

TASTE THE FUTURE - with Clean Energy Cooking

Cook Faster, Healthier, Safer, and Smarter with Induction

Faster: An induction stovetop heats up 30% faster than a commercial gas stovetop.

Healthier: Gas stoves release toxic chemicals from both the gas that hisses out when you light the stove and the gas that burns while you cook. Even if you use the stove vent, a gas stove still reduces the air quality in your home.

Many studies have found a 32% increased risk of asthma among children in homes where gas is used for cooking.¹

Safer: You can put your hand directly on the burner while it's cooking and not get burned. (Though the pot will get hot!)

When there's no pan on the burner, nothing gets hot. No one can cause a fire or explosion by leaving the burner on by mistake.

Better Control: From frying at 375° to warming chocolate sauce at 110°, induction controls temperature with greater precision than gas.



More Efficient: Induction stoves use 30 to 50% less energy and release fewer emissions than gas stoves.

Easier to clean: An induction stovetop is smooth and easy to wipe clean. With no burners, nothing gets burned onto the surface.

Cooler: A gas or regular electric stove heats the air as well as the pot, making you swelter. Induction stoves only heat the pot and the food.

From America's Test Kitchen expert:

Caller: *Is an induction range something I should consider?*

Chris Kimball: *No, don't consider it. Buy it! It's the number one stovetop in Europe and has been for years.*

Milk Street podcast, WGBH Boston

¹ Lin W, Brunekreef B, Gehring U; Meta-analysis of the effects of indoor nitrogen dioxide and gas cooking on asthma and wheeze in children,

International Journal of Epidemiology, 2013; 42(6): 1724–1737.
doi:10.1093/ije/dyt150

Keep induction in mind for your next stove purchase!

If you have a gas stove, switching to induction or electric will improve your indoor air quality and reduce your climate footprint. Already have an electric stove? That's great! Thinking of switching to gas? Consider induction first.

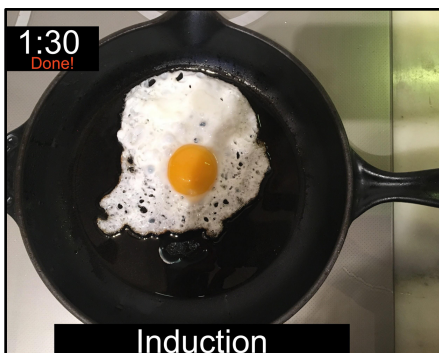
"Induction is incredibly clean, incredibly fast, incredibly efficient."

Will Gilson, Chef and Co-owner of Puritan & Company in Cambridge. Quoted in the Boston Globe.

How does induction work?

The stove's "burner" uses a magnetic field to move iron atoms in your metal pot, which creates heat through friction. The heat is only in the pan, not in the burner or in the air.

This magnetic field can be precisely controlled. As soon as the pan is taken off the burner, or the burner is turned off, the cooking stops.



Induction stovetops cook faster than gas stoves and control the temperature more consistently.

With induction, you get exactly the amount of heat you want in less time.

Can I use my pans?

Most pans work on an induction stove: cast iron, ceramic clad, enameled, and stainless steel. They all must contain iron, a magnetic metal.

To learn if your pan will work, just put a magnet on the bottom. If the magnet sticks, the pan will work.



American chefs are switching to induction and you can too.

Chef Ming Tsai of Boston's acclaimed Blue Dragon Restaurant is a big fan of induction. He told the Boston Globe, ***"I've been using it for 20 years. Any place where space is an issue, you want induction."***

Image from Boston Globe.