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Recommended Cooking Tools

- A good set of knives
- Two good sized cutting boards, preferably wood or bamboo
- Sauté pan
- Cast iron skillet
- Kettle with a tight fitting lid
- Cheese grater
- Blender or hand blender
- Fine wire mesh strainer
- Measuring spoons and cups
- Metal or wood spatula
- Pressure cooker
- Slow cooker
- Mixing bowls
- Serving platter
- Roasting pan
- Glass Baking dish
- Parchment paper



Tips and Tricks for a Functional Kitchen

Creating a functional, well-stocked, kitchen is the key to successful home-cooking! You'll need the proper cooking tools and some basic ingredients in your cupboard and fridge. Some useful tricks can also make for an efficient kitchen (see reverse).

Must-haves for your Cupboard, Pantry, and Refrigerator

For the Cupboard

- Canned beans and or dried lentils
- Canned sardines
- Jared tomato sauce
- Extra virgin olive oil and unrefined coconut oil
- Nutritional yeast
- Coconut flour
- Boxed chicken or vegetable stock
- Rice and/or quinoa
- Boxed tomatoes, sauce, and paste
- Culinary coconut milk
- Honey
- Raw apple cider and balsamic vinegar
- Baking soda and powder
- A variety of tea

For the Refrigerator

- Leafy veggies
- Crunchy veggies
- Organic, pasture-raised cheese, including cottage cheese
- Pasture-raised eggs
- Liquid amions
- A variety of nuts and seeds
- Dijon mustard and non-canola oil based mayo
- Organic yogurt

For the Freezer

- Whole free-range chicken
- Individually packaged salmon or halibut filets
- Frozen organic berries
- 100% Grass-fed beef
- Organic ground chicken or turkey
- Organic, grass-fed bones (beef or chicken)

Other items

- Garlic and onions
- Winter squash and sweet potatoes
- Lemon and Limes
- Basic Herbs and Spices: salt and pepper, cumin, chili powder, thyme, rosemary, oregano, curry powder, cinnamon



Source:

Garten, Ina. 2012. Barefoot Contessa Foolproof. Clarkson Potter, New York NY.

Walker, D. 2014. Against all Grain. Victory Belt Publishing.

Tips and Tricks for a Functional Kitchen

Kitchen Tricks and other Tips

- Cook in large quantities. Prepare enough for leftovers, which make for quick and easy lunches on the go.
- Use bones from the whole chicken you roasted or boiled to make homemade stock. This is a nutrient-dense food that can be used in sauces, soups, and rice dishes.
- Clean as you go. This reduces the overall mess-factor and ultimately saves you time.
- Change the flavor of a simple staple dish, such as beans and rice, using different herbs and spices. Try curry powder one day and chilli powder the next.
- Money saving tips: Buying in bulk, choose larger cuts of meat, cook a whole chicken, buy whole vegetables rather than pre-cut options where you definitely pay for convenience, shop for seasonal produce, and plan ahead to avoid buying items you end up not using.
- Freeze left over soup in jars to have on hand for a quick meal. Note that soup with cheese or milk tend not to re-heat as well as the milk may curdle. sauces too, such as pesto and spaghetti sauce.
- Other freezing tips:
 - “Air is the enemy of freezing.” - Ina Garten. It’s true, air leads to freezer burn. Wrap your frozen goods tightly in plastic wrap or use a vacuum seal. Ziploc bags also work nicely if you can squeeze all the air out.
 - The best way to defrost is slowly overnight in the refrigerator. Do not defrost on the countertop at room temperature or in the microwave.
 - Label all frozen goods with a date. Nothing lasts forever. It’s a good idea to periodically sort through and clean out the freezer.
 - Let food cool to room temperature before storing in freezer-proof containers. This prevents condensation, which leads to frost. And, it reduces the amount of energy your freezer will use.

Produce to buy organically	Produce OK to buy conventionally
Apples, strawberries, grapes, celery, peaches, spinach, bell peppers, imported nectarines, cucumbers, cherry tomatoes, hot peppers, leafy greens, domestic papaya*, zucchini*, yellow squash*, corn* *GMO	Avocado, pineapple, cabbage, sweet peas, onion, asparagus, mangos, kiwi, eggplant, grapefruit, cantaloupe, cauliflower, sweet potatoes, mushrooms, broccoli