

# COOKWARE

As you plan your future together you think of many things, but cookware is not one of them. The average couple doesn't think twice as they scan their pots and pans for their registries. Then, five years down the road when your lids are warping and the Teflon is peeling off, you start to re-think your decision. I know, because I've been there. Do some research and read reviews before selecting cookware for your home. Even if you start with a couple of quality pots and pans for your kitchen, you can always add to them over the years.

## THINGS TO CONSIDER

- Is there a warranty, and if so, how long? Some companies do offer extensive warranties.
- What is the cookware designed for? Is that how you like to prepare food and is that the food you, your spouse, and possible future children will enjoy over the years? Sometimes when you buy a set, you will not use all the cookware. You may be better off buying individually.
- Stainless Steel Cookware is non-reactive – you can cook any kind of food in it. It's heavy, durable, and dishwasher safe. However stainless steel can have poor heat transfer and distribution. Quality stainless steel cookware can offer even heat technology plus waterless and greaseless cooking allowing you to easily prepare healthy and flavorful meals in a fraction of the usual cook time.
- Copper cookware looks great, cooks evenly, and lasts, however you have to polish and maintain it. Copper is also reactive to alkaline or acidic foods. You can buy copper pots with stainless steel or tin lining.
- Cast Iron pots are durable and they add iron and flavor to your meal. However, they are heavy and more maintenance to clean, plus you have to season them. Cast iron is reactive. You could opt for enameled cast iron to still get the benefits, but without the hassle.
- Aluminum is lightweight and affordable. However, it is soft and tends to warp in high heat and scratch easily. Raw aluminum is reactive to alkaline or acidic foods. You can buy anodized aluminum that has been chemically treated to harden it, solving some of its cons.
- Non-stick pots and pans are nice and easy to clean, but eventually will scratch and the Teflon will wear away. Use plastic or rubber utensils, and stay away from metal utensils to help your pans last longer.
- All cookware should have a heavy thick bottom.

There are a lot of options when choosing cookware. Think about your preferences, your budget, and your future family. Do you want to look back in 20 or 30 years and know that the cookware you started with is still in your kitchen providing healthy meals for your family?