

CONSERVATION IN THE KITCHEN

Tips for Fuel Efficient Cooking:

Those who use LPG gas cylinders for cooking at home are already aware of the way in which gas prices have been shooting up recently. So what can we do to reduce our fuel consumption?

Here are some tips:

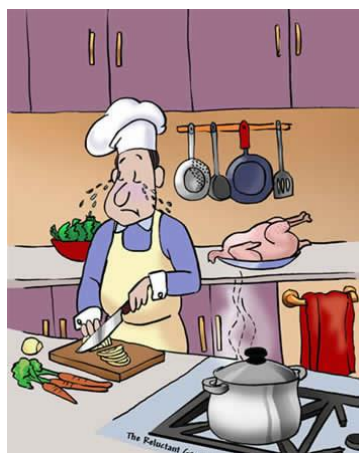
Always close the lid of the utensil and cook. It is faster and it uses less energy. Lids help keep heat in a pan, which results in shorter cooking times. Water boils faster if you cover it with a lid.

USE PRESSURE COOKER AND CONSERVE FUEL

By using pressure cooker you can save both time and energy for cooking. One way of cooking 'dal', rice and potato would be to cook the three separately, resulting in the use of stove at least three times, and another way could be to use separators of a pressure cooker and cook all the three together.

Let us Save the Planet

A coating of undissolved salts is usually found on the insides of kettles and cookers. Even a millimetre thick coating can reduce the flow of heat to the vessel's contents. This increases your fuel consumption by as much as 10%.



Keep all materials required for cooking within reach and ready before lighting the stove.

Soak the ingredients before cooking. Experiments have shown that 250 gm of *kabuli chana* (chick peas) when soaked overnight in water consumed 22% less fuel as compared to fuel required for the same quantity of un-soaked *kabuli chana*.

Take out the food from the refrigerator well in advance to reach room temperature before cooking. Keep it out of the refrigerator for some time before putting it on the stove. Cold food consumes a larger amount of fuel.

Use optimum quantity of water. Surplus water wastes fuel. Besides, when the excess water is drained subsequently, precious nutrients are lost.

Reduce the flame when boiling starts. Experiments conducted have revealed a saving of 25% fuel when the flame is reduced after boiling had started.



Use microwave oven instead of conventional electric oven. Microwaves can cook food in one-fourth or less the normal cooking time.

If you cook with electricity, turn the stovetop burners off several minutes before the allotted cooking time. The heating element will stay hot long enough to finish the cooking without using more electricity. The same principle applies to oven cooking.

Avoid opening the microwave oven door for a “peek” when baking. Each time you open the door, a considerable portion of the heat escapes. **Each opening drops temperature by 25° C.**

The heat loss would increase by 2- ½ times if there is wind through the kitchen.

Try and serve the food soon after it is cooked in order to avoid reheating it. Store cooked hot food in insulated containers to serve it hot later.

Energy Saving Cookware:

Use a pressure cooker and save (one-third) fuel by significantly reducing cooking time. Experiments have shown fuel (kerosene or cooking gas) savings of 20% on rice, 46% on soaked gram *dal* and 41.5% on meat, as compared to ordinary cooking is possible. The saving in cooking time is equally high.



Use separators of a pressure cooker to cook more than one dish at a time.

Use copper bottom or sandwich bottom pans which are more heat sensitive.

Use pots and pans with flat bottoms which cover the entire flame of the stove. Warped bottoms leave an air gap, which provides an escape route for heat.



Use pots that fit the size of the burners on your stove. Select pots and pans that are the right size to completely cover the flame (or filament in case of electric stove) of the stove. Do not use vessels which are narrow as they allow the flame to creep up on the sides.

Tips for Cooking Gas Stove Maintenance:

In gas appliances, look for blue flames; yellow flames indicate that the gas is burning inefficiently and an adjustment may be needed.

Switch on the gas after putting the pan on and switch off before removing the pan.



Keep the burner holes clean and free of dirt and grease. Soot clogged gas burners increase fuel consumption.



Use small burner for small-sized vessels. The smaller burner consumes 6% to 10% less gas than the big burner.

Switch off the regulator switch of the gas cylinder at night.

The above are some times to avoid excessive power and fuel use at home. These tips will lead to substantial savings on your energy bills without compromising on comfort and

convenience in any way.

Use ISI marked cooking stoves only.