

Culinary success



Stainless steel frying pans without non-stick coating have been winning a well-deserved place in our kitchens. Due to the quality of their finishes, resistance to impacts, their durability and the fact that they do not alter the taste of food, they were already one of the choices that ensured our culinary success.

But now, another attribute has made these non-stick frying pans indispensable in our kitchen: they do not release toxic compounds compared to others that can release PFOA (perfluorooctanoic acid, highly toxic) when they overheat.

This doesn't mean that, to date, all frying pans coated with teflon contain toxic substances. However, those that were manufactured years ago may contain PFOA. If, after reading this, you feel the need to change frying pans, don't worry, here are some basic tips to help you make the right choice:

- To ensure high resistance to corrosion and greater durability, choose a frying pan with 18/10 or AISI 304 stainless steel.
- Concerning finish, it is preferable for the surface to be polished, as this will help with cleaning and make it more difficult for bacteria to adhere to the cavities, however small they may appear to be.
- Ergonomic design, which facilitates handling.
- Check that it has the capacity to distribute heat evenly.

But of course, to extend the life of our stainless steel frying pan, we need to take proper care of it:

- Before cleaning the frying pan, leave it in water so that the dirt comes off more easily.
- Wash with soap and water. Do not use disinfectants, bleach or cleaning powders as this will damage the metal.
- The cloth to clean your pan is also very important. Common steel scouring pads, apart from scratching the surface of the pan, can damage the passive self-healing layer of the stainless steel, facilitating the deterioration of the metal. So, use a soft cloth.
- Rinse off with plenty of water.
- Dry with a clean, soft cloth. The drying prevents the formation of stains that are more complicated to eliminate.
- If you are going to store one frying pan on top of another, use a cloth in between to protect them.

With this care and these qualities, you will be able to boast about your frying pan of stainless steel for many years.