



BDC Presents: Holiday Prep Rally

November 14, 2024

Summary

Get “inducted” into our electric kitchens fan club! Join host Matt Rusteika, and our own Chefluencer, Rachelle Boucher as they “talk turkey” in more ways than one with a live induction cooking celebration and information session. They’ll be in an induction-centered kitchen with guests discussing and demonstrating the wonders of today’s electric kitchens along with holiday prep and cooking tips.

- The Heart of the Building Decarbonization Movement
- Induction 101 and Appliance Show & Tell
- Reheat, Melt, Simmer, Boil, Sear: Making quick work of holiday entertaining
- Featuring: Green Beans with Thyme & Wild Mushrooms (plus holiday entertaining tips)

Resources

- [Recording](#)

Events

- [California Policy Call](#): Dec 17th, 10am PT / 1pm ET
- [BDC Presents: State of the Union: Post-Election Decarb Outlook](#): Dec 12th, 10am PT/ 1pm ET

Sign Up Forms

- [BDC newsletter sign-up](#)
- [BDC membership form](#)

Presentation Notes

What are Induction Stoves?

- Induction stoves use electromagnetic fields to heat cookware instead of using flames or burners.
 - There is ferrous material that vibrates. Imagine 2 wires connected to a magnet beneath the gas. When electricity courses through, the energy generated is transferred directly and immediately to your cookware
- Induction Nomenclature:
 - *Hob*: a single induction burner
 - *Cooktop*: has several burners and takes up more countertop space compared to a hob
 - *Range*: a larger cooking appliance that includes the cooktop and the oven underneath
- 80-90% of cookware will work on induction, as long as a magnet sticks. Some examples include carbon steel, cast iron, and stainless steel. However, it works at varying levels, so some cookware will cook better than others. In general, the more ferrous/magnetic the pan is, the better it works.
- LG & Samsung units have a feature that indicates how compatible your pot or pan may be.

Benefits of Induction

- The main reason people adopt induction includes cost, air quality, and safety.
- **Safety:** Radiant will hold heat forever while induction doesn't hold heat. In addition, induction stoves don't get as hot as coil, radiant, or gas so it's safer. Induction allows you to serve right from the cooktop.
- **Speed:** 8x faster than a normal gas range and 15x faster than an electric range - coil or radiant.
- **Air Quality:** Induction doesn't require as much ventilation, and there is no formaldehyde, NOx, or benzene.
- **Cleaning:** If you turn on a gas burner, it naturally moves air around, the moment you turn it on. It is delivering some sort of fume and convecting the air above. You create quite a lift of air, which will then lift onto the top of your hood, cabinets, etc. Leading to dirt, grease sticking
- **Cost:** Today there is a couple hundred dollars of difference between induction and its gas equivalent, and there are tons of rebates in jurisdictions around the country.

Barriers to Induction Adoption

- Many people inherit what they're given, and they use it because it's worked in the past.
- Economics will drive adoption
 - As efficiencies increase and cost comes down, people's adoption likely will accelerate rapidly.
 - The biggest challenge in Maine is zoning and codes.

Final Tips for Holiday Shopping and Cooking

- Buy your groceries now; don't wait til the holidays
- Get sauces done ahead, get prep ahead
- Enjoy the holiday since prep was completed
- Set up a separate bussing and glass station

Q&A

1. Was induction invented by Frigidaire, and in what year? 1955?

- **Greg Pfothauer:** Induction itself is a very old idea, early experiments with cooking started sometime in the 1800s. The mid-20th century is the first real practical attempt at commercializing induction.

2. Our Bosch 800 series 36" induction has an annoying buzz on several of the elements when we turn the power up beyond about 7. I've heard that others have irritating noises. Is the industry working to fix this?

- **Eric Agren:** It's common and hard to get rid of entirely. There is magnet insulation, but you will hear something. Usually, inexpensive induction is a lot louder than a high end unit.
- **Rachelle Boucher:** It also has to do with pans. Cast iron buzzes less. Cheaper hobs buzz more.

3. Why use aluminum in a multi layer pan? cheap filler? lighter weight? heat transfer properties?

- **Eric Argen:** It's about the cost. Aluminum is light, cheap, and conducts heat well. You can get all-aluminum pans, like commercial restaurant kitchens. But pure aluminum will not work on induction.

4. I use a 14" wok with 7" flat bottom, and that works great. But I've tried charring poblano peppers and Alameda peppers on my cast iron griddle and didn't love the result. I'll check out the videos from chef Anthony that Rachelle mentioned, but please drop any hints here!

- **Rachelle Boucher:** use a flat cast iron, oil the pepper, let it sit, and turn. In the same way you need to turn a pepper on flame, use the same technique on cast iron.