

Cookware (Common names)	Profile	Substrate (Materials)	Use on (Heat source)	Does	Dont's
Fry pan and skillet are one and the same. Omelette pan is smaller, blinis pan smaller again, flat bottom single stick handle, sometimes with small loop or helper handle on opposite side.		Aluminium Stainless steel Cast iron Black iron	Gas/solid plate/electric Same +induction as above as above	Un-coated fry pans will perform better if seasoned before use wash with hot water	Wash with soap and water, or a scourer
Saute pan. Straight sides, deeper than a fry or skillet, single stick handle, sometimes with helper handle can be used with a lid for braising on stove top		Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction	Use with a lid to braise	
Flared saute, sauteuse, chef's pan deep bowl stick handle		Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction		
Non-stick cookware Becoming more popular in catering as the art of seasoning a pan is being lost.		Aluminium Stainless steel Hard Anodised Cast Aluminium	All heat sources	Wash thoroughly after each use	Over heat, cut across surface with a knife or metal utensil.
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Sauce pan comes in a variety of shapes and sizes. Steep sides, with stick handle Larger sizes have a helper handle	 Traditional shape  Windsor shape, with Helper Handle	Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction	Always purchase one with a rolled or flared edge for easier pouring Handles should be welded or rivetted.	
Boiling pot/sauce pot/casserole/stew pan Deeper than a Rondeau, not as deep as a stock pot. 2x side handles		Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction		
Stockpot Tall and thin, sometimes have a tap at the bottom of body to draw off stock		Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction		
Rondeau, saute, shallow casserole,brazier Similar to a saute but 2 x side handles		Aluminium Copper Stainless steel	Gas/solid plate/electric same same+induction		

Buying cheap pans, or pans that are for domestic use is a false economy in the long term. Always ensure the handles are securely fixed to the body of the pan or onto the lid. Always buy cookware that is suitable for the heat source that you will be using. Also consider how many portions you will be cooking for, using the correct size pan can be more efficient in cooking times and in saving energy resource.