

Have you hesitated to try cooking with induction?



Try the Side by Side Experiment!

We got started right away when we moved into our new house. We kept the stove *and* all our cookware. We spent about \$100 and just plugged it in.

For the cookware we have that's induction ready, we use the induction cooktop. For our cookware that isn't, we use the stove. It's worked out great!

Why did we do it? With induction, pots and pans heat much faster, we can control the temperature instantly, and we started saving energy right away.

Why do we recommend it? Three reasons:

- better cooking experience than either gas or conventional electric
- lower electric bills
- reduce our carbon footprint

But is it really better than cooking on a gas stove? My partner Cathy had one in her previous house. Originally, she thought she would never give up cooking with gas. But after trying one chicken stir fry in her favorite carbon steel frying pan on the induction cooktop, she was convinced. She got a higher temperature than she did with gas, and still had exact control of the heat at all times.

After a recent fatal gas explosion in our town, and reading a news article about the damaging health effects of NO₂ that gas stoves emit, we're convinced. We're definitely *not* having gas service installed in our house!

Some induction cooking pros and cons:

Pros:

- only the pot or pan gets hot
- less wasted heat; kitchen stays cooler
- faster heating than either electric or gas
- change in level of heat is almost instantaneous, depending on cookware
- automatic pause any time cookware is removed; heating resumes when replaced
- heat sensors keep pot from burning, even if water boils away*
- handles on cookware stay cooler longer
- no flame or red hot element means no fire risk (safer for you, your house, *and* your potholders!)
- top wipes clean; food never burns on
- bottom of unit stays cool; no risk of scorching or warping your countertop
- small & light weight; store in a drawer when not using if you wish
- low cost for 1 or 2 burner units
- reduces your carbon footprint
- no CO or NO₂ (as with gas burners)

Cons:

- some cookware will not work (aluminum, glass, or some stainless)
- very large pots may not heat all the way out to the edge on countertop units.
- you can hear a small fan inside most units running while it's on and for about 30 seconds after shut off.
- countertop units are available in only one or two burner configurations.
- stoves or range tops, fully installed, offer more sizes of burners, but may cost more than traditional electric or gas, although the price is likely to come down over time.

* (some thicker foods may still scorch, especially if not stirred, just as they would with any stove)

How much energy can you save?

The amount of energy something uses depends on two things: How many watts it takes, and how long it's turned on.

If an induction cooktop on the highest setting uses 1500 watts and a medium sized electric stove burner on HI also uses 1500 watts, then how can you save any energy cooking on induction?

The answer is: If it takes 2 minutes to boil water for tea on an induction cooktop but 4 minutes on an electric stove, then you'll use *half* as much energy! It's really that simple.

When cooking other foods, you'll probably use a lower heat setting on the induction cooktop. You'll still be done cooking in the same amount of time.

Induction cooktops are available online or at local kitchen supply stores. So you *don't* have to replace your stove, remodel your kitchen, or buy all new cookware.

Why are we promoting this? Simply to improve our lives and make the world a better place. We at Energy Stories invite you to join in and enjoy the benefits.