COOKWARE MATERIALS:

THE BASICS

Cookware is a staple piece for any kitchen and something that's used on a daily basis meaning you need a product that is not only fit for purpose, but also durable and easy to maintain. It's essential to first consider material as this will determine which pan is right for you.

STAINLESS STEEL

PERFECT FOR: Braising, sautéing, searing and making sauces.

PROS	CONS
Incredibly durable	Poor heat conduction
Low cost	Can't be cleaned with harsh abrasives
Non-reactive making it versatile	Surface can be easily scratched

ALUMINIUM

PERFECT FOR: Searing and frying.

PROS	CONS
Superior heat conductivity	Reacts with acidic food
Rust resistant	Not usually induction compatible
Low cost and lightweight	Can warp with high heat

CAST IRON

PERFECT FOR: Searing and browning meats, stove to oven cooking, frying and simmering.

PROS	CONS
Retains heat for long periods of time	Heavy to handle
Naturally non-stick when seasoned	Will rust If not seasoned properly
Incredibly durable and inexpensive	Reactive to acidic foods

NON STICK

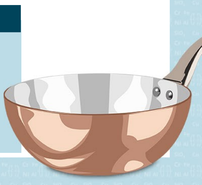
PERFECT FOR: Searing and frying delicate foods such as eggs and fish.

PROS	CONS
Ensures an even cook	Metal utensils can ruin coating
Easy to clean and wipe away after use	Can't be used with extreme high heat
Little to no oil is needed to grease the pan	Generally don't last as long as other materials

COPPER

PERFECT FOR: Boiling, steaming, sautéing and braising.

PROS	CONS
The best heat conductor	Requires polishing to maintain shine
No hotspots	Expensive
Professional look	Not induction compatible



ENAMELLED CAST IRON

PERFECT FOR: Boiling, steaming, sautéing and braising.

PROS	CONS
Doesn't require seasoning	More expensive than cast iron
Great heat conduction and retention	No non-stick coating
Durable and good with high heat	Very heavy