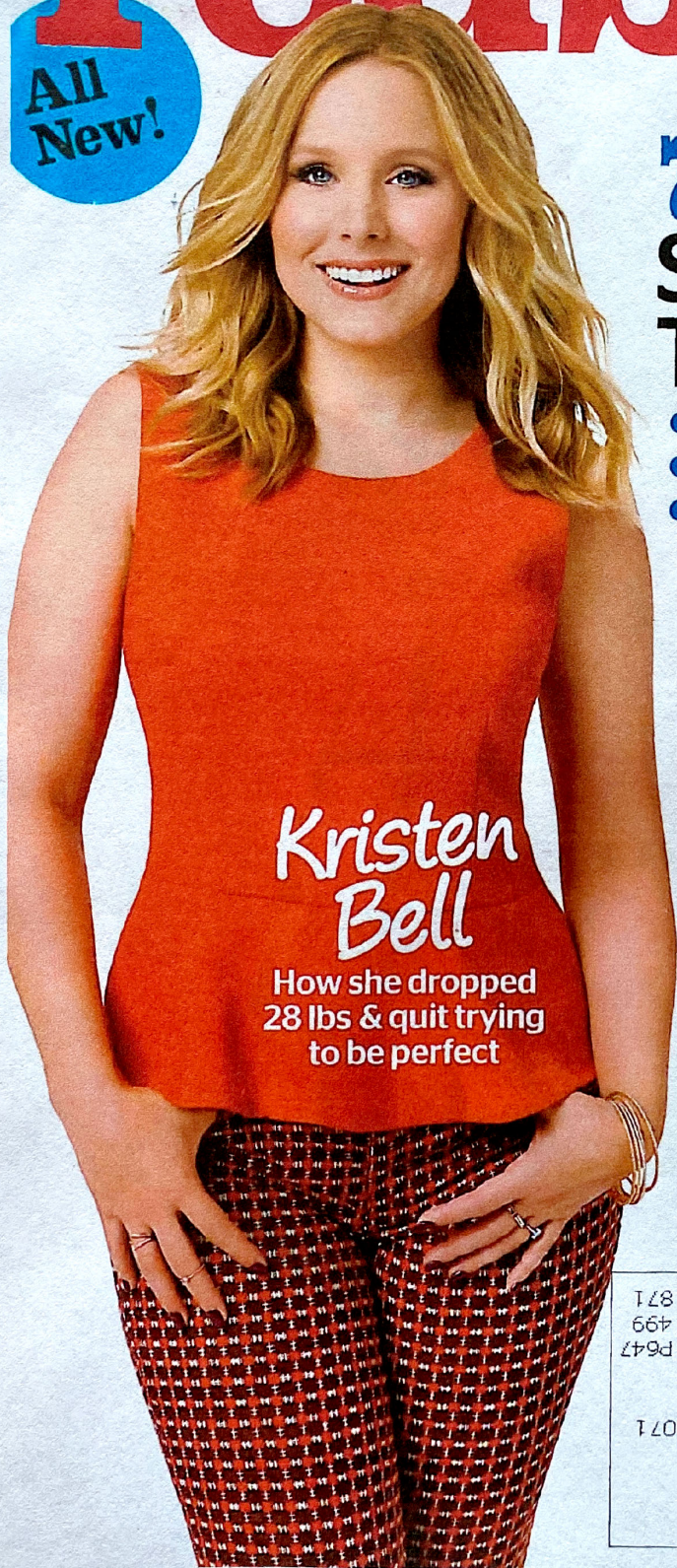


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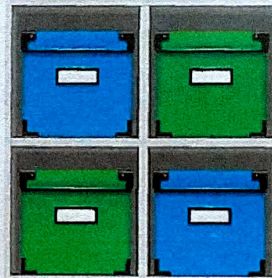


Kristen Bell

How she dropped 28 lbs & quit trying to be perfect

75 BEST STYLE TRICKS

- Look slimmer
- Find *your* colors
- Dress for less



Organize your home in just one fun day

Treat yourself and *still* lose the weight!

The cookie diet, p.104



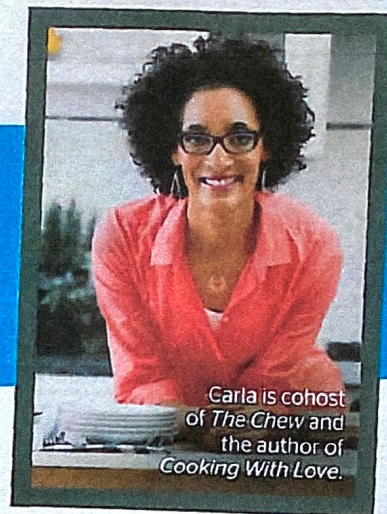
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SEPTEMBER 2013 REDBOOKMAG.COM

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food

6 tools every kitchen needs


Pro cooks don't own a million gadgets, says Carla Hall. They buy just a few, and use them a million different ways. These are the must-haves.



Carla is cohost of *The Chew* and the author of *Cooking With Love*.


Full confession: I am not a gadget girl. I get incredibly frustrated when my kitchen drawers are crowded or I can't find what I'm looking for when I need it. But I *will* buy something that has multiple uses. So, here's what I can't cook without. I promise they'll make your life easier.

A SALAD SPINNER




I love a salad spinner. They save so much time and are worth the space they take—your lettuce will keep a few days longer when it's dry. Even if you have lettuce that's been in your fridge a day too long, give it an extra rinse in your salad spinner and it will perk right up. I also use the basket as a colander.

A MICROPLANE




This is the best tool. Microplanes come in many different sizes, but I have only one, a grater-zester. You can do everything with it—obviously it's great for citrus and cheese, but I use it to grate shallots for my salad dressings, ginger, and even for garlic. I hate garlic presses—it takes five times as long to clean one as it does to use it.

AN 8-INCH CHEF'S KNIFE AND A PARING KNIFE




People always ask me for knife recommendations. All knives are different—some are light, some are heavy. It's like trying on shoes; you have to find what fits you. What I will tell people, though, is that you really only need an eight-inch chef's knife for chopping veggies and a paring knife for smaller tasks. You don't have to spend a ton, either. You can go to a restaurant supply store and buy a fairly inexpensive one.

A GREAT PEELER



I love my OXO peeler, and not just for peeling. I'll use it to make curls out of a hard cheese and chocolate—I'll even shave asparagus for a salad and eat it raw, tossed with a vinaigrette. This brand has a fat handle, which is great for me because I have big hands!

A CAST-IRON SKILLET



What makes these wonderful is they cook food so evenly. And I'm not talking about the enamel-coated ones, just the plain old black ones. They can go straight from the stovetop to the oven. I have five of them, and a few were my grandmother's. I always think of her when I use them. They're the kind of thing you can pass down from generation to generation.