

# Materials for Cookware

Material	Advantages	Disadvantages	Use and Care
<b>Aluminum</b>	<ul style="list-style-type: none"> <li>❖ Conducts heat quickly, evenly.</li> <li>❖ Lightweight.</li> <li>❖ Durable.</li> <li>❖ Comes in a variety of finishes.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Warps, dents, and scratches easily.</li> <li>❖ Darkens and stains, especially in dishwasher.</li> <li>❖ Pits if used to store salty or acid foods.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Cool before washing to prevent warping.</li> <li>❖ Avoid sharp tools like knives and beaters.</li> <li>❖ Do not use to store salty or acid foods.</li> </ul>
<b>Stainless Steel</b>	<ul style="list-style-type: none"> <li>❖ Durable, tough, hard.</li> <li>❖ Will not dent easily.</li> <li>❖ Attractive.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Conducts heat unevenly.</li> <li>❖ Stains when overheated or from starchy foods.</li> <li>❖ Can develop hot spots.</li> <li>❖ Pits if used to store salty or acid foods.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> <li>❖ Use stainless steel cleaner to remove stains.</li> <li>❖ Do not use to store salty or acid foods.</li> </ul>
<b>Copper</b>	<ul style="list-style-type: none"> <li>❖ Excellent heat conductor.</li> <li>❖ Attractive.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Discolors easily.</li> <li>❖ Discolors food and may create toxic compounds. Inside must be lined with tin or stainless steel.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dry after washing.</li> <li>❖ Do not scour inside—the thin lining may be worn away.</li> <li>❖ Polish with copper cleaner or mixture of flour and vinegar.</li> </ul>
<b>Cast Iron</b>	<ul style="list-style-type: none"> <li>❖ Distributes heat evenly.</li> <li>❖ Retains heat well.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Heavy.</li> <li>❖ Rusts if not wiped dry after washing.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Store in a dry place.</li> <li>❖ Store cover separately—pan may rust if stored covered.</li> </ul>
<b>Glass</b>	<ul style="list-style-type: none"> <li>❖ Attractive. Can be used for cooking and serving.</li> <li>❖ Easy to clean.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Breaks easily, especially if extreme temperature change.</li> <li>❖ Some can be used only on the cooktop; others just in the oven.</li> <li>❖ Holds heat, but does not conduct heat well.</li> </ul>	<ul style="list-style-type: none"> <li>❖ May need a wire grid if used on an electric cooktop.</li> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> <li>❖ Do not plunge hot pan into cold water or put into the refrigerator.</li> </ul>

<b>Glass-Ceramic</b>	<ul style="list-style-type: none"> <li>❖ Goes from freezer to oven or cooktop.</li> <li>❖ Durable, heat-resistant, attractive.</li> <li>❖ Used for roasting, broiling, and baking in conventional or microwave ovens.</li> </ul>	<ul style="list-style-type: none"> <li>❖ May break if dropped.</li> <li>❖ Holds heat well—reduce oven temperatures by 25°F (14°C) for baked goods.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> <li>❖ Dishwasher safe.</li> <li>❖ Use manufacturer's care instructions.</li> </ul>
<b>Stoneware</b>	<ul style="list-style-type: none"> <li>❖ Attractive.</li> <li>❖ Use for cooking and serving.</li> <li>❖ Retains heat.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Breaks easily.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dishwasher safe.</li> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> </ul>
<b>Enamel (glass baked on metal)</b>	<ul style="list-style-type: none"> <li>❖ Attractive. Can be used to cook and serve.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Chips easily.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dishwasher safe.</li> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> </ul>
<b>Microwave-safe plastic</b>	<ul style="list-style-type: none"> <li>❖ Durable.</li> <li>❖ Stain-resistant.</li> <li>❖ Easy to clean.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Some cannot be used in conventional ovens.</li> <li>❖ Can be scratched by sharp kitchen tools.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Dishwasher safe.</li> <li>❖ Use nonabrasive cleaners and nylon scrubbers.</li> </ul>
<b>Nonstick Finishes</b>	<ul style="list-style-type: none"> <li>❖ Keeps foods from sticking to pans—fat may not be necessary for browning, sautéing, or frying.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Easily scratched by metal kitchen tools or abrasive cleaners.</li> <li>❖ High heat may stain finish or warp pan.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Follow manufacturer's directions for use and care. Some cannot be washed in dishwasher.</li> <li>❖ Use non-metal tools to prevent scratching.</li> </ul>

- As a general rule, all types of cookware should be washed in hot water with detergent.
- To remove baked-on food, soak pans in hot water with a little detergent prior to washing.