TQ Cooking Tips for the Blind and Low Vision Part 4(Peeling and Boiling)

# 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. In today’s video, I will be sharing tips and techniques for peeling and boiling your food. 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 tutorial

So, as I said before, today we will be focusing on boiling and peeling. But before we get into the boiling, let’s start with peeling. There are many things that we peel in or kitchen such as an orange, a potato, a cucumber and more. A lot of us in the blind community stay away from doing this because we are afraid of getting cut by the knife. But there are various techniques and also other tools that you can use to get the job done. The tool that you will use when peeling will depend on the type of food item that you are peeling. Vegetable peelers are best for peeling fruits and vegetables with thin skins, such as apples, pears, potatoes, carrots, and cucumbers. Paring knives are best for peeling fruits and vegetables with tough or irregularly shaped skins, such as avocados, citrus fruits, ginger, and squash. Here are some things to note if using a peeler:

* If you are going to use a peeler, you have to spend some time choosing the right one. There are different types of peelers available such as y-peelers and straight peelers.
* You also have to make sure that your peeler is sharp. It is said that a sharp peeler is easier to control and is less likely to slip. Dull peelers tend to get stuck often and may increase the risk of injury. Because of this, it is best to replace it as soon as it gets dull.

Here are some things to note if using a knife:

* Similarly, if you are going to use a knife, make sure that the knife is sharp. This is because a dull knife requires more force and can slip, increasing the risk of injury.
* It is also best to use a knife with a textured handle. This will make it easier to grip and prevent the knife from slipping.
* Choosing the right size knife is critical. It is not ideal to use a big broad knife for peeling. It is best to use a smaller knife with a pointed tip.

Now here are some tips when peeling, whether you decide to use a knife or peeler:

1. Make sure to wash both your hands and the item that you are peeling thoroughly before you start peeling. This is because you will be using your sense of touch a lot in this process and this will make it easier to tell the difference in feel. After you wash your hands and the item, it is best to dry them both so that you can get a firm grip and will prevent slipping.
2. Use your hand as a guide. You must be aware of which hand is your dominant hand. So that means whether you are left handed or right handed. It is best to use your dominant hand to peel, while using your non-dominant hand as a guide to help you keep the item that you are peeling in place. Also make sure to keep your fingers out of the path of the knife.
3. Make use of your sense of touch. When peeling, whether using a knife or peeler, you will have to use your sense of touch to determine which areas of the food item has not been peeled. Before you start peeling, get familiar with how the outer skin/surface of the item feels. This will make it easier for you to determine what is left to be peeled once you start peeling. I also like to keep a system when I am peeling so that I can keep track of where I am. I usually do this by peeling in circles.
4. Take your time. It is best not to rush when peeling. Please remember that you are working with sharp objects. take your time and strip away the skin of the food item, making sure that you did not miss a spot. This will help to prevent any mistakes or injuries during the process.
5. Keep focused. It is always important to keep your focus on the task at hand when peeling. You don’t want to get distracted when using a sharp knife or peeler, because that can easily result in injury.

And those are all my tips for peeling. It may be a bit hard or frustrating at first, but practice makes perfect. The more you do it, the better you will get at it. Now let’s move on to tips for boiling.

# Boiling

Boiling can seem like a scary task to a person who is blind or visually impaired, but there are various techniques and tips that you can use to get it done in the safest way possible. Here are some tips that I recommend:

1. Choose the right pot:

When boiling, the first thing you need to do is determine the best pot to use. Choose a pot that is the right size for the amount of water that you need for the amount of food that you have to boil. A pot that is too small may cause the water to boil over, and a pot that is too large may take longer to boil. Choose a pot with handles that are sturdy and can withstand high heat. This will make it safer and easier if you need to lift or move it.

1. Gather your ingredients:

Make sure that you have all the items that you will be boiling ready before you light the stove. So, if you need to peel anything, get that done first.

1. Fill the pot with water:

Based on the amount of food that you will be boiling, you will need to determine the amount of water to put in the pot. Put enough water in the pot so that it will cover all the food, but don’t fill it up too much that when the food goes in the water it will boil over. I also like to put in things such as salt into the pot before I light it. This is so that I can easily use a spoon to mix it around and taste if it is salt enough. This is good because if you accidentally put in too much salt, you can easily throw off some of the water and put in some more. If what you are boiling does not require the water to come to a boil first, you can put it in before lighting the stove as well.

1. Position the pot and light the stove:

Once you are ready to put the pot on the fire, first you need to ensure to position it properly. Try your best to center the pot on the burner so that the flame will not be exposed. Also remember not to leave the handle of the pot hanging off the stove. Then you can proceed to light the burner that the pot is on. If you need tips for lighting the stove, you can check out the second video that I did in this series discussing that.

1. Place the items in the pot:

The next step is to place the items that you are going to boil into the pot as soon as it starts boiling. The time that it will take to start boiling will depend on how much water you have in the pot and how high you turned up the stove. When the water starts boiling, you should hear a bubbling sound. Then you will know that it is time to place the food items in the pot. To make it safer, you can use a long handled utensil such as a set of tongs to place the food into the pot. This will help to avoid contact with the boiling water. Use a pot holder or kitchen towel to hold the pot steady while you add the food into the pot. Then you can use your other hand to put the food into the pot. Take the utensil and grab the food item. If not using a utensil, just hold a small portion of the food item. Since you have your other hand holding the pot, you should have an idea of where the pot is. Take your time to position the food over the pot, and slowly lower the food into the pot. As soon as you feel as if the food has made contact with the water, slowly release it into the pot. Dropping the food abruptly or too far away from the water can cause the hot water to splash out. Continue this process until you have successfully placed all the food items in the pot.

1. Wait for it to cook:

You can place the cover on the pot so that the food can boil faster. I like to leave just a small part uncovered so that I can easily hear if the water in the pot is drying out. You can use your phone or a talking timer to set a time for the food to cook. When the timer goes off, you can take off the lid and use a utensil such as a fork to check if the food is cooked. If you feel that is too risky, you can get a plate or a dish to place a piece of the food in to check it if it is finished cooking. Once you have determined that the food is done, turn off the stove.

1. Taking the items out of the pot:

Depending on the type of food that you are cooking, you may prefer to use a colander to drain the water, or just take out the food manually. If using a colander, it is best to clear out a clean spot in the sink and place it there. Then use pot holders or a kitchen towel to carefully lift the pot from the stove and move over to the sink. Then, make note of the position of the colander in the sink, and slowly pour out the contents of the pot into it, and allow them to drain. If you are going to take out the food out of the pot manually, here are some tips:

I like to wait until the water cools down a bit to do this, but it is up to you. First get the container that you are going to put the food in. Then get a utensil such as a set of tongs, and carefully grip the food item and place it into the plate or dish.