

DURING EARTH HOUR...

“I AM SLOW COOKING A DELICIOUS MEAL AT HOME TO SAVE ENERGY”

Did you know that using a slow cooker instead of your oven can cut energy consumption in half? It's true! And if you think of a slow cooker as a winter appliance best for cool-weather foods, think again. Slow cookers provide a great way to keep the kitchen cool on a hot summer day.

Recipes intended for stovetop or oven use must be modified for a slow cooker. For example, stovetop and oven dishes require more liquid because the higher temperatures result in greater moisture loss. There are thousands of slow cooker recipes available in cookbooks and on the Internet, ranging from simple stews to gourmet meals and even desserts.

STOP SWEATING OVER A HOT OVEN

Whenever possible, use small appliances such as an electric fry pan with a lid, slow cooker, toaster oven, or microwave instead of the full-sized range or wall oven. You'll be amazed at the difference!

The chart* below shows several methods of cooking the same meal and the energy consumed by comparison.

APPLIANCE	TEMPERATURE	COOKING TIME	ENERGY USE
Electric Oven	177°C (350°F)	1 Hour	2.0 kWh
Convection Oven	163°C (325°F)	45 Minutes	1.39 kWh
Toaster Oven	232°C (450°F)	50 Minutes	.95 kWh
Slow Cooker	93°C (200°F)	7 Hours	.7 kWh
Microwave Oven	'High'	15 Minutes	.36 kWh

*source bchydro.com

MORE COOKING TIPS

- Preheat ovens only when required. Except for some baking, most foods can be cooked without preheating.
- No peeking! Every time you open the oven door, 20 per cent of the heat is lost. Instead, use your oven light and look through the window.
- Bake in glass or ceramic cookware instead of metal. You can turn the temperature down by 14°C (25°F) and foods will cook in the same time.

