

# Induction Cooking

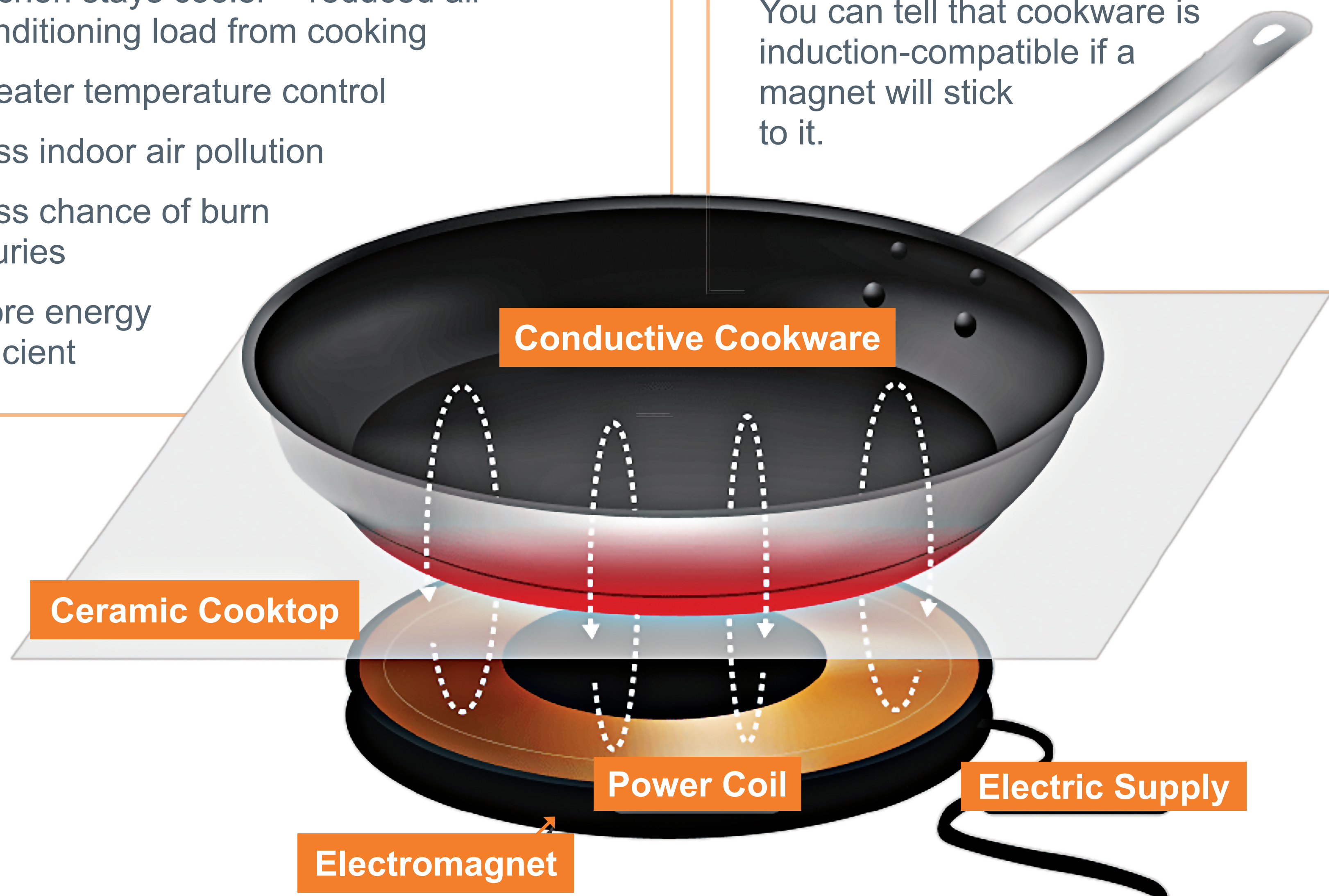
Induction cooktops have become popular for many reasons.  
One of them is energy efficiency.

## Advantages:

- Faster heat up—more energy is transferred into the cookware
- Kitchen stays cooler—reduced air conditioning load from cooking
- Greater temperature control
- Less indoor air pollution
- Less chance of burn injuries
- More energy efficient

## Disadvantages:

- Some cookware is not compatible. Induction cooktops require ferromagnetic cookware, which has metals like iron in it. You can tell that cookware is induction-compatible if a magnet will stick to it.



## How does it Work?

1. An electric coil generates an alternating electromagnetic field.
2. The ferromagnetic (mostly iron) material in the cookware absorbs the energy from the alternating electromagnetic field, causing it to heat up.

*With an induction cooktop, only the ferromagnetic cookware and the food in it will get hot.*

*No heat will be transferred to food, dishtowels, hands, or other nonmetal objects that touch the cooktop.*

