

WTNS Radio OSU Extension Update for May 2, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about kitchen gadgets and time-saving hacks, and as always look at some upcoming programs from OSU Extension.

The kitchen is a popular place to look for ways to redeem time. Whether it is using the latest gizmo or gadget or learning to use old equipment and utensils in new ways, it is always fun to hear about the creative practices of others in the kitchen.

No matter what the item or method there are three key ingredients that make them the most useful- affordability, food safety, and convenience.

I posed a question to followers of our Facebook page - OSU Extension Coshocton County - a couple of months ago. "What are two or three kitchen gadgets or gizmos you love or just couldn't do without? (utensils, equipment, favorite hacks, etc.)"

We received several responses. (Any brand names mentioned are not meant to carry endorsement by OSU Extension.):

- parchment paper (mentioned three times)
- Pampered Chef mix and chop (mentioned twice)
- garlic press (mentioned twice)
- mandolin - a small slicer that you can adjust the thickness of the slice or julienne of the vegetable/fruit (mentioned twice)
- Garliczoom
- flat grater that has 2 or 3 sizes on it
- melon ball maker
- cookie scoop
- snap n strain pot strainer
- collapsible strainer
- collapsible silicon funnels
- flexible cutting mats
- potato peeler
- apple peeler
- cheese knives
- cheese grater
- Tupperware measuring spoons and cups
- rolling pin
- deep covered baker

- KitchenAid mini food processor
- InstantPot electric multi-cooker

Depending on the types of meals you prepare in your kitchen, this is a nice list of items that either reduce time during preparation or help with storage, which is always a challenge for those who like gadgets. I wonder how many of these you use or what else you would add to the list.

Another item to consider is the digital food thermometer. This is a go-to item in our home. We have a couple different designs. The important thing is that the display is easy to read and that it is accurate. If you are wondering whether your thermometer is calibrated correctly, fill a cup with ice cubes and then fill with very cold water. Insert the thermometer and it should read 32 degrees F. If it does not and the thermometer is adjustable, then adjust as necessary. If there is no way to adjust the reading, then it should be thrown out and a new thermometer purchased.

Just as helpful as equipment and utensils are some creative ways to use them. I pulled these helpful hacks from “Taste of Home Kitchen Hacks and the Recipes That Go With Them” published in 2019.

- electric mixer to shred chicken/pork
- pizza cutter for chopping herbs
- ice cube trays for freezing those little bits of leftover broth or wine or vegetables that can be used in future soups
- use a squeeze bottle for batter to make fun shapes for pancakes
- apple slicer to make steak fries from potatoes
- safely vent an electric multi cooker (Instant Pot) with a pair of silicon tongs
- spritz cheese grater with cooking spray to keep cheese from sticking as you grate
- destem herbs with a colander (like thyme) or tines of a fork (like cilantro or parsley)
- use a grid style cooling rack to “chop” hard boiled eggs for egg salad
- damp towels offer more stability and keep mixing bowls or cutting boards from sliding
- to keep cookies from drying out while stored, add a slice of bread to the container.

And now let’s look at some upcoming programs from OSU Extension. It is time to start thinking Food Preservation. This summer I’ll be teaching 2 hands-on classes. The first is Making Pickles

on June 9 and the other is Making Salsa on July 7. The OSU Extension Home Food Preservation Team is also offering bi-weekly webinars on a variety of different Ohio produce. The next is “Berries and Strawberries” on Tuesday, May 17 from 4-5 PM. You can find details about future programs related to financial wellness, food preservation, diabetes, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!