GRP KITCHEN BASICS

The *"right tool for the job"* rule will help you prepare meals and snacks simply, quickly, efficiently, AND successfully. PRINT this list and mark off each item ☑ to ensure you are ready!

☑	**UTENSILS** [1]
☐	Ladle
☐	Slotted spoon
☐	Spatulas – Silicone
☐	Tongs – Metal
☐	Whisk – Silicone or Steel
☐	Wooden spoons

☑	**SLICING, GRATING, CRUSHING, PEELING**
☐	Citrus Juicer: Hand-held or electric
☐	Garlic press, mincer or slicer OR option to grate
☐	Grater – with sides for zesting, coarse, ultra-course
☐	Julienne peeler
☐	Knife sharpener
☐	Knives, chef knives, serrated, pairing
☐	Mandolin *optional*
☐	Mortar & Pestle *optional*
☐	Peeler
☐	Pizza cutter *optional*
☐	Potato masher *optional*
☐	Scissors – Heavy duty
☐	Spiralizer

☑	**GENERAL**
☐	Can opener
☐	Chopping Board(s)
☐	Colander/Sieve
☐	Funnel
☐	Ice cube trays, various sizes x 6 – Silicone *see [2]*
☐	Measuring scale, digital
☐	Mixing bowls – assorted sizes
☐	Salad spinner *optional*
☐	Thermometer – digital is best *optional*

☑	**STORAGE**
☐	Glass containers/jars with sealable lids *see [3]*
☐	Spice jars, start with 18 jars *see [4]*

☑	**ACCESSORIES**
☐	Apron
☐	Oven mitts/potholders
☐	Tea towels

☑	**ELECTRIC**
☐	Blender *or Thermomix or equivalent* *see [5]*
☐	Food Processor *or Thermomix or equivalent* *see [5]*
☐	Coffee mill *useful for grinding small amounts* *see [5]*
☐	Handheld electric mixer *optional*
☐	Kettle
☐	Microwave *optional*
☐	Stick/Immersion blender *optional*

☑	**MEASURING**
☐	Measuring cup set with ¼, ⅓, ½, ¾ & 1 cup
☐	Measuring jugs 2 cups/4 cups – Glass
☐	Measuring spoon set with ⅛, ¼, ½ & 1 tsp & 1 tbsp.

☑	**COOKING/BAKING**
☐	Saucepans, Pots, Frypan, Wok, Skillet *see [6]*
☐	Baking/Roasting trays – assorted sizes *see [6]*
☐	Baking/Parchment paper *unbleached*
☐	BBQ tools *optional*
☐	Casserole pot with lid *e.g., Dutch oven* *see [6]*
☐	Double boiler/Steamer *optional*
☐	Loaf tin – Metal or glass, avoid silicone *see [6]*
☐	Muffin tin – Metal, avoid silicone *see [6]*
☐	Popsicle molds – Silicone *optional*
☐	Rolling pin
☐	Skewers – Wooden

[1] Avoid plastic and use silicone or bamboo.

[2] These are a game changer! Only use Silicone as they are safe and are easy to pop out contents. Choose ones that hold various quantities e.g., 1tsp. 2 tsp. 1 tbsp. ¼ & ½ cup etc.

[3] For storage in your pantry and for your lunch leftovers… You can buy cheaply from places like Kmart or Ikea, or you can recycle glass (food) jars or ask friends for their old glass jars. Check out second-hand shops too! Use glass containers (plastic lids ok) for leftover food. Do NOT use plastic.

[4] Save money and build a 'good-looking' spice collection month by month. Click HERE to read GRP HACK in GRP HUB about the cost of SPICES and SPICE JARS. Leave a comment so we know you've read it.

[5] You can buy an 'all-in-one' food processor that doubles as a blender or purchase separate machines. See next page for… What to Look for In a Food Processor or Blender.

[6] Choose petroleum free, with no heavy metals and no toxins. 100% recyclable is good for the world you live in. Some choices are… 18/10 Stainless Steel, Cast iron, Enamel-coated (lead free) Cast iron, Glass, Ceramic (lead free) non-stick coating. Avoid Polytetrafluoroethylene (PTFE) and Perfluorooctanoic acid (PFOA).

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You can certainly buy two machines i.e., a Blender PLUS a Food processor, however there are many brands that are an all-in-one Blender/Food processor e.g., Thermomix.

What to look for in a Blender

Blenders… are typically built for blending smoothies or for foods that breakdown with ease e.g., turning flaxseeds into flax meal. However, they are not suitable for blending dried fruits (e.g., dates for some of the sweet treats you'll make) as the stickiness of the 'fruit' coats the blades and prevent the blades from turning which can overheat the machine, and even break it. They're not suitable for nuts either as they get drawn to the bottom of the blender and clog up the blade.

- **Jug Capacity…** 1-litre minimum.
- **Jug Type…** Glass or Metal. Do NOT choose plastic, as it breaks down over time and particles leach into food.
- **Wattage…** Choose one with a MINIMUM of 900 Watts to complete tougher jobs with dates, nuts, seeds etc.
- **Speed controls…** The best ones have variable speed controls. You will need a minimum of 3 speed settings, but the best ones have 10 variable speeds. This allows you to refine texture. It should also have a pulse function.
- **Heat safe…** Ensure it can handle hot items e.g. blending hot soups.
- **Wide Base…** is important as it gives it stability. When blending on high, if it has a small base, it won't be stable, and this is dangerous when blending or pureeing hot liquids.
- **Dishwasher-safe…** is essential!
- **Price…** can vary from $100 to $500. I recommend a high-quality reputable brand. You can often pick up one second hand as 'seasoned chefs' tend to upgrade regularly. However, make sure you TEST it first as to ensure that someone doesn't want to offload a poor-quality or broken machine!

What to look for in a Food Processor

Food processors… generally have a much bigger mixing bowl and include a variety of attachments that perform various tasks such as slicing, dicing, blending, chopping, whisking, grinding and puréeing. It is like having an extra set of hands in the kitchen!

- **Bowl Capacity…** This is one area that BIGGER is always BETTER. I recommend getting a 12-14-cup bowl size. If you can find one with 2 bowl sizes e.g., a small 4-5 cup bowl size separate attachment, then even better!
- **Bowl Type…** Glass or Metal. Do NOT choose plastic, as it breaks down over time and particles leach into food.
- **Wattage…** Choose one with a MINIMUM of 1200 Watts to complete ANY job well.
- **Blades/Discs…** need to be stainless steel as they are durable and remain relatively sharper for longer. You need different blades/discs for different functions so you can chop, shred, slice, puree, grind and knead ingredients.
- **Functions…** Food processors often come with various attachments. However, I find too many blades, attachments, disks etc. to be cumbersome. The Thermomix that can do just about everything, and you can also ferment in it e.g., has 'Making yoghurt' function. Also, Thermomix has a 'heating' function so you can make soups and risottos (no more stirring!). It also thicken sauces with heat e.g., Chilli Con Queso, rather than having to transfer to the stove to heat. You can often pick up a second-hand one at a reasonable price. Think about it as investing in your health, YOU are worth it!
- **Blending/Pureeing…** check if it has a puree or blending function, puréeing Don't worry about getting a food processor with a juicer or juice extractor as you will NEVER need it as it takes out the one thing your Biome needs – FIBRE!!
- **Speed controls…** Simple is best with a dial that takes it from a pulse speed, then low, medium to high. Do not buy one that just has an ON/OFF control as it doesn't allow flexibility to 'power-up' when needed.
- **Feeding Tube…** is often part of the lid and should be as wide as possible so you don't have to pre-cut to feed in.
- **Wide Base…** is important as it gives it stability. When blending on high, food processors with a tiny base won't be stable and this is dangerous when blending or pureeing hot liquids.
- **Dishwasher-safe…** is essential! You do not want to be fiddling around with trying to hand-wash attachments.
- **Price…** can vary from $500 to $3000. I recommend a high-quality reputable brand as you will be using it for everything. You can often pick up one second hand, as 'seasoned chefs' tend to upgrade regularly. However, make sure you TEST it first as to ensure that someone doesn't want to offload a poor-quality or broken machine!