

AT HOME COOKING THAT PROTECTS AIR QUALITY

Induction cooktops are a type of electric cooktop that uses induction technology to directly heat your cookware. They're cleaner than gas stoves, and faster and more efficient than traditional electric stoves.

HOW DOES IT WORK?

An electric current is passed through a copper coil underneath the cooktop's surface, which creates a magnetic field. This magnetic field heats the cookware almost instantaneously (though it will still take some time for water to boil or food to cook). Only the cookware and the area directly underneath it will become hot, rather than the whole burner.

HOW DO I KNOW IF MY COOKWARE WILL WORK ON INDUCTION?

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WHY IS INDUCTION HEALTHIER FOR ME TO USE?

Gas stoves burn natural gas to create a flame. This combustion releases nitrogen dioxide and carbon monoxide into the air inside your home, which creates indoor air pollution. This has significant health impacts for children and adults; studies have shown that children who grow up in homes with gas stoves are 42% more likely to have asthma. (Weiwei Lin, Bert Brunekreef, Ulrike Gehring, Meta-analysis of the effects of indoor nitrogen dioxide and gas cooking on asthma and wheeze in children, International Journal of Epidemiology, Volume 42, Issue 6, December 2013, Pages 1724–1737, https://doi.org/10.1093/ije/dyt150)

Induction and electric cooktops use electricity to create heat rather than a flame, meaning they don't emit pollutants and they keep your indoor air clean.

WHY IS INDUCTION MORE ENERGY-EFFICIENT THAN ELECTRIC?

Traditional electric cooktops use metal coils that are heated with an electric current. That heat transfers to the cooktop's surface, and once you put your cookware on the burner, it's transferred to the cookware and its contents.

With an induction cooktop, the heat is transferred directly to the cookware, so much less heat is lost. This makes the process of induction cooking faster and more efficient than cooking with a traditional electric cooktop.

HOW DOES MY COOKTOP WORK?

- Press "start" to turn on your cooktop.
- Adjust the cooking temperature using one of the six pre-set temperature buttons, or increase or decrease your cooktop's temperature using the "+" and "-" buttons.
- To cook for a specific amount of time, push the "time" button and set your timer like a clock.
- For more details, see the quick start guide or user manual that comes with your cooktop.

HOW TO COOK ON STAINLESS STEEL?

- The pots and pans we have provided for you are stainless steel with a magnetized base, so they will work with your induction cookware. They also don't have any nonstick coatings (which sometimes contain chemicals that can be toxic).
- Stainless steel has small pores that open and close during the heating process. If your cookware
 is too hot or too cold, these pores may latch onto your food, causing it to stick to the cookware.
 But when it reaches the right temperature, the pores stop opening and closing, causing the pan
 to be nonstick.
- There's an easy way to test if your cookware is the correct temperature to be nonstick. Drop 1/8th of a tablespoon of water into your cookware. If it bubbles and steams, it's too cold. If it stays in one ball and glides around the cookware, it's the right temperature!

HOW TO MAKE STAINLESS STEEL COOKWARE NONSTICK

It's all about the temperature of your stainless steel cookware

After pre-heating your pan for 1-2 minutes, add 1/8 teaspoon of water to the pan. If the water:

Does nothing: the pan is too cold.

Bubbles and steams: the pan is too cold.

Forms one perfect droplet that glides along the pan: it's just right.

Once your cookware is ready you can add oil and then your food.

Questions?

Please contact Alyson Bergomi

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