
Cooper Pots

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Copper is the best practical conductor of heat for cooking. Professionals love it because of its quick reaction time. It cooks faster, and it also cooks better because of its uniform conductivity, as it surrounds your food with heat.

The primary advantage of copper is that it requires only low to moderate heat to obtain the best results. And its conductivity makes it especially responsive to almost every cooking need. Copper has about ten times the heat conductivity of stainless and glass, and twice that of aluminum. So watch the amount of heat you give it. Let me repeat that: watch the amount of heat you give it, at least until you become accustomed to its even, fast acting conductivity.

For your first copper pan, we strongly recommend a sauce pan.

There's nothing like it for performance, it's easy to use, and with a little care it will last many lifetimes.

Because it is a soft metal, a heavy gauge is more desirable for utilitarian reasons, as is hammering, which makes it stronger and able to withstand many more years of use.

Caring for Copper

If you use wooden or other "soft" non-scratching utensils, and watch the heat under your tin lined copper, the lining will last for years and years before it needs refurbishing.

It's not absolutely necessary that you keep the copper bright and shiny; just keep it clean. Though commercial copper cleaners work best, you can also use a paste you can make with a little flour, salt and water.

Health & Copper

You'll find copper listed on vitamin bottles for its benefits to our health. We have not found enough research to indicate how much copper you would have to absorb for it to be damaging to your health, but we do know that a lot of it will leach into acidic foods, causing an unpleasant taste and usually a change in coloration. That's should be good enough to discourage anyone from cooking acidic foods in copper that is not coated; the stainless, nickel and tin linings will keep the food looking and tasting better, and you'll be healthier for it.