TQ Cooking Tips for the Blind and Low Vision Part 2(Lighting and Using the Stove)

# introduction

Hey guys it’s your girl Thee Quinn and I’m back with another video in the series TQ cooking tips for the blind and low vision. I received a lot of positive feedback from you guys on the last video that I did in this series so I decided to continue it since you love it so much. By the way if you missed out on that last video where I shared general tips as well as techniques for storing, organizing, and identifying items in your kitchen, be sure to check that out as well. In today’s video, I will be sharing tips and techniques for lighting and using the stove. But before we get into it, please be sure to like the video if you love the content, subscribe if you are new and turn on my notification bell to be alerted whenever I post the next video. Also note that the instrumentals for this video have been provided by Inner Sanctum Entertainment Ltd. But without further ado, let’s get right into it.

# Start of video

Alright, so last time we went through all the general tips and techniques to get your kitchen setup and ready for use. So now it’s time to put your chef hat on and let’s get cooking. Before we actually start cooking though, one major thing you will need to know how to do is to light the stove. Yes, I know that this is something that a lot of us are afraid of but it has to be done. This can be a very simple and quick task, once you take all the proper precautions and stay calm through the whole process. So, before we begin, I must note that I have a gas stove at home so these tips are mainly from my experience with it. However, if you have an electric stove, you can follow these tips as well. The only difference is that you won’t have an active flame and you won’t have to light a match.

Now while using the stove, we will need a way to properly adjust the flame or heat to the level that we want it. We can do this by marking the knobs on the stove before you start using it by yourself. It is good to use a sighted assistant such as a family member, friend or a representative from the be my eyes app to help you when marking the stove knobs. First you will need them to tell you which knob lights which burner so that you can memorize it. Then you are going to need someone to use a durable sticky material such as a piece of Velcro, tape or sticky dot to mark the points on the stove that will make the fire high, medium, or low when the knob is turned. This should be carefully done, as marking them incorrectly could result in you actually turning off the fire without realizing. I personally just have the extra low part of my knobs marked because it is one turn away from turning off the fire, and I have studied where to turn it for the other levels. Then once you have your knobs marked you are ready to light the stove.

When lighting the stove, first ensure the stove is clear of anything that can burn or start a fire. This can range from food, plastic containers, a kitchen towel, etc. Then before lighting the stove, position the pots that you are going to light as best as possible on the burner. Make sure that it is well centered so that the flame won’t be exposed. Please ensure that your pot handles are not hanging off the stove as you can easily bounce it off the stove. Also ensure that you position the pot handle that it is not close to the fire on another burner as this can cause the handle to burn. Before lighting the stove, it is best not to have anything too loud playing around as your sense of hearing is a key factor in this process. Also make sure to check that all your knobs on the stove that are not being used are turned off first. You wouldn’t want to strike the match while there is gas leaking from the burners.

Then get your matches and position yourself, making note of the position of the burner that you need to light, and the knob to turn that lights it.

Then take out the match, and strike it.

Quickly put it at the burner that you want to light, being careful not to out it.

Then turn on the knob for that burner.

You can listen carefully to hear if it lights.

It will typically make a sound, but there are some times where it will make the sound but maybe the fire didn’t catch properly and the flame goes out. I always like to double check by feeling the pot to see if it starts warming up. Then once you have confirmed that the fire is lit, use the markers that you had placed on the stove for that knob to adjust the flame at the level that you desire. And that is it you should be good to go. Remember while cooking, make sure not to place anything flammable near to the flame. Also remember to check to make sure that all the knobs are turned off when you are finished cooking. This is not something that you will get in one try but practice makes perfect.