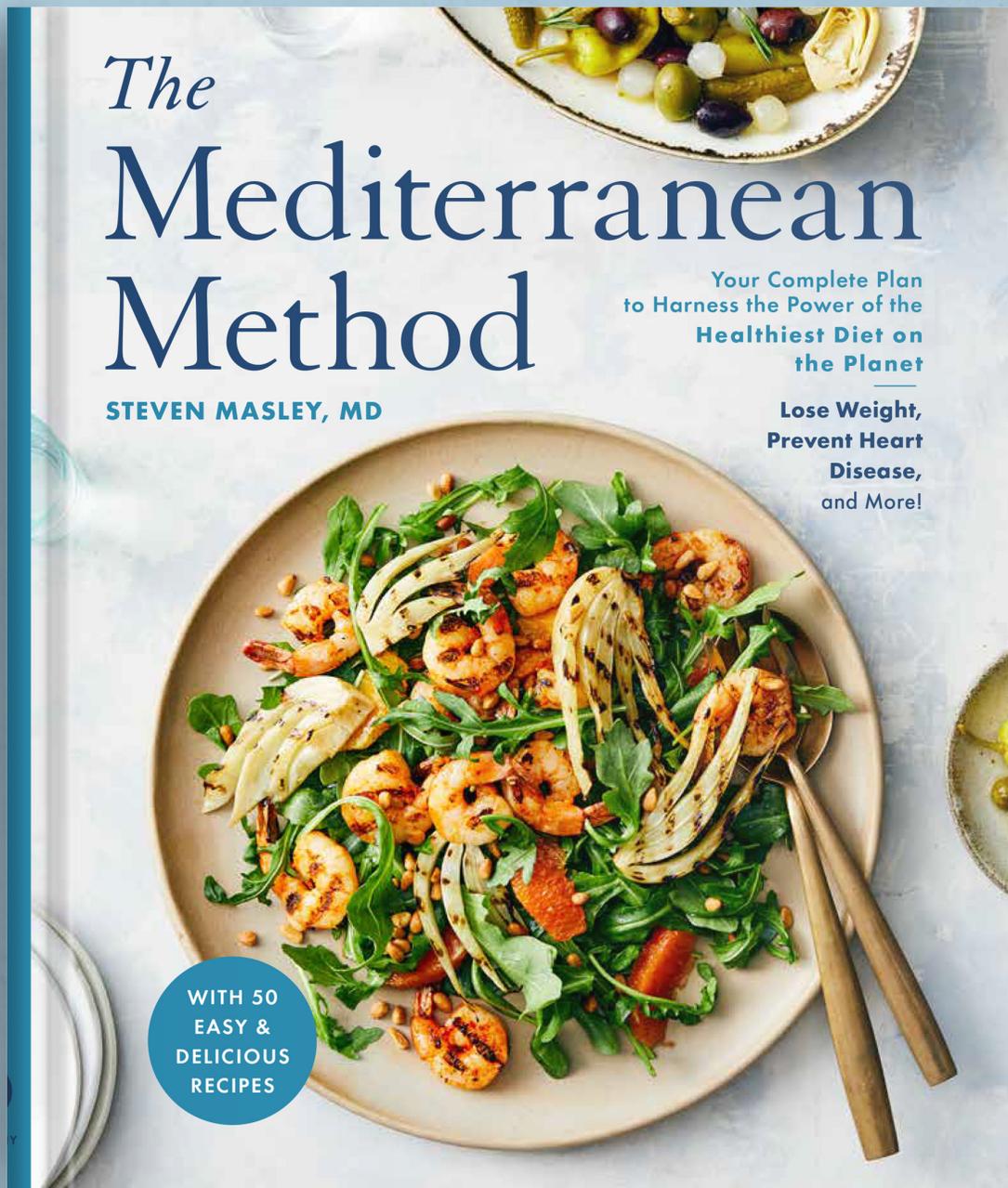


A Quick Getting-Started Guide to Create Your Mediterranean Kitchen

Dr. Masley's Essential Cook's Tools and Pantry List



A sneak peek at *The Mediterranean Method*

Cook's Tools

Having the right tools makes cooking fun and easy. I live with two extremes. My home kitchen is loaded with gadgets and has a spacious pantry. In contrast, when I'm living on my sailboat with my wife Nicole, the kitchen is very small and with limited storage space, so I only have the bare essentials, including:

KNIVES AND SCISSORS: Good chef's knives, my most important tools. I have both an 8-inch and a 12.5-inch blade, and a good paring knife too, plus a couple pairs of kitchen scissors. I also have a knife sharpening stone. (Ironic but true: You're much less likely to cut yourself with a sharp knife. Using a dull knife gets you in trouble every time.)

CUTTING BOARDS: At least two, one small and one large. Wood or plastic each have their advantages and both will work. Some people like glass, as it's easy to disinfect if you're cutting poultry, fish or meat.

SAUTÉ PANS (OR SKILLETS): Small, medium, and large, preferably all the same shape so you can stack them to minimize storage space. Choose stainless-steel or anodized aluminum. Avoid pans made from cast-iron, regular aluminum, or with Teflon or nonstick plastic linings.

SAUCEPANS: At least one small and one large, preferably stainless steel. On the boat I have three of them that stack to save space.

WOODEN SPOONS, SLOTTED SPOONS, SPATULAS, A WHISK: At least three wooden spoons. Different shapes and sizes come in handy, and when one gets dirty you'll always have a backup. I have a soft silicone spatula to scrape the side of a bowl, plus metal and plastic spatulas to flip or turn food in a pan. One medium-sized whisk is all you need.

BIG SOUP POT: Stainless steel. I like one that holds at least 8 quarts.

MESH STRAINER, COLANDER, SALAD SPINNER: I have all of them at home, but only a strainer and a colander when living on the boat.

MEASURING SPOONS, MEASURING CUPS: Choose glass measuring cups in 1 cup, 2 cup, and 4 cup sizes; I avoid plastic whenever possible in the kitchen as chemicals will leak into your food.

PEELER, CHEESE GRATER, AND MICROPLANE FOR CITRUS ZEST: At home we also have a mandolin and a vegetable spiralizer, but on the boat I only have these three.

OVENPROOF BAKING DISHES: Glass or ceramic, preferably two, 9 by 13 inches.

BAKING SHEET WITH RIMS: Large size, great for roasting vegetables.

GLASS STORAGE CONTAINERS WITH PLASTIC LIDS: A variety of sizes that will stack to save space. Look for brands that can go from freezer to refrigerator to microwave or to the oven.

GLASS OR METAL MIXING BOWLS: Small, medium, large. Stackable stainless steel are the most practical.

MEAT THERMOMETER: Essential for cooking poultry, fish, or meat to the proper temperature.

BLENDER: Great for making smoothies and sauces. I also have a handheld immersion blender for making small batches of sauces or puréeing.

FOOD PROCESSOR: Whatever size suits your needs. I have a few different sizes at home, but on the boat I use a 2-cup mini processor. Sometimes I have to work in batches to follow a recipe, but that's not a big problem.

Setting up Your Pantry and Stocking Your Refrigerator

FROM DRIED INGREDIENTS and pantry staples to fresh produce and other fresh whole foods, keeping a supply of the right Mediterranean-themed ingredients makes all the difference when you're in the kitchen. Take a quick inventory and make sure your kitchen is taking on a Mediterranean flavor with these items.

HERBS AND SPICES

Stocking a good selection of dried herbs and spices, as well as having some fresh ones on hand, is a Mediterranean must. As you'll see from my recipes, I like a variety of flavors (and therefore use a lot less salt as a seasoning). As for fresh herbs, you can easily grow most herbs in a small garden, in pots on a patio or balcony, and even on a windowsill. It's fun to do, and it's convenient and economical to have your own supply.

Dried Herbs and Spices

- Italian herb seasoning
- Fines herbes
- Thyme
- Oregano
- Sea salt
- Ground black pepper
- Dillweed
- Paprika
- Cayenne pepper
- Red pepper flakes (you can substitute cayenne if you generally don't use much spice)
- Curry spice blend
- Cinnamon
- Cardamom

Fresh Herbs

Grow your favorites! Here's what you'll probably use most:

- Parsley
- Mint
- Basil
- Rosemary

- Oregano
- Cilantro
- Garlic (you don't need to grow your own—but it's fun)
- Ginger (you can buy it fresh in most markets—cut off what you need and store the rest, unpeeled, in the refrigerator)

There are also perennial herbs such as chives, sage, and even lemon balm. Experiment with what you like to use for cooking or for making your own herbal teas and infusions.

OILS AND VINEGARS

- Extra-virgin olive oil (buy them in glass bottles, not plastic)
- Avocado oil (for cooking at medium-high heat or grilling)
- Almond oil (to have an alternative to avocado oil)
- Red wine vinegar
- Balsamic vinegar
- Optional: Walnut oil for salads (a change from only using olive oil) and sherry or champagne vinegar for more variety

CONDIMENTS

- Hot sauce, gluten-free tamari sauce, salsa, Dijon mustard, vegetable broth, and/or chicken stock

CANNED OR JARRED STAPLES (CHOOSE BPA-FREE CANS)

- Beans: garbanzos (chickpeas), cannellini (white beans), and lentils. (You can also keep dried beans on hand if you want to soak them before using in recipes)
- Artichoke hearts (packed in water or olive oil)
- Sardines (packed in olive oil)
- Olives (green, black, small, large)
- Tomato sauce and paste

NUTS AND SEEDS

Keep them in airtight jars in small quantities, or freeze big quantities and remove from the freezer to the pantry as you need them in small jars.

- Almonds (whole, slivered, and/or sliced almonds)
- Pistachios
- Walnuts
- Pine nuts
- Sesame seeds

OTHER PANTRY ESSENTIALS

- Dark chocolate (preferably with at least 74% cacao)
- Protein powder (for shakes or to sprinkle on oatmeal—either grass-fed whey protein, or if you are dairy-free a pea/rice source of protein)

DAIRY (OR DAIRY-FREE SUBSTITUTES)

- Plain yogurt (Greek and/or regular), without added sugar or artificial sweeteners. (If you are dairy-free, look for nondairy yogurt options.)

- Parmesan or Parmigiano-Reggiano cheese for grating
- Organic, cage-free eggs
- Almond milk

FROZEN ITEMS

If you keep a well-stocked freezer, you'll never be out of meal options. Here's what I suggest you always have on hand:

- Poultry (look for organic, cage-free options): chicken and turkey breasts and thighs
- Fish (make sure they are individually packed and vacuum sealed or don't buy them frozen. Best is to always buy your fish fresh, but depending upon where you live that may or may not be realistic)
- Frozen berries

FRESH PRODUCE

Once you start using the recipes in this book, you'll get a good feel for what to keep on hand. Here are my favorites:

- Organic lemons and oranges (organic as you'll grate the peel into zest)
- Onions, garlic, shallots
- Avocados
- Green leafy vegetables (plan to serve at least 1–2 cups per person every day with options such as kale, spinach, salad greens, chard, broccoli, etc.)
- Other vegetables (bell peppers, artichokes, tomatoes, fennel, green beans, celery, carrots, beets, butternut squash)
- Fruit (berries, cherries, apples, pears, peaches, oranges—focus on whatever is in season)

Thanks for downloading this quick get-started guide from Dr. Masley's new book,

The Mediterranean Method!

Be sure to print it out as a useful guide to keeping your kitchen well stocked and organized to help you on your own Mediterranean cooking journey.



***The Mediterranean Method* will publish on December 31, 2019.**

The book is available for preorder wherever books are sold.

Learn more at drmasley.com