

# 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.

