

Upgrade your kitchen to cook like a professional chef



(StatePoint) Of course, cooking like a chef at home requires talent and practice. But there's no doubt about it – having the right culinary

tools, appliances and prep space is essential, too. To upgrade your kitchen so that you can cook like a chef, consider the following:

Prep Like a Pro
Save time and energy and get a cleaner cut by maintaining your knives. Properly clean, dry and store knives

How to select the best ceiling fans for your home interiors



(StatePoint) If you have a “less is more” outlook on home decorating purchasing decisions, you probably want your lighting fixtures to not only be functional, but also fashionable elements that complement other accessories and contribute to your overall interior design. When it comes to ceiling fans, experts say that by shopping around, you can find a highly functional fixture that can even serve as the focal point of a room. “Today’s ceiling fans incorporate beautiful features, such as hand carved blades, sleek finishes and natural elements – to appeal to a variety of different design trends,” says Steve Register, ceiling fan product manager for Progress Lighting. So how do you select the best one for your space? **Choose Your Features**

- Versatile functionality. Do you want to use your ceil-

ing fan year-round? Simply select a fan with reversible blades for the option to circulate cool air in summer or warm air in winter.

- Efficiency. To save energy and green your home, consider an ENERGY STAR rated fixture.
- Lighting. To get in on today’s lighting trends, go for a layered lighting design in your space by installing a light kit or selecting a fan with a pre-installed fixture.
- Control. Some fans feature full-range dimming and full-function remote control capabilities, to offer added convenience in controlling a room’s environment.

Size it to Your Space
Size is really important when selecting a ceiling fan. If a fan is too large, it can overwhelm the space. On the flip side, if the fan is too small, the airflow may be inadequate. The American Lighting Association sug-

gests the following fan sizes compared to square footage:

- Up to 75 square-feet – 36 inches or less
- 75-144 square-feet – 36 to 42 inches
- 144-225 square-feet – 44 to 40 inches
- 225-400 sq. ft – 50 to 54 inches

Find Your Style
Once you’ve identified the size and application of your fan, it’s time for the fun part – choosing a style that complements your style. Consider fan shape, blade features and finish to help you meet the room’s design needs. You can view Progress Lighting’s ceiling fan offerings, which include Coastal, Transitional, Traditional and Farmhouse styles, at progresslighting.com. For a simple home upgrade that goes a long way, consider a ceiling fan with all the features you’ll want and need for year-round comfort and beauty.

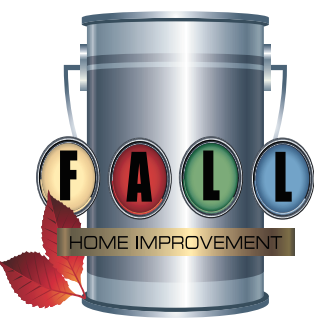
directly after use and regularly sharpen them. Whether that’s on a magnetic strip on the wall or an in-drawer organizer, the best options will allow you to see all your knives at once so you can reach for the correct one. Precision slicing? You may also wish to invest in a mandoline.

Bake a lot? Consider ditching the measuring cups by using a digital scale instead. You’ll get faster, more accurate results. And the bonus of less to clean-up.

Cook Like a Pro
When it comes to ensuring that there are no limits to what you can do in the kitchen, it’s all about having top-notch appliances. Check out the Pro Series Collection of free-standing ranges from ILVE. Known for their hand-crafted Italian appliances, the new series offers chef-quality features such as a removable griddle, high BTU brass burners and a built-in warm drawer to keep cooked food at an ideal temperature for serving. Available in a 36-inch single or unique double oven configuration as well as 40-inch and 48-inch sizes with double ovens, the electric ovens feature multi-function cooking options and included rotisserie accessory. The Pro Series is equipped with features that professional chefs dream of at a price point that the home culinarian can afford. Offered in stainless steel and matte graphite colors, you can get a professional-style cooking experience while maintaining the sleek design of your kitchen.

Move Like a Pro
Do an audit of your current cooking habits, bearing in mind the layout of your kitchen and the organization of go-to ingredients. Are you expending time and energy walking all the way around the kitchen island just to get to the fridge? Are you spending too much time poking

around for a particular spice or oil? The optimal flow in your kitchen space will allow for more intuitive food preparation and help you stay light on your feet. Want to cook like a professional? Update your kitchen accordingly. A few upgrades can help you become a better chef.



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