

**TAVOLA**



## A cast-iron comeback

**C**ast-iron cookware may appear to be a part of an era long gone, not to be seen in the modern kitchen, but this is not so. Enamelled cast-iron cookware has seen resurgence in popularity as it overcomes many of the disadvantages associated with traditional cast-iron cookware.

Just like innovations made everywhere else, developments in cookware have resulted in the various cooking implements, wares, and utensils that are seen in kitchens today. Advancements in chemistry have resulted in pans and other cookware that food will not stick to, even in extremely high temperatures, and coated pans and pots will resist extremely high temperatures without having its coating 'bleeding' into the food, which could be quite hazardous.

While there have been arguments over whether PTFE-coated cookware is actually safe to use in cooking or not, enamelled cast-iron cookware has long been believed to be beneficial to a person's health if used in cooking.

While there have been many advancements in cookware, there are chefs who still favour classic cookery, and remain devoted to using enamelled cast-iron cookware.

### Why choose enamelled cast-iron cookware?

Many professional cooks and gourmet chefs, even immensely prominent ones, prefer using cast-iron cookware in making some of their signature dishes, as enamelled cast-iron cookware can retain and redistribute the heat for long periods of time.

Enamelled cast-iron cookware has always been reliable, and the more you use it the better it gets. Oils used when cooking fill up the pores of the enamel and creates a natural smooth non-stick surface. Other benefits include its resistance to discolouration, rusting, and chipping.

Another great thing about using cast-iron cookware is that it can also be used inside the oven with no danger of it burning up, melting, or giving a peculiar flavour to the food. The dishes in cast-iron cookware can go straight from stove to oven, saving the chef a lot of time and effort when cooking.

The latest cast-iron cookware also comes with a smooth ceramic bottom that enables it to be used on all heat sources including induction hobs. And it is possible to get

high quality cast-iron cookware that has an attractive look, and compatible to induction hobs as well.

### How to care for your enamelled cast-iron cookware

Enamelled cast-iron cookware is one of the most versatile, most durable, and to date, the safest form of cookware that chefs and cooks can use, so it only follows reason that such highly convenient and reliable utensils be cared for well.

Unlike other traditional cast-iron cookware, the enamelled cookware does not need a one-time special treatment to be done on it before it is used in the preparation of a meal. They are ready to use immediately.

To clean enamelled cast-iron cookware, all that is needed is to boil water inside cookware, after the water has been left to boil, simply drain it and wipe the cast-iron cookware dry. Alternately use a simple detergent soap with water to clean your pots effectively.

Avoid using abrasive cleaners or sponges as would reduce the non-stick quality. But the enamel itself is generally quite indestructible.