

## 4 - THE SAUCEPANS

### 4.1. - Compatible containers

Induction requires appropriate saucepans.

As cooking is performed by magnetic field, conductive materials are necessary. A simple means is used to check whether an implement is compatible or not: **A magnet should stick to the bottom.**

During cooking, some pans can emit some noise (jangling). This is normal and due to the magnetic field. There is no risk, neither for the hob, nor for the pan.

The containers compatible with the induction are:

➤ **Containers in enamelled steel with or without non-stick coating.**

- Advantages:

- Compatibility guaranteed with induction (good efficiency)
- Low noise.
- Wide range of cooking possible.

- Disadvantages:

- Worse heat distribution pan diameters < 230mm.
- Cleaning is more difficult.
- Bad reaction if the pan is empty → bottom distortion, possible breaking of the enamel

➤ **Cast-iron containers with or without enamelled bottom.**

- Advantages :

- Compatibility guaranteed with induction (good efficiency)
- Good heat distribution (with low cooking power).
- Reduced noise of the pan.
- Easy cleaning
- Good to cook lovingly

- Disadvantages :

- The non enamelled bottom may scratch the glass.
- Bad reaction if the pan is empty → Cast iron doesn't move but can break.
- **Please note:** Do a preheating systematically before a full power cooking

➤ **Certain containers in stainless steel:** multilayer stainless steel, ferritic stainless steel. Most stainless steel containers are suitable if they pass the magnet test. (Saucepans, stew pots, frying pans, deep fryers...).

- Advantages :

- Very good heat distribution (For the pan with a stuck bottom).
- Good reaction if the pan is empty --> Stainless steel becomes blue
- Easy to clean.
- Wide range of cooking.