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## **Wise Notes for Consumers**

Submitted: 10-12-18

### **Kitchen Gadgets 101**

Do you ever wonder if the newest gadgets or appliances in the kitchen will be a good fit for your family? Is an Air Fryer, Pressure Cooker (Instant Pot), or Sous Vide machine on your Christmas list but you just aren't sure which one? It can be quite a challenge to keep up with the latest and greatest 'as seen on TV' item. With these thoughts in mind our Texas A&M AgriLife Extension – Wise County program area committees and Leadership Advisory Board have been busy planning our first ever **Kitchen Gadget 101** program. Scheduled for **Tuesday, November 6, 2018 beginning at 6pm in the Lecture Hall at Weatherford College Wise County**, you will hear presentations from real people with samples of food from three alternative methods of cooking.

Before you splurge on another kitchen appliance, join us to learn more about pressure cookers, air fryers and sous vide cooking. We plan to provide information that addresses the advantages, benefits, versatility, ease of use, approximate costs and ways to prepare a healthy meal.

Cooking sous-vide is becoming a popular cooking technique and works by submerging vacuum-sealed food into a precisely heated water bath. The food cooks evenly at a constant temperature without losing any of its original taste, aroma, color, or fat content. Sous vide cooking

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claims to cook perfect meals that will impress your guests with an unconventional way of preparing meat, fish, veggies and even dessert.

Pressure cookers prepare food using steam that is tightly sealed in a special pot. Once the lid is closed, the correct amount of pressure is selected based on the recipe. Many people eat pressure-cooked food because they believe it's healthier, tastier, and easier/faster to prepare. Are the end results as great as the claims?

And finally, an air fryer cooks food with hot air instead of a lot of oil. It combines several different cooking methods in one convenient appliance. The convection action converts the small amount of oil you use into a fine mist that coats the food as it circulates making it a very healthy appliance to have in the kitchen. What makes the air fryer a great choice to add to your kitchen appliances?

Join us to find out if one of these products would make a great gift or should be added as a tool in your kitchen! The cost of the program, which helps to cover the cost of handouts and food samples, is \$20 per person or \$30 per couple. You may register and receive information on how to make payment by contacting the Extension office at 940-627-3341. Space is limited.

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