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The Tools

Chef's Knife

My Most Important Raw Food Tool!

MAC Santoku Knife – The number one tool you need in your Raw food kitchen is a high-quality, professional, chef's knife, because you'll do a lot of chopping. If you don't already own a real chef's knife, consider it a rite of passage. It's a great symbolic step toward fully embracing Raw food, and you'll be having fun every time you use your beautiful knife! This model is my favorite and I use it every day. It's a great investment. With care, it will last your whole life.

Knife Sharpening – It's very important to keep your knife sharp, not just for good cuts, but because a dull knife is more dangerous than a sharp knife. This is the one I use with my MAC knife. (Don't use this on ceramic knives.)

Kyocera 5-Inch Slicing Knife

My "Other" Knife – Super Sharp!

Ceramic knives are a beautiful addition to your Raw food kitchen. They are EXTREMELY sharp, which makes them perfect for fruits, greens, and herbs. These rarely need sharpening; they can go months to years without it. I love this about them.

For a bit more money, check out Kyocera's top-of-the-line Kyotop Damascus Series ceramic knives with fancy wooden handles (in several sizes). Avoid the 8" chef knife for daily chopping; use the Mac Knife above instead, as you'll need a workhorse, and ceramic knife blades are more fragile than metal.

Required Equipment: A High-Speed Blender

There are really only two brands to choose from, as almost all chefs use either Vitamix or Blendtec.

Vita-Mix 5200 Blender – I'm a fan of Vita-Mix, yet Blendtec (details below) is great, too. However, the Vita-Mix 5200 has won my heart. I am a huge fan of this impressive piece of machinery. For starters, it comes with a container that is BPA-Free. Hello! BPA-Free! It also has improved sound dampening so it's not crazy loud, even though it comes with a powerful two-peak HP motor. The blender comes with a fantastic, easy-to-use lid and pour spout, too. This bad boy pulverizes berries – skins, SEEDS, and all (that ROCKS, because those seeds are loaded with nutrition that would normally get passed right through your body)!

With this amazing kitchen appliance, you can have healthy, wholefood meals that are quick, EASY and delicious! A wholefood diet is the key to a long and healthy life. This is easily accomplished by eating

terrific-tasting, nutrient-rich, wholefood meals made in the Vita-Mix machine. The Vita-Mix 5200 can be used to make all kinds of Raw vegan foods including smoothies, juice, ice cream, purees, soup, nut butter, sauce, mousse, pesto, salsa, slaw, nut and seed flours, sun-dried tomato powder, flax or chia meal, and more.

Blendtec Blender – This is one of the best high-powered blenders on the market (and now it's BPA-Free, too). It's great for making all kinds of Raw vegan recipes. One of my favorite aspects about Blendtec is the shape of the container. The four flat sides and the two-pronged blade make it easy to get the food out, simple to clean, and the whole unit fits neatly on a counter or in a cupboard.

High-powered blenders like the Blendtec and the Vita-Mix 5200 make Raw food preparation FUN!

Required Equipment: A Good Food Processor

KitchenAid 12-Cup Food Processor – This is perfect for making desserts, pates, nut butters, and so much more.

Essential for Max Health: A Great Juicer

Breville Fountain Juicer – This is a great juicer because it's lightning-fast and SUPER EASY to clean. This is a great juicer for people who plan to do a lot of daily juicing, don't want to spend a lot to get started, and want it to be fast and efficient. Just be sure to drink right after juicing.

Breville Ikon 900-Watt Variable Speed – All Brevilles are fast, but this new bad boy is perfect with its larger capacity.

Spiralizers

Saladacco Spiral Slicer – *the simpler option*. With only two blades and a smallish container, it costs less and is plenty to get you started with thinly-sliced veggie "noodles."

Matfer Mandoline 2000s – *the better option*. This is the mandolin I use in my Raw kitchen. I love it!

Jars...LOTS of Jars...

Quart Sized

Wide-Mouth Glass Mason Jar, 1 Quart, Case of 12 – I store everything I can in glass jars to keep my food the healthiest possible. (Plastic containers can leak chemicals into your food, to which I say, "No thanks!") These are perfect for storing Raw soups, smoothies, juices, nuts, seeds, granola, crackers, and more. In fact, I use them for my drinking glasses. Yep, I drink my fresh organic smoothies right out of them.

Pint Sized

Wide-Mouth Glass Mason Jar, 1 Pint, Case of 12 – For the same reasons above, make sure you use glass mason jars to store your food. This size is perfect for single servings of your Raw food.

Other Necessities

Offset Spatulas (multiple sizes) – This is definitely one of my best friends in the kitchen. This little guy makes spreading cake, mousse, and cheese super easy. Get a couple of them in different sizes (4.25" and 7.63").

Springform Pan – This is ideal for making Raw cakes, pies, and even lasagna.

Tribest Personal Travel Blender (BPA Free) – Want a fresh green smoothie on your next trip? Need a great, but small blender for your office? This is hands-down the BEST tool for travel or work – you have to get one of these! It's powerful, easy to clean, and portable. What more could you ask for?