

The Benefits of Induction Cooking

Induction cooktops and ranges offer the latest technology. Precision temperature control, cooking speed, easy clean-up, and better indoor air quality are important selling features.

Want to learn more about how induction works? Check out b2electrification.com/induction-eats



Check out these **induction benefits and facts:**



Healthy

Induction stoves do not emit harmful gases into your home or environment.

Recent studies have shown that gas stoves have a tendency to leak and can release 21 toxic, carcinogenic chemicals (such as benzene, toluene and carbon monoxide) into the home, even releasing some when they're "off". Induction stoves use electricity as a fuel source, and in BC, electricity comes from 95% clean, renewable sources.



Safe

Flameless and cool to the touch when the pan is removed.

Cooking is the number one cause of house fires in BC. Induction cooking reduces this risk by eliminating the open flame and only transferring energy when a magnetic cookware is on the surface. This means that the induction surface is cool to touch when the pan is removed. For children, this means that they can't burn themselves on an open flame or on a burner. It also means that kitchens stay cooler, making it easier to cook on hot summer days.



Precise & Quick

Boils water up to twice as fast as gas, has precise temperature control, and cooks evenly.

Precision temperature control allows your induction cooktops to hold a temperature to melt, simmer or boil. Professional chefs from the Induction Eats cookbook and beyond, love the accuracy and speed of induction technology.



"I have long loved the precise temperature control you get through induction, so much so that it is what we use at the restaurant. It's the perfect thing for savoury applications, like frying, and for finicky pastry items, like custards and jams. Baking is about control, and induction gives me that!"

Chef Claire Livia Lassam, Livia Forno E Vino

"I love induction tops because of their accurate temperature control and energy efficiency."
Chef Ken Nakano, Aura Waterfront



Energy Efficient

Up to 90% efficient, energy goes into the pan, not into the air.

According to [research](#) by the Electric Power Research Institute, induction technology transfers up to 90% of the energy used to the food, compared with standard electric at up to 74% and up to 40% for gas.



Easy to Clean

Smooth, wipe-clean surface.

The ceramic glass surface is faster and easier to clean because foods don't bake onto the surface and there are no areas for grease or food to accumulate.



Climate-Friendly

Uses electromagnetism and clean electricity to cook.

Electricity in BC comes from ~95% clean or renewable sources. Switching to electric cooking is better for the climate. Gas stoves emit greenhouse gas emissions into the atmosphere which can contribute to climate change.

Common Questions:

Why is induction the best option for new buildings?

The Province of BC recently introduced an optional building code, called the Zero Carbon Step Code. While all cooking fuels are technically allowed to be used in the performance pathway, the prescriptive pathway to comply with requirements does not have an avenue for gas cooking. Choosing induction stoves for new homes can help to reduce hood fan ventilation requirements, and avoid the cost of gas hookups when the rest of the building uses electricity as the fuel source. Induction cooktops provide a luxury cooking experience for homeowners and makes it the right choice for a new home.

Can I use a wok with induction cooktops?

You can purchase a flat-bottomed wok that is compatible with induction, but it will not heat up the sides of the pan the way a flame would. There are also wok surfaces that can be built into induction ranges if this is a preferred style of cooking.

Are there other costs involved with switching to induction?

If switching from a gas stove, then customers should talk to an electrician. They will likely need to increase electrical outlets from 110V to 240V and ensure proper electrical box amperage is available. Amperage requirements vary depending on the specific appliance model and size, typically demanding 40 or 50 amps of power.

Do I need to purchase new cookware?

You may have heard that induction stoves require specialized cookware, but don't go out and purchase whole new set just yet. Induction uses electromagnetism. Many pots and pans, like stainless steel or cast iron, work on induction. Not sure if your pots and pans are compatible? Test them with a magnet. If it sticks, you're golden.



B2E The Building to Electrification (B2E) Coalition is a program of the Zero Emissions Innovation Centre (ZEIC).

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