**Expanding Possibilities with Countertop Cooking**

**Small Appliance Review - Presentation Supplement**

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**Countertop Grill (George Foreman, Cuisinart, T-Fal Optigrill):**

Functions: Grill meats, sandwiches, quesadillas, french fries

Advantages: Heats up quickly, uses electricity – more even heat surface, easy to clean, fits in small space, healthier cooking

New Cook: No turning/flipping, some have automatic sensor for doneness, fast and easy to clean and maintain.

Cost: George Foreman start at $39, Cuisinart $100, Optigrill $179, DeLonghi $250

VI Features to look for: Tactile selector buttons, Visual cues (lights), sound indicators

Adaptations: Tactile markings or dots for buttons

Disadvantages: Drip tray can be messy, depending on size, may have to cook one at a time, danger of hot surfaces.

**Instant Pot**

Functions: Pressure Cooker, Slow Cooker, Rice cooker, Bread baker

Advantages: All-in-one device, quick cooking time, cooks from frozen, can set and forget

New Cook: Everything goes in one place. No need to time or check for doneness.

Cost: Instant Pot 3 Qt. $69.99, 6 Qt. $99.99, (Magic Chef $59.99 6 Qt.)

VI Features to look for: Tactile selector keys, sound indicators, simple controls.

Adaptations: Tactile markings/dots, Template of control panel

Disadvantages: Heavy, bulky

**Toaster Oven:**

Functions: Bakes, toasts, broils, keeps warm

Advantages: Smaller than range/oven, sits on countertop, costs less, quick pre-heat, doesn’t warm up entire room

New Cook: Simpler to insert/remove items, easier to clean, faster than full-size oven

Cost: $35 small to $159 larger. Smart Oven Pro $279

VI Features to look for: Dial controls, built-in timer, pull-out feature on tray, sound indicators for preheat and done.

Adaptations: Tactile markings/dots

Disadvantages: Doesn’t cook as evenly as large oven. Small size limits what can go in.

**Air Fryer**

Function: Fries, roasts and bakes

Advantages: Smaller size is good when cooking for 1 or two people; no need to heat up kitchen to use oven or stove; healthy alternative to frying; faster cooking times

New Cook: Enclosed unit - avoids working over gas flame, exposed burner, or with heat of oven; gets food crisp/brown without need to stand over hot pan or spattering grease/oil; easy to clean

Cost:$64-$299

VI Features to look for: knob controls or digital controls where each button has a specific purpose rather than toggling between several options

Adaptations: Tactile markings/dots on controls

Disadvantages: Will need larger model or to cook in several batches if cooking larger amounts of food; larger models are bulkier and take up more space; desired texture of some food may be better achieved cooking in the oven

**Super Blender (NutriBullet)**

Function: Blends smoothies, shakes, sauces, soups, grains

Advantages: A good way to incorporate fresh vegetables and fruit into diet. Fast and easy prep. Simple operate.

New Cook: Encourages healthy eating. Instant results. Easy to use. Quick clean up.

Cost: $39 to $249 Depending on power and features

VI Features to look for: Tactile push button controls. The less complicated and simple, the better.

Adaptations: Tactile markings if needed.

Disadvantages: Can be loud. Difficult for arthritis/limited grasp. Limited uses.