



INDUCTION COOKING FEATURE EDUCATERING OCTOBER 2015

Please attributes any quotes to Ray Hall, Managing Director, RH Hall

- ***What is induction cooking? What can induction be used for in a school kitchen?***

Induction works by the process of passing a high frequency alternating current through an electrically conducting object (usually metal) to create a magnetic field of energy. This energy then induces an electric current in the metal object it comes into contact with it – i.e. in the case of cooking – it creates a flowing current in a metal pan which then produces resistive heating, which heats the food. In an induction cooker, a ferromagnetic coil is placed underneath a ceramic hob that transfers heat directly to the metal pan on top. Whilst the current is large, it is produced by a low voltage.

The induction process works by 'direct' heating of a metal cooking vessel, as opposed to using 'heat transfer' which you have when burning gas on a traditional cooking stove. For nearly all models of induction cooktop, the cooking vessel must be made of a ferromagnetic metal or placed on an interface disk which enables non-induction cookware to be used on induction cooking surfaces.

In a school kitchen, induction offers an alternative to tradition gas or electric hobs. Used for any frying, simmering, boiling or poaching needs – most schools will need some kind of countertop cooking surface.

- ***Is induction an affordable option for schools?***

Larger induction units such as ranges, or freestanding units can be expensive – particularly for a school budget. However there are many affordable options on the market, such as countertop products that feature single or double cooking areas. These offer a great solution for any site wanting to trial induction cooking before making a large investment, or for schools only offering a limited induction menu.

When looking at affordable options the quality of the equipment is of prime importance, and regardless of size or duty, sturdy manufacture is a 'must'. You should choose a well-known brand - anything else won't perform or last. Many cheaper imports are flooding into the UK and it can be tempting to go down this route, but unknowingly to many, a lot of this equipment doesn't have any product conformity standards and the back-up of a full warranty. Choose a leading brand with an established reputation for good quality, durability and reliability. These brands usually build in great operational features too, which should always be considered.

- ***What are the benefits of induction cooking?***

Induction cooking is faster and more energy-efficient than traditional electric cooking and what many people don't realise is that it allows for the instant control of cooking energy similar to gas burners. Other cooking methods produce flames or use red-hot heating elements; induction is direct heating and only heats the pot, so not only is it significantly safer, but more energy efficient and environmentally friendly too.

Induction hobs and cookers produce no background heat as induction heats only the pan, resulting in a cool working environment with lower or no extraction costs and since the glass hob surface retains only minimal heat, reflected from the pan, cleaning is easy and quick.

- ***What one piece of advice would you offer schools thinking about replacing their kitchen with induction appliances?***

Ensure you are fully aware of what induction can do for your operation and once you go down the route, make sure everyone is trained on the induction cooking equipment so as an operation you can realise the full potential this kit can bring to your service.

- ***Please include any other comments that you feel our readers will be interested in.***

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- ***Please include a definitive website address where readers can go for more info on your company.***

For more details, please visit www.rhhall.com and the recently re-launched website of www.maestrowave.com

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