



PKN
Product Knowledge Network

*Everything you need to know
about nonstick-coated
houseware products — FREE.*

More Myths About Nonstick Coatings

Introduction

A myth is something that is widely believed but is false.

Myths are dangerous. Any wrong information can cause confusion and waste. At the retail level the wrong information can cost you valuable sales. It can result in misleading your customers, improperly influencing their buying decisions and, even worse, lead to bad decisions about the specifications of a product.

Nonstick coatings are not immune to these types of wrong information. Here is the truth on more myths regarding the use and care of nonstick coatings.

MYTH #10: You should not use metal utensils on nonstick coatings.

Advancements in technology have made it possible to use metal utensils on many nonstick-coated products.

Top-of-the-line coatings will stand up to almost anything, including metal utensils. But be careful: Even though you can use metal utensils to stir, flip or turn your food while cooking, even the best nonsticks are not indestructible. Rough treatment is discouraged, such as cutting food in the pan (a common mistake many consumers make).

MYTH #11: Burned-on food cannot be removed from a nonstick pan.

In most cases, you can remove burned-on food by soaking the nonstick pan in hot, soapy water. Then wash the pan as usual.

If this doesn't work, soak the pan again for a longer period, changing the hot, soapy water periodically.



COATING
INFORMATION

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If this fails, try a good coffee cleaner (such as Dip-It®, sold in the USA) and follow the manufacturer's instructions.

MYTH #12: Nonstick-coated pans cannot be put in the dishwasher.

In the USA, if the nonstick is from a reputable manufacturer, nothing will happen if it is put in the dishwasher.

The coating resists most chemicals (or it would not work well with acidic and alkaline foods). But, watch out for wooden handles, which are easily damaged, and beware of anodized aluminum exteriors, which can mar and pit in the presence of dishwashing chemicals.

In Europe, check the manufacturer's use and care instructions, as European dishwasher detergents are much stronger.

MYTH #13: You do not have to season a nonstick pan.

You should always season new nonstick cookware before using.

To season it for the first time, lightly rub cooking oil onto the nonstick surface, then heat the cookware over medium heat for two or three minutes. When the pot or pan cools, sponge it gently with a mild detergent in warm water and rinse clean. It's ready to go.

How frequently you season it really depends on whether you put your nonstick cookware in the dishwasher, where prolonged exposure to harsh cleaning agents removes any seasoning already done. If you don't put it into the dishwasher, you don't have to re-season. But, if you do, follow the same instructions given for the first seasoning of the cookware.

MYTH #14: You should not store food in a nonstick pan in the refrigerator.

There is no problem with using a nonstick pan to store food in the refrigerator that you have cooked, but did not serve.

Nonstick coatings are inert, so they will have no effect whatsoever on the condition of the food or its flavor.

The only possible inconvenience, of course, is the size of the pan and the handle, which can occupy more space than a normal plastic storage pack. But people have been using nonstick pans to store food ever since nonstick pans came out.

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Just remember that air can damage the food, so you should make sure that the pan is covered to help preserve the contents.

MYTH #15: You can use nonstick cooking sprays on nonstick cookware.

First off, you don't need nonstick cooking sprays when using nonstick cookware.

Nonstick coatings were developed to make cooking more healthful by replacing the oils and fats used to keep food from sticking to the metal surface of pans. All you're doing is adding oil to what you eat, something doctors recommend against.

But there's another reason not to use them.

Such sprays burn at a low temperature, and tend to leave a residue on the surface which, if not washed off after each use, can reduce the nonstick effect of the coating. This residue is not harmful, but if it builds up it will alter the performance of the coating, preventing proper release. In fact, many nonstick cookware manufacturers specifically recommend against the use of such sprays.

MYTH #16: A nonstick coating on a baking pan does not affect the baking process.

Any baking process should be adjusted when using dark nonstick-coated baking tins. Dark colors absorb heat more quickly than light colors, which tend to reflect heat. So dark nonstick-coated pans absorb the heat generated in an oven more quickly, which, in turn, heats the baking utensil more quickly. Therefore, the baking process is accelerated, and the baking time needs to be reduced.

Professional bakers and dieticians recommend using darker nonstick-coated utensils for many baking recipes to add a browning effect to areas of the baked goods that touch the surface of the utensil. They also recommend a heat reduction of about 25°F/15°C on the normal recipe temperature to compensate for the faster baking time. But bear in mind that the actual adjustments needed will vary depending on just how dark the coating is.

A further advantage (endorsed by many energy-saving institutes): Due to shorter baking time, darker nonstick-coated products use less energy, reducing energy costs.

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Summary

So remember:

- You can use metal utensils on high-end nonstick coatings (just check the manufacturer's instructions).
- Burned-on food can easily be removed from a nonstick pan by soaking.
- Nonstick-coated pans can be put in the dishwasher, as long as the substrate and other fittings are also dishwasher safe. Check the manufacturer's instructions.
- You should season a nonstick pan before you use it for the first time. After that, if and when you season it is optional.
- You can store food in a nonstick-coated vessel in the refrigerator.
- Do not use nonstick cooking sprays on nonstick cookware.
- The color of a nonstick baking pan affects the baking process. Check baking instructions on how to alter the cooking time.

This information has been created by the Retail Marketing Team at Whitford. The Product Knowledge Network (PKN) offers you everything you need to know about nonstick-coated housewares products — all for FREE.

For more information, contact us at retail@whitfordww.com, visit us online at productknowledge.com or scan this QR code.



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