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**Season Your Pans for Non Stick Cooking**

**By Richard Massey**

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Nothing is more frustrating than trying to cook a delicious meal and having it stick to the bottom of the pan. A well season or cured pan will make cooking more fun, easier to clean and create better tasting food. There is a saying in the restaurant business; Hot pan - Cold oil. Meaning never put the oil in a cold pan and then heat it up. By heating the pan first and then adding the oil, then immediately the food, you'll have much less sticking. Furthermore if you season the pan when you first purchase it, you will have even better results.

**Curing by metal types**

**Stainless Steel** - Unfortunately stainless steel cannot be seasoned because of the hardness of the metal. A matter of fact I don't know of a single restaurant which uses stainless steel pan. They are great for storing food because the food won't react with the metal, but horrible for cooking. My advice is just stay away from them altogether.

**Aluminum** - First wash the pan with soap and water using a sponge or cloth (no steel sponge). Rinse and dry thoroughly. Heat the pan until hot then add two ounces of oil to the pan. Carefully swirl the pan so the oil coats every part of the pan. Let the pan cool. Remove the oil and repeat the process one more time. From this point on, never use soap again. Wash with warm water and dry with a paper towel. If some food does stick us a little salt with oil and a paper towel to remove it.

**Teflon and other non stick surfaces** - Non stick technology has come a long way over the years and there are dozens of infomercials to prove it. But the truth is even non stick pans will eventually stick. Follow the steps for seasoning aluminum pans and your non stick pans will last longer and perform better. Remember after the first time, never wash with soap again.

**Cast iron and wok's** - For cast iron and wok's the process is similar, but because of the nature of the metal you'll heat the pans to a much higher temperature. First wash the pan with soap and water then

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dry thoroughly. Heat the pan up until it is very hot. Add two ounces of oil and swirl to coat all sides. Let cool and remove excess oil. Heat the pan up again until it begins to smoke. Add more oil and repeat the process until you've done this three times. Never wash again and always store your pans at any angle or by hanging so they won't rust.

By taking the time to properly season your pans, you will enjoy cooking much more and increase the life of your investment. I recommend spending a little extra money and buying good quality pans and take care of them, in the long run you'll be much happier. Another tip is to never buy pans with plastic or wooden handles because you can't place them in the oven. As you increase your cooking skills you'll find many recipes start on the burner then move to the oven. By having an all metal pan this transition is flawless.

Chef Richard has worked for some of the top fine dining restaurants in Washington State and is the author of the ebook "Chef's Special". You can find free recipes, informative articles and order the ebook at

### **Gift ideas for Chefs**

**By Matthew Seigneur**

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Chef gift ideas for every man

Do you know a man that loves to hang out in the kitchen and make wonderful dishes? Then you should look at chef gift ideas for every man. Whether he loves to grill or make those exquisite gourmet meals you will be able to find many gifts that will please him.

An apron embroidered with his name is always a gift that he will use and enjoy. You can find many styles that will be perfect for him no matter what type of chef he is. Find a classic one for the gourmet chef and a fun one for the man that loves to grill. Many have cute sayings on the front or just find one that will have his name. Some chef aprons even come with pockets for holding their cooking utensils close at hand.

The Fresh Shakes Maker is a wonderful chef gift idea. With this cool gift he will be whipping up all kinds of thick milkshakes in just 20 seconds. This will be great for those summer parties. He will be able to make all kinds of new and unique shakes using all types of fresh or frozen fruits. He may even surprise you with flavors you have never tried before.

A personalized cutting board with his name engraved will be an added benefit for when he is making his special omelets. He will have a cutting board that is perfect for chopping, cutting and dicing. The personalized part is just a great way of saying how much you appreciate and enjoy his cooking.

Cooking accessories like waffle makers, blenders, and stove top grills can always be great gifts. This

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will help him use his imagination to make even more exquisite dishes than before.

Chef's always use all types of different pots and pans, so you could always add to his collection. There are many different types of pans that he could use on a regular basis. Buy ones in many different sizes and styles to help keep him up to date with all the new ones on the market.

The same goes with utensils used while cooking, chef gifts can be spatulas, wooden spoons, whips, and any other item used to stir or flip food while cooking.

If he enjoys baking, be sure to include baking pans and accessories. Items to ice their famous cakes can really be a treasure gift for the chef. And the best part is you will get to enjoy his famous pastry after it is ready.

<http://www.gifts-for-men.org/> Provides gift ideas and unique gifts for men, visit <http://www.gifts-for-men.org/gadgets-uk/?category=Games> for some cool gadgets you can buy for men!

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