

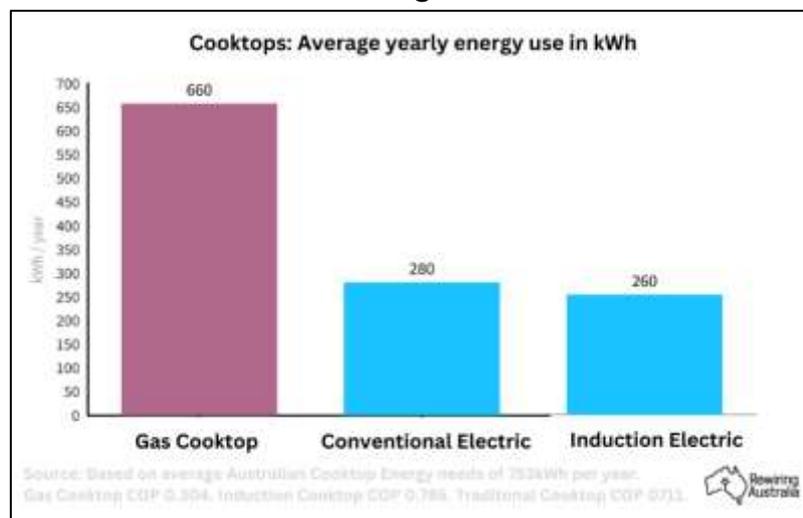
Induction Cooking

Induction cooktops:

- Twice as efficient as gas cooktops.
- Heat faster than gas and have instant heat control.
- Improve air quality.
- Less heat loss to the air so a cooler kitchen.
- Easy to wipe clean.
- Safer due to lower risk of burns from hot trivets.
- Heating is from magnetic induction so require ferrous cookware, stainless steel or cast iron. If a magnet sticks to your cookware, then it is compatible.
- Woks with a flat thicker bottom can be used.
- Needs a separate electrical circuit for installation

Other electric energy saving tips instead of using gas:

- Use your kettle to boil water and fill your pot. Only boil what you need.
- Microwaves are energy-efficient appliances.
- Sandwich press can double as a frypan or use an electric frypan.
- Air fryers use considerably less energy than an oven.
- Slow cooker is low energy.
- Portable induction cooktop.
- Freestanding Electric stoves. Although not having the benefits of Induction are still a better choice than Freestanding Gas Stoves.



References:

<https://electrifyboroondara.org/learn/induction-cooktops>

<https://www.rewiringaustralia.org/>