# INSPECT YOUR GADGETS

*Our cooking may have gone back to basics – but our kitchens have never had so many high-tech options. Carol Burns goes goo-goo over gadgetry*

WHEN I think of high-tech kitchens I picture a barrage of shiny silver and hard white surfaces, perhaps with a few well-chosen electronics. But the perfect high-tech kitchen embodies the theory that less really is more – much of what goes into the room can be run from your smartphone, from the lighting and temperature of your kitchen, raising and lowering the blinds to create the perfect ambiance to the timer on your oven (and even frying pan) for the welcoming smell of home cooking. But it really is a case of choosing the technology that will help you, not clutter up your work surfaces.

No time to cook? Not enough organisation for a *Fifteen Minute Meal*? Avoid the horsemeat-laden ready meals and get kitted up for AEG's combination steam oven with the first ever integrated camera connected to your mobile device giving you instant inspiration, overview, feedback and control of the cooking process, even when you're not in the kitchen. Whether at work or glued to the Olympic Games in the next room, the My AEG app means you can start cooking through your mobile device and also respond instantly, changing temperature and humidity levels or switching function with a simple touch or swipe on your smart phone or iPad. Where in doubt turn to the experts. Intelligent Abodes in Exeter are leading the vanguard in teching up our homes – and the kitchen has the most potential. "Smart technology is gradually entering all our homes, including the kitchen. It can be cleverly woven into our surround-

***'No time to cook? Not enough organisation for a Fifteen Minute Meal? Avoid the horsemeat-laden ready meals and get kitted up for a combination steam oven with the first ever integrated camera connected to your mobile device'***

All high-tech kitchens should start with a stunning and modern kitchen design. Sapphirespaces.co.uk

## SUPER JUICER

No hipster's kitchen would be complete without a state-of-the-art juicer or smoothie maker. Explore the joys of squishing up fruit and vegetables into a glass with the award-winning Novis Vita Juicer (guide price £245 myjuicer.co.uk). Featuring three patents, including Viatec® technology where the combination of a citrus press and centrifuge disc create a super-smooth, pulp-rich juice that does not quickly separate and retains 20 per cent more nutrients than conventional juicers... and you get access to a recipe app if you are looking for some fresh ideas.

## ICE ICE BABY

Of course some technology is simply life-changingly clever – the invention of the fridge (first used in 1750 as an icebox) transformed the way we shopped and ate by adding days and sometimes weeks to the life of perishable foods. The freezer introduced in 1940 added months. The AEG Perfect Fit Side by Side fridge freezer ensures all fresh and frozen food is kept in ideal conditions, preserving taste and locking in nutrients through special features including Coolmatic, DynamicAir and CleanAir technology. I don't know what this means exactly but it is designed to look good – and there's a 39 bottle wine cellar included for those of you who want to celebrate). £3,000 from aeg.co.uk

## SMART ALARMS

Nest Protect does much more than just sound a shrill alarm when there's danger in your home. It 'speaks' to you, telling you what and where the problem is. It will even alert your phone when something's wrong giving you a friendly heads-up warning before it sounds a piercing alarm. And if Nest Protect's carbon monoxide alarm goes off and there is an active WiFi connection at the time of the event, the Nest Thermostat automatically turns off the gas burner - a frequent source of carbon monoxide leaks. intelligentabodes.co.uk

A high-tech kitchen should whisper rather than shout. Less really is more with this stunning kitchen from sapphirespaces.co.uk

ings in elegant and non-conspicuous ways, to enhance our living space," explains managing director Karen Chugg. "Some of my favourite high-tech gadgets for the kitchen include the table top iPort docking station which charges your iPad while you use it to control music, lighting and read your recipes. Kitchens are increasingly connected with the online world, with cookers interacting with your smart phone to tell you when your meal is ready and fridges advising you what's inside and how long it has been there - great when you're shopping and you can't remember what you need!

"Smart technology is also driving energy awareness, saving time, improving health and even saving lives: the Nest Smart Smoke and carbon monoxide detector talks to you and alerts your phone in an emergency; and if you burn the toast, you can turn it off immediately with your smart device even if you're not in the kitchen." ◆