

SHOP MY KITCHEN

RECOMMENDED APPLIANCES

| Appliance: | Frequency of Use: | Common Uses: | Helpful Guides: |
|------------------------------|-------------------|---|---|
| <u>Instant Pot</u> | daily | main dishes, side dishes, soups, chicken broth, hard boiled eggs, applesauce, quick desserts, and much more | Top 15 Recipes & Printable Reference Chart Video: 10 Reasons Why an Instant Pot Should Be in Your Kitchen Freezer Recipes 12 Must-Try Soups |
| <u>Vitamix</u> | every 1-2 days | fruit & veg smoothies, mayonnaise, whipped cream, pesto sauce, sorbets, powdered sugar | Best Kitchen Workhorse for Healthy Eating Video: Homemade Mayonnaise Video: 5 Minute Pesto |
| <u>Food Processor</u> | weekly | salsa, nut butters, shredding cheese & vegetables, biscuit dough, pie dough | Video: Garden Salsa |
| <u>Stand Mixer</u> | weekly | shredding meat, making brown sugar, cakes, bread dough | Video: Making Brown Sugar |

SPECIALIZED EQUIPMENT

| Appliance: | Frequency of Use: | Common Uses: | Helpful Guides: |
|---|-------------------|--|--|
| <u>Wonder-Mill Grain Grinder</u> | every 1-2 days | Grinding wheat berries, oats, etc into flour, making gluten-free flour mixes | Video: Grinding Fresh Flour at Home |
| <u>Pasta Maker</u> | weekly/monthly | making pasta noodles, homemade lasagna, ravioli | Video: How to Make Fresh Pasta |
| <u>Baking Steel</u> | weekly | PERFECT pizza crust, baking bread | Video: Easiest Homemade Pizza Dough |
| <u>Ice Cream Maker</u> | monthly | homemade ice cream, frozen yogurt, & sorbet | |