

A Stovetop for the Pros and for You!

When asked about an induction stovetop, Chris Kimball, the founder of America's Test Kitchen said, "*Don't consider one, just buy one.*"



Chef Ming Tsai is a big fan of induction
Image from Boston Globe

Cook Faster, Healthier, Safer *and* Smarter

Faster: Induction heats up 30% faster than even a commercial gas stovetop.

Healthier: Gas stoves release toxic chemicals into the air (from both the burnt and the unburnt gas). Even if you turn on the stove fan, a gas stove still reduces the air quality in your home. An analysis of 41 studies found a 32% increased risk of asthma among children in homes where gas was used for cooking.¹

Safer: You can put your hand directly on the burner while it's cooking and not get burned.

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.

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

Efficient: Uses 30 to 50% less energy and releases fewer atmosphere warming emissions.

Easier to clean: There aren't any nooks and crannies on the stovetop for food to drip into. And since it's not a "burner," food doesn't get burned onto the stovetop. Just wipe and it's clean.

Cooler: Does your kitchen get too hot? Gas stoves heat the air as well as the pot, leaving you sweltering. Induction stoves just heat the pot and the food.



Image from AppliancesOnline.com.au

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

How Induction works

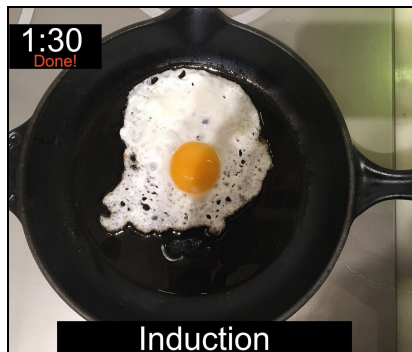
The stove's "burner" uses a magnetic field to move electrons in your metal pot, creating heat. The heat is only in the pan, not in the burner or in the air. The magnetic field can be precisely controlled. As soon as the pan is taken off the burner, or the burner is turned off, the cooking stops. If you really crank it up, you can hear it humming.

Can you use your pans?

Most pans will work on an induction stove. Cast iron, ceramic clad and enameled pots and many stainless steel pans work. They must contain iron, a metal that is magnetic. To learn if your pans would work, just put a magnet against them. If the magnet sticks, the pan will work.

Digital thermometers

If you use a digital thermometer in the pan, the magnetic field may interfere with it. An old-fashioned analog one will work just fine.



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

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

"It is incredibly clean, incredibly fast, incredibly efficient," said Will Gilson, the chef and co-owner of Puritan & Company in Cambridge. *Quoted in the Boston Globe*