

# SHOP MY KITCHEN

## RECOMMENDED APPLIANCES

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

## SPECIALIZED EQUIPMENT

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