

Energy-Efficient Cooking

This playbook provides a set of steps aiming to establish energy-saving practices in the kitchen. It covers efficient cooking habits and the optimal use of appliances to minimize energy consumption while cooking.

Step 1: **Preparation**

Gather all necessary ingredients and cookware before you start cooking to minimize the need to open the oven or refrigerator multiple times, which wastes energy.

Step 2: **Appliance Match**

Use the appropriate size of pots and pans for the burner to ensure that heat is being used efficiently. For instance, a small pot on a large burner wastes energy.

Step 3: **Lid Usage**

Keep lids on pots to trap heat inside, which enables you to lower the temperature settings and reduce cooking times, thereby saving energy.

Step 4: **Oven Management**

Avoid opening the oven door frequently as it can lower the temperature by as much as 25 degrees, causing the oven to use more energy to regain the proper temperature.

Step 5: **Preheat Sparingly**

Only preheat the oven if the recipe specifically requires it, and try to cook multiple dishes at once to maximize the use of the oven's heat.

Step 6: **Cooking Efficiency**

Opt for cooking methods that use less energy overall, such as using a microwave or toaster oven for small meals instead of the conventional oven.

Step 7: **Turn Off Early**

Turn off burners or the oven a few minutes before the food is fully cooked to utilize the residual heat without using extra energy.

Step 8: **Energy-Saving Tech**

Consider investing in energy-efficient kitchen appliances that have a good energy rating, which can significantly cut down on your overall energy usage.

General Notes

Regular Maintenance

Ensure your appliances are in good working order regularly. A faulty appliance can consume more energy than one that is maintained well.

Smart Gadgets

Explore smart kitchen gadgets with timers and energy-saving features that can automate some of the energy-saving tips and make them more consistent.

