

## A GUIDE TO USEFUL KITCHEN EQUIPMENT

### Essential and useful equipment for your raw desserts pantry

**Airtight containers:** for keeping finished products fresh and also for the freezer.

**Blender (High Speed):** A high speed blender will be very useful to you, by that I mean one which is 1000 watts or more. They aren't the cheapest on the market but you will save a small fortune in less expensive less powerful burnt out blenders along the way. I must admit that I am a big fan of Blendtec high speed blenders. However, a Vitamix is also a popular choice. The Blendtecs come with a large jug that is useful for smoothies, milks and flours and you can also purchase a small Twister jar that also comes with a flat lid for twisting and keeping the contents moving to create a centrifuge and a stopper top for making more liquid items. The Blendtecs have a wider bottom than the Vitamix and I think, it's easier to remove the contents when making small batches and also sticky items such as mousses and date paste.

**Bottles with swing top lids:** for storing nut milk in the fridge.

**Cafetiere or cold filter machine:** for making cold pressed coffee

**Chef ring moulds:** for impressive plating and also making ice cream sandwiches. 6 approx 7cm dia x 6cm deep 2¾" dia x 2¼" deep

**Chefs' knife:** I use a Japanese Shun Chef's knife. It is non-serrated. It is excellent for raw food because it's light and precise. My advice would be to go into a cook shop and try out the knives and see which one you prefer. It is not the cheapest of knives and it isn't for chopping nuts. For that, I would use an inexpensive chef or utility knife.

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**Citrus press/reamer:** for juicing citrus fruits.

**Clips:** for keeping open packets of dried goods fresh.

**Cookie cutters:** for making cookies and biscuits.

**Dehydrator:** the more raw food you want to eat, the more variety it is useful to have. Dehydrators can be so useful for helping you need one, it's just useful. It's about the same size as a microwave. I use an Excalibur 9 tray dehydrator. I have used the Sedona Digital dehydrators too in the past.

If you are the kind of person who struggles to programme things, then I would opt for the Excalibur over the Sedona. The more trays you have the better – no one wants to spend 24 hours waiting for a few morsels to come out of the dehydrator, only to eat them within minutes – if you are making snacks – make a lot at a time.

Beware the cheaper models on the market that have integral fronts. When you remove the trays, your dehydrator will have a large gap in the front.

**Flat wide bottomed cake slice:** for removing those delicious slices of cake with ease.

**Food Processor:** helps with fine chopping of nuts and making cheesecake bases. I use a large Magimix at home.

**Grater:** for grating vegetables if you don't have a juicer to get the pulp.

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**Ice cream maker:** to whip up creamy ice-creams in a flash. I have an ice cream maker that will make ice creams from scratch in about 30 minutes. However you can also buy the type that you add the contents to and then remove from the freezer to churn every few hours before it is ready. If you don't have an ice cream maker, a flat metal pan that you can fit in the bottom of the freezer will also work.

**Ice cream scoop:** a necessity for beautiful bowls of ice cream.

**Jam jar/mason jar:** for fermenting coconut/cashew yoghurt.

**Juicer:** Juicers can come in many shapes, sizes and prices – either centrifugal or masticating. Generally speaking, a juice made in a centrifugal machine should be consumed within 15 minutes so it doesn't lose its nutritional benefits. It works by ripping apart the cell walls in an unforgiving way which will damage the integrity of the fruit and vegetables. Masticating juicers 'chew' the fruit and vegetables slowly by crushing and the juice remains stable for about 8 hours if refrigerated. Most masticating juicers come with a blank screen so you can also use them to make sorbets by pushing through some frozen fruit.

**Lollipop/popsicle moulds and sticks:** freezer safe.

**Measuring cups or scales:** for accurate measuring. I use UK metric measuring cups.

**Measuring spoons:** for very accurate measuring. Don't be tempted to use your dessert spoons and teaspoons, it's pretty inaccurate.

**Microplane Grater:** for grating cacao butter, citrus zest, fresh ginger.



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**Mixing bowls:** for mixing cookie dough, breads and shortbreads.

**Nut milk bag:** for making nut milk and oat milk.

**Palette knife (angled):** for spreading icing onto cakes.

**Pestle and Mortar:** for crushing pieces of candied nuts and freeze dried fruits.

**Piping nozzle (optional):** for piping bags

**Rolling pin (optional):** for rolling cookie dough

**Rubber Spatula:** for scraping that last little bit of vanilla cream and date paste from the blender.

**Saucepans and a heat proof bowl:** for melting cacao and coconut oil.

**Silicone moulds:** for ice creams and mini parfaits.

**Strainer/sieve:** for sieving nut and oat flours.

**Teflex sheets:** for starting the dehydrating process for wet mixes.

**Tins:** an assortment of tins for cheesecakes and cakes. 6 - 8 x 3 or 4 inch fluted tart tins with removable base, a 2 lb loaf tin, an 8 inch square and 6 inch square tin with a removable base, a mini loaf/cake bar tin (optional), an 8 inch spring form cake tin, a small spring form cake tin (about 4 inches)

**Vegetable peeler:** for fruit and vegetables.

**Wooden spoon:** for stirring mixes.



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### Consumables:

**Baking parchment:** useful for lining cake tins.

**Cling film:** for wrapping food and finishing products.

**Disposable food grade gloves:** for food handling. I find it easier to handle and mould cookie dough when I'm wearing gloves as they have a tendency to be non-stick.

**Masking tape and sharpie:** for labelling food items.

**Disposable piping bags (optional):** for piping onto cakes and precision distribution

**Wooden cocktail stick:** for decorative finishes.