

MEYER[®]
COMMERCIALWARE

Designed By Chefs, Engineered By Meyer



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COOKWARE GUIDE

Understanding Cookware

Before choosing cookware, it is important to understand some basic facts, cookware is made from a variety of materials which are called substrates. Each substrate has different qualities, and therefore has different uses. Equally important is knowing what heat source will be used in the kitchen, and for what particular purpose the cookware is intended.

STAINLESS STEEL

The best quality Stainless steel cookware is manufactured from 18/10 stainless steel, which means 18% Chromium has been added, and 10% Nickel. These metals give the steel its durability and enable the pots to be polished. The smooth non-reactive surface makes the metal ideal for use in the kitchen, however Stainless steel is an extremely poor conductor of heat therefore a base of Aluminium, or copper or a sandwich of both is attached to the pot. These aid even heat distribution and prevent hot spots.

Advantage – Durable, non-reactive to acids and foods.

Disadvantage – Will discolour if over heated, a brazed base will separate from body if over heated.

Used for – Saucepans, stockpots, sauté pans, fry pans. Can be used on – With a magnetic base, can be used on all heat source including induction.

ALUMINIUM

Aluminium has been the main substrate for making cooking utensils, however it does not enjoy a good press with several misconceptions around concerning Aluminium's contribution to causing Dementia and Alzheimer's disease. These rumours have never been proved, but unfortunately the Cookware industry has been slow to refute these claims. However, new alloys are constantly being developed, so the old misconceptions surrounding the substrate are being overcome.

Advantages – Rapid and uniform heat conductivity, good corrosion resistance, light and durable, relatively in-expensive.

Disadvantages – Will react with foods, and in extreme circumstances will discolour sauces. Natural aluminium will distort under prolonged heat, unless a thick base of between 6/8mm of metal is employed, negating the strength to weight ratio. New stronger alloys are on the market that will allow strong but light aluminium pots to be manufactured.

Used for- Saucepans, stockpots, fry pans, omelette pans, baking dishes and trays, roasting dishes.

Can be used on – Gas ranges, Ceramic ranges, Electric hot plates, solid plates.

Understanding Cookware

HARD ANODISED

Anodising aluminium is a chemical process that changes the density and colour of aluminium, making it twice as strong as stainless steel.

Advantages – All of the attributes of aluminium, and twice as strong as Stainless steel.

Disadvantages - Cannot put Hard Anodised cookware in a dish washer, Hard Anodised will react with some foods unless the surface is coated with non-stick.

Used for – Saucepans, fry pans, omelette pans, baking sheets, trays and roasters.

Can be used on – Gas ranges, Ceramic ranges, Electric hot plates, solid plates.

COPPER

Copper has twice the thermal conductivity of aluminium and 10 times that of stainless steel. It can however contaminate the flavour of food being cooked in it, so copper usually has a lining either “tinned” or stainless steel.

Advantages – Rapid and uniform heat conduction, good corrosion resistance.

Disadvantages – Unless lined with either tin or stainless steel, will react with acids in foods to cause discolouration. Expensive. A soft metal, will dent easily.

Used for – Sugar boilers, saucepans, fry pans omelette pans, fish poachers, crêpe pans, butter warmers and baking moulds.

Can be used on – Gas ranges, Ceramic ranges, Electric hot plates, solid plates.

CARBON STEEL

Good conductor of heat, and very durable, relatively inexpensive.

Advantages – Uniform heat distribution, durable.

Disadvantages – Will rust if left for periods of time, will discolour, will react with acids and foods.

Used for – Fry’s, skilletts, woks and stir fry’s, griddles.

Can be used on – All heat sources including induction, if of a suitable gauge.

Understanding Cookware

BLACK IRON

Often confused with Carbon steel. Commonly used in the kitchen when high heat is required, i.e. Flash frying or searing.

Advantages – Uniform heat conduction, durable

Disadvantages – Reacts with foods, will rust if left un-used for periods of time.

Used for – Fry's, omelettes, griddles.

Can be used on – All heat sources including induction.

CLAD

The body of these pans is made from a combination of metals, usually Aluminium and stainless steel and combine all the attributes of both metals.

Advantages – Uniform heat distribution, non-reactive with foods.

Disadvantages – Expensive initially, But will prove to be cost effective in the long term.

Used for – Saucepans, fry's, omelettes.

Can be used on – Some Clad cookware will be suitable for all heat sources.

CAST IRON

Cast iron cookware has excellent heat distribution and retention properties. It absorbs heat steadily and spreads it evenly and slowly.

Advantages – Uniform heat retention, strong, durable

Disadvantages – Long heat retention, heavy, will rust if left unused for periods of time.

Used for – Casseroles, cocottes, griddles, grill pans, server pieces, oven to table ware.

Can be used on – Gas, electric, ceramic hobs.

These are the main substrates in use in the catering industry, other substrates on the market include, Glass/glass paste, Enamel on steel, Earthen ware, Stone ware.

Understanding cookware

NON-STICK COATINGS

The use of non-stick coatings on catering cookware is growing in popularity, and can be beneficial, however, PTFE coatings have their draw backs. If used under constant high temperatures, the coating could break down. With frequent scratching from metal utensils or knives, the coating will break down and lift from the surface, and if not washed properly after use, food particles will build up on the surface and cause the food to stick.



Understanding cookware

SEASONING COOKWARE

Un-coated iron, carbon steel and stainless steel cookware can be “seasoned,” this seals the surface of the pan, giving a non-stick quality if done successfully. To season a pan, put a layer of cooking salt to a depth of half an inch in the bottom of the pan. Heat up on a medium to high heat turning the layer of salt occasionally. When the salt starts turning slightly brown, remove pan from heat, empty the salt and lightly brush the surface of the pan with cooking oil, fry off a root vegetable, such as sliced potato. Empty out and wipe surface of pan with cooking oil. After cooking food in a pan that has been seasoned, do not wash in soapy water, or scour. Re-season the pan occasionally, more often if used excessively. Stainless steel fryers and omelette pans will discolour to a yellow-golden colour, this in no way affects the cooking ability of the cookware.

CHOOSING COOKWARE

When choosing cookware, there are several other factors to consider, how is the handle attached to the body? Riveted handles are usually the strongest and safest. Do you require a lid, most cookware is sold with out the lid, but lids can be useful for avoiding splashes and quickening boiling time.

Choose cookware to match the heat source in the kitchen, with the increase in popularity of Induction cookers in Catering establishments, cookware for use on induction has to be magnetic. Cookware for use on a ceramic hob needs to have a flat base with no sharp edges, and cookware for use on gas ranges should have a base circumference equal or larger to the gas ring.

USING YOUR COOKWARE

On all heat sources, the cookware should be heated up on a medium to high heat, if using oil, when the oil is hot it is important to turn the heat down. This will reduce the chance of the food sticking to the pan.

When using gas, do not have the flames licking around the side of the pan, this is not heat efficient and is dangerous as the handles can get hot.