauté are the most used functions. - Check out the Pressure Cooker PD Recipe Category.
Slow Cooker	- Handy for cooking Busy Day Chili while simultaneously cooking rice in the pressure cooker.
Air Popcorn Popper	- Fun for kids and movies. J&J's go-to snack. Air Popped Popcorn is fluffy and airy. Check 2 nd hand stores.
Yogurt Maker	- Especially if you don't have a pressure cooker with a yogurt feature. - Make Yogurt with plastic or metal lids. It will create its own vacuum seal & stay fresh for weeks.
Waffle Iron	- Ceramic coated for oil-free cooking without non-stick toxins for Nacho Waffles.
Food Processor	- Used for Burgers, Falafel, Cream of Chickn Soup, Taco Slaw. Use the "S" Blade & Slicing Blade often.
Electric Juicer	- Makes juicing lemons and limes fast and easy.
Toaster Oven	- For roasting tomatoes and peppers for salsa or baking/heating single serving leftovers.
Ice Cream Maker	- Nice Cream & Frozen Yogurt. 4 parts: base, freezer bowl, mixing arm & lid. Freeze bowl for 48 hours.

Prep Gadgets

Tofu Press	- Easy Tofu Press—quick presses thawed frozen tofu. Gradually presses fresh tofu. Handy, not essential.
Apple Slicer	- Short cut apple slicing, handy if you make apple pie or apple crumble a lot or good for kids.
Crinkle Cutter	- Great for new chefs developing confidence with a knife. Handy for homemade fries or Pickles.
Kitchen Shears	- For opening bags of frozen fruit and trimming herbs when you are new to using a knife.
Carrot Peeler	- Makes it easy to add carrot shreds to salads and soups.
Mandolin	- For fries, cucumbers, onions right over the salad bowl for Cruciferous Chop. Never use without the guard.
Spätzle Cutter	- Hearty starch to add to soups.
Hand Grater	- For Notzzarella Cheeze, carrots, Potato Pancakes. Handy if you don't have a food processor.
Silicone Brush	- For brushing Butter Sauce onto Naan or BBQ Sauce onto grilling vegetables.
Silicone Spatula	- For cleaning out your blender and getting the last bits of cake batter out of the mixing bowl.
Silicone Tongs	- Especially handy for lifting Cheater Baked Potatoes out of the pressure cooker.
Paint Strainer	- Or Nut Bag for straining Greek yogurt. Do not use for straining Vegetable Broth. It will melt.
Pepper Mill	- For fresh ground pepper to boost bioavailability of other spices.
Potato Masher	- For Mashed Potatoes. Can be used for Chia Seed Jam and Mock Tuna also.
Burger Press	- Or use a jar lid. BBQ Burgers and Potato Pancakes.
Rolling Pin	- Or use a 1" dowel cut to length (3 possible/dowel) For Homemade Lasagna Noodles or Flatbread Pizza.
Very Large Bowl	- For tossing salads generously with dressing. Then put it in storage container or serve.

Food Storage

Jars	- For storing food. Straight sides are freezer safe . Wide mouth with curve to neck are for refrigerator only.
Sharpie Marker	- Write directly on glass jars to label and date the contents. - Comes off in dishwasher or with vinegar or rubbing alcohol.
Plastic Jar Lids	- Good for storing food that has vinegar, which tends to rust metal lids. Not leak-proof.
Metal Jar Lids	- Leak proof, tight seal. If lids rust, recycle and get new ones.
Wide Mouth Funnel	- Makes putting food in jars effortless.
Sprouting Jar Lids	- For growing broccoli sprouts. Rinsing sprouts is a great job for kids.
Herb Box	- Saves a lot of money preventing wilted herbs.
Kitchen Towels	- Flour sack towels for Herb Box. Enough that you can go a week without washing them.

Stove Top & Oven

Large Stirring Spoons	- For stirring Mix & Mac , Julie's Beans , Cocoa Puffs , etc. in pressure cooker or large pot on the stove top.
Soup Ladle	- For dishing soups, sauces and gravies over protective starches.
Smaller Pots	- For sauces & re-heating food or cooking a Thanksgiving Feast.
Casserole Dish w/Lid	- Enameled Dutch Oven also works for stovetop to oven-type dishes like Roastless Pot Roast.
Glass or Ceramic Pan	- 4.8qt for Lasagna, Enchiladas, King Ranch Casserole, Funeral Potatoes.

Cooking Tips

- Julie demonstrates popping popcorn in an electric pressure cooker. Handy when traveling with your Instant Pot.
- Always smell leftovers & condiments before you eat them to be sure they have not spoiled.
- You can use cheesecloth in place of a paint strainer or a nut bag to strain yogurt.
- Use a fine mesh strainer to strain vegetable broth.
- Any of the [PD Muffin recipes](#) can be cooked in a [Ceramic Waffle Iron](#) for waffles.

Student Q&A

- Q: Should everything be cooked on LOW in the Instant Pot?
Q: If someone is just starting out what appliance should they buy first?
Q: Is a Spiralizer useful on a Protective Diet?
Q: Is an immersion blender useful on a Protective Diet?

Encouragement

- There is no secret trick to the weight loss. High Blood Pressure & Cholesterol are going to be non-issues in the future.
- Preparing your food is so much easier than checking your insulin 3 times a day.
- Get the tools, systems, inspiration, confidence and empowerment that eating this way can give you.

Over time food prep is going to be so simple. You are going to know your favorites. You will have a system and it's going to be beautiful. It's going to produce great results and feel very rewarding.

Recommended Recipes

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| <input type="checkbox"/> Filet No Fish | <input type="checkbox"/> Firm Notzarella Cheeze | <input type="checkbox"/> Speedy Steak Fries | <input type="checkbox"/> Roastless Pot Roast |
| <input type="checkbox"/> Vegetable Broth | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Baked Mac & Cheeze | <input type="checkbox"/> Garlic Dill Pickles |
| <input type="checkbox"/> Butter Sauce | <input type="checkbox"/> Cheater Baked Potatoes | <input type="checkbox"/> Apple Crumble | <input type="checkbox"/> Apple Pie |
| <input type="checkbox"/> Enchiladas | <input type="checkbox"/> Apple Oat Muffins | <input type="checkbox"/> Greek Yogurt | <input type="checkbox"/> Slow Cooker Golumpki |
| <input type="checkbox"/> BBQ Burgers | <input type="checkbox"/> BBQ Sauce | <input type="checkbox"/> Stuffed Bell Peppers | <input type="checkbox"/> Homemade Lasagna |
| <input type="checkbox"/> Flatbread Pizza | <input type="checkbox"/> Brown Gravy | <input type="checkbox"/> Funeral Potatoes | <input type="checkbox"/> Cruciferous Casserole |
| <input type="checkbox"/> Nacho Waffles | <input type="checkbox"/> King Ranch Casserole | <input type="checkbox"/> Cruciferous Chop | <input type="checkbox"/> Firm Notzarella Cheeze |
| <input type="checkbox"/> French Onion Dip | <input type="checkbox"/> Potato Pancakes | <input type="checkbox"/> Falafel | <input type="checkbox"/> Spätzle |
| <input type="checkbox"/> Taco Slaw | <input type="checkbox"/> Pickled Pepper Rings | <input type="checkbox"/> Cherry Chocolate Chip | <input type="checkbox"/> Cream of Chickn Soup |

Recommended Classes

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| <input type="checkbox"/> Blend Tec Review Video | <input type="checkbox"/> #096 Kitchen Set Up For Efficiency | <input type="checkbox"/> #145 Cutting Food Costs |
| <input type="checkbox"/> #058 Improving Knife Skills | <input type="checkbox"/> #047 Chopping, Dicing, Slicing & Shredding | <input type="checkbox"/> #074 Oven Tips & Tricks |
| <input type="checkbox"/> #063 Stove Top Tips & Tricks | <input type="checkbox"/> #125 Kitchen Tools—Essentials | <input type="checkbox"/> #127 Kitchen Tools Efficiency & Fun |
| <input type="checkbox"/> #115 Rice Dishes Around the World | <input type="checkbox"/> #130 Yogurt & Notzarella Cheeze | <input type="checkbox"/> Tofu Preparation Video |
| <input type="checkbox"/> #052 Microwave Yay or Nay? | <input type="checkbox"/> Ice Cream Maker Pro Tips | <input type="checkbox"/> #148 Sulforaphane & Sprouting |