

## Introduction to Induction Cooking Training Flyer

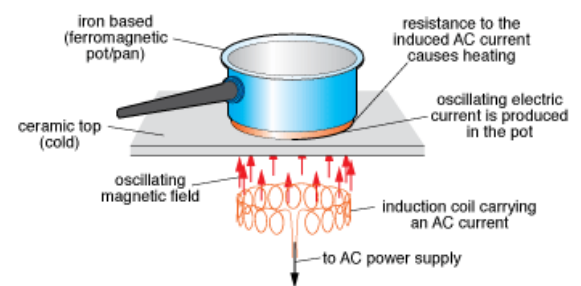
### Induction cooking:

- A method of cooking that heats a pot or pan by **electromagnetic induction**, rather than a flame or an electrical heating element.
- On a typical stove, the stove has a component that heats up and the heat is transferred directly to the pot or pan. In Induction Cooking, the cooktop itself does not heat up.
- For nearly all models of induction cooktops, the cooking vessel must be made of or contain a ferromagnetic pan (a magnet will stick to it) such as cast iron or stainless steel.
- There are many benefits of using the Induction Cooking. This flyer will serve to briefly describe how an induction cooktop works and some of those benefits.



### Electromagnetic Induction:

- Technically speaking electromagnetic induction occurs when a circuit with an alternating current flowing through it generates current in another circuit (the pot or pan) simply by being placed nearby.
- Basically, the current running through the cooktop creates a current in the pot or pan when they come in contact with one other. That current is converted to heat inside the cookware, which is used to cook the food.
- The heat is generated is **by the resistance of the created current within the metal pan** and not by direct transfer of heat from the surface to the pot like traditional methods.
- Because of this, in cases something is placed on that surface that does not contain ferromagnetic metal, it will not be heated. You could touch it and not be burnt.



### Why are Iron Based Metals ideal for induction cooking?

- Iron is a relatively **poor conductor of electricity** which is another way of saying it has a **high resistance**.
- When a current is run through a material with a high resistance, much of the current is converted to heat.

### Induction Cooktops v Traditional Cooktops:



Pros	Cons
Instant heat. Even faster than a gas cooktop.	Higher upfront purchase cost.
No wasted heat. Only heats the cookware. Up to 70% more efficient than traditional gas or electric.	Cookware must be ferromagnetic in order to generate heat. (A magnet must stick to it)
Safety. You can touch the burner seconds after the pan has been removed.	Cannot cook if you lose power like a gas cooktop.
No food burnt to the surface of the stove. Easy cleaning!	Some recipes call for charring food over an open flame, which you cannot achieve with the induction cooker.

Wide variety of designs



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One brand we have an induction cooktop available in is Electrolux. Below is quick overview of their product.

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### INDUCTION RANGE

Available in Free Standing or Built-In



#### BOIL WATER IN 90 SECONDS

Inspired by professional performance & power, the induction cooktop boils water in 90 seconds!



#### FRESH CLEAN™ TECHNOLOGY

Exclusive Fresh Clean self-cleaning technology virtually eliminates odors and smoke to keep the room smelling fresh.



#### PROFESSIONAL TEMPERATURE CONTROL

Cooking with induction is more responsive than gas or electric — you can instantly adjust the heat to a delicate simmer or bring it to a quick boil.



#### ADAPTS TO DIFFERENT POT & PAN SIZES

The induction cooktops adapts to different pot & pan sizes to provide perfectly consistent heat for delicious results.

### Next Steps:

The first next step is **learning more** about these products. The second is **bringing it up with our customers**.

Below is a link to a video detailing GE's Induction Cooktops:

<https://www.youtube.com/watch?v=jmIXxeuTPqs>

Below is a link to a video detailing Electrolux's Induction Cooktops:

<https://www.youtube.com/watch?v=9EYQL0dy90Y>

Below is a link to a video detailing Miele's Induction Cooktops:

<https://www.youtube.com/watch?v=smXRt1MnVo>