



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS



IFHE Programme Committee  
Household Technology & Sustainability –  
the experts in household management

# Best Practice Tips in Cooking<sup>©</sup>

## Which appliances and cookware to use?

### When cooking with wood or coal

- Use a closed stove.
- Try to replace a wood stove with more energy efficient appliances.

### When cooking on gas stove tops

- Choose a small gas flame which heats the bottom of the cookware only.
- Select a pan size that matches the size of the cooking element.
- Keep metal grease plates under burners clean to improve heat reflection.
- Make sure the flame touches the bottom of the pot.
- Use pots with rounded bottom.
- Be sure the flame is a bright blue color, not yellow, to assure a clean and efficient burn.

### When cooking on electric stove tops

- Use the smallest pan or pot and cooking plate possible for the quantity of food being prepared.
- Use only flat-bottomed pots and pans, which make full contact with the plate or glass cooking surface.
- Keep reflector pans under coil type heating elements clean to reflect heat back to the pan.

### When oven baking

- Don't cover racks with foil.
- Keep door gaskets clean to promote a tight seal.
- Do not use the oven as a room heater.
- Open the door as little as possible during baking to prevent the loss of heat.
- Don't preheat the oven. In general it is not necessary.

### When using the microwave

- Avoid defrosting food by microwave – defrost in the refrigerator instead.
- Don't use the microwave for cooking large portions.

## How to cook resource-saving?

- Make sure the taste of the dish is not compromised by the cooking process.
- Use the most efficient appliance in your kitchen to do the job.
- Cover pots with lids whenever it is possible.
- Turn the oven or stovetop off, a few minutes before the food is ready.
- Cook just in time for serving – keeping warm needs additional energy.
- Turn the oven or stove top down as soon as the water is boiling.
- Choose the minimum time and temperature for cooking.
- Use thermometers or timers to avoid overcooking of food.
- Cook larger portions and store for other meals, warming up uses less energy than cooking.
- Place the pan on the heating element before turning it on.
- Use a slow cooker or stove top method rather than the oven when possible.
- Use the self-clean oven mode immediately after baking, while the oven is already hot.
- Use a pressure cooker for foods that take a long time to cook such, as lentils and dried beans.
- Use as little water as possible to do the cooking job.

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