

Real-Life
Healthy
Life 2007



6 kitchen tools to keep on hand

It takes only a few kitchen tools to prepare most any dish, says Arcoraci. In fact, the less cluttered your drawers and countertops, the easier it is to maneuver—and the sooner you're out of the kitchen. Arcoraci keeps these gadgets in her kitchen for speedy, healthy food prep.



on small
countertops.

mix hands-free
to save time!

ELECTRIC STAND MIXER:

It does its own thing while you work on other parts of the meal, making meal preparation easier and more efficient. A 4- or 5-quart traditional mixer handles most jobs and fits nicely

MICROPLANE: This slender metal grater zests citrus fruits, releasing healthy essential oils that add flavor without calories. Arcoraci also uses her microplane to finely shred hard cheeses and fresh nutmeg. "A whole spice like nutmeg is more flavorful than what you buy already ground at the grocery store, plus it has a longer shelf life," says Arcoraci. "Ground nutmeg loses flavor after six months, whereas fresh nutmeg can last for years."



COFFEE GRINDER:

In addition to coffee beans, it can grind coriander, fennel seeds, peppercorns, cumin seeds, thyme seeds, or any whole herb or seed. Sprinkle over salmon, lamb, duck—whatever strikes your fancy.



FRENCH KNIFE AND PARING KNIFE:

Also called a chef's knife, a French knife is broad and tapered, measuring 6 to 12 inches in length. A paring knife is a smaller, 2- to 4-inch-long version of the French. These two knives alone can do just about anything, from intricate cutting to large chopping and dicing. "These are excellent all-purpose tools that no chef should be without," says Arcoraci.

REAMER (HANDHELD JUICER):

Lemon or orange juice is a nice flavor enhancer with no added sugar, says Arcoraci. No juicer? "You could always use a fork."

