

Useful kitchen tools for cooking hacks



Cooking food at home from scratch is almost always going to be your best bet for eating healthy. However it does not need to be all that laborious either. Invest a little time and money in tools and skills which will make your healthy cooking so much more straightforward! Below is a list of tools that has been a revelation to my own cooking.

Good quality kitchen knives - You will be chopping lots of vegetables as part of eating healthy wholesome food. If you have good quality **sharp knives**, Doing this will only take a fraction of the time. Trying to chop veg with blunt knives is simply soul destroying. Don't make your life any harder than it has to be.

Knife sharpener - You need to keep your lovely knives sharp!

A hand blender (immersion blender) - These are fairly cheap and has endless uses. They provide a quick and easy way to blend soups directly in the pot. You can make smoothies with them. They take up little space so are easy to store. I couldn't live without mine.

A food processor - A food processor can do a multitude of things. If you would like to make date truffles, various types of hummus, pesto, or grate vegetables or make pastry dough, you need one. I didn't have one for years and now I have no idea how I managed without. If you are not planning on making industrialised amounts of food prepping a half decent one will do. Look out for packages which will also get you a hand blender and a whisk included. If you already have a food processor but not using it, dig it out and start using it NOW!

A high speed blender - If you are into green smoothies, home made nut milks and stuff you do need one of these. I've settled for a nutribullet as a more fancy gadget like a Vitamix is out of the price range. But you don't necessarily need one of those either. If you are going to invest, just pick one that will at least be able to crush ice and you can rest assured that it will crush nuts too.

A Slow Cooker - If you are cooking for more than one, a slow cooker can be a good investment. It uses as much electricity as a standard light bulb and your main advantage is that you can load it up and arrive to dinner later that evening which is warm and ready to serve. What's not to like about that? You can even let it cook your porridge overnight too. Cooking food at lower temperatures for longer also preserves the nutrients from the food better.

A Nutmilk bag – This is the most useful thing if you intend to consume nut milks or even oatmilk. Making your own is a total breeze with using one. They are reasonably priced on Amazon and lasts for ages.

Some good quality pots & pans – Using good quality pots and pans will actually make your job easier as poor quality pans usually have a thin bottom which means the food will burn much easier. Aim to get some stainless steel ones. Try avoiding non-stick ones as they can be toxic. Upgrade if you need to and when you can afford it.