

Cast Iron Cookware with compare to other metals

Published By: [Alacar Tenow](#). Published on December 30, 2009

The best investment you will make is choice of best cookware. There are many types of cookware and picking the right one can be difficult. If you cook repeatedly, you want a large range of cookware. There are many type of cookware available in the market. Mostly prices of cookware reflect the quality of material and design. If you invest on cast iron cookware, it will be the best choice of your investment.

There are many types of cookware like copper, aluminum, stainless steel or cast iron. Each one deals with different heat levels and all have advantages and disadvantages. Some of them are discussed as compare to cast iron cookware:

» Copper cookware is appreciated for its superior heat conductivity and shine, but it's also the most costly. It becomes paler easily, requiring constant care and cleaning. Copper shows reaction with extremely acidic foods such as vinegar, citrus and tomatoes, and can leach into foods, causing diarrhea, vomiting or nausea. According to the Food and Drug Administration, copper cookware should be avoided for this reason. Luckily, most copper cookware is lined with stainless steel, which is durable and safe to use. Cast iron cookware is a low-cost cookware and also nonreactive with foods.

» Aluminum cookware also offers the best heat conduction as compare to copper and it is less expensive. Its major disadvantage is that it scratches easily and damage faster than other metal cookware, because it is a soft metal. According to the FDA, a small amount of the metal can also mix into foods, particularly if acidic or salty foods are stored in aluminum cookware, or if the cookware has deep scratches in it. Aluminum cookware is considered safe to use, if you plan to use it frequently. You may want to choose a different kind of cookware although. Once cast iron cookware is seasoned well and deal with care, its heat retaining compression delivers very good results that no other cookware can, especially when it comes to browning.

» Stainless steel cookware is a good choice based on price, performance and durability. What you'll invest on your cookware depends on what's bonded to the steel to enhance its conductivity. Some have a copper disc sandwiched between layers of steel, less expensive and less effective as compare to a layer of aluminum. Stainless steel cookware also has copper clad to the bottom exterior to improve heat conductivity. Steel cookware is cheaper, but it normally an unwise choice because it conducts heat poorly and can warp with prolonged heat exposure.

Cast iron cookware has a big drawback is its weight - you may have to use two hands to heft a large skillet. If these iron cookwares not dried properly, it will rust and corrode. The majority manufacturers don't recommend washing with any type of soap or detergent except hot water and elbow grease. After it's been dried carefully, it takes a light coating of cooking oil or spray before being gently stored. So if you are braising, browning, stewing, baking and slow cooking, cast iron cookware would be the best choice for you. Cast iron cooking pots also available in bare iron and with enamel coating. Now you have knowledge of every type of cookware so it is the time to go for shopping.

Are you still looking for [Cast Iron cooking pots](#)? We are providing cookware advices, tips and resources and other information on [cast iron cooking pots](#).

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