

Cookware Metallurgy

Aluminum? Titanium? Stainless Steel? Titanium is the lightest and most costly, but it doesn't cook best because it transfers heat unevenly. If you want to cook anything fancier than boiling water for tea or making ramen noodles, it's not ideal. Stainless Steel is the heaviest, most durable and least expensive. It works fine for most kinds of cooking. Hard anodized non-stick aluminum is the best for providing the kind of even heat dispersion that helps you do a good job in a variety of cooking situations. Its non-stick surface makes it the quickest type to clean, too. Aluminum pots are lighter than stainless, heavier than titanium and slightly less durable than either. So when do we eat?

	TITANIUM	STAINLESS STEEL	ALUMINUM
CONVENIENCE	+	+	+
DURABILITY	+	+	+
HEAT DISPERSION	+	+	+
WEIGHT	+	+	+
VALUE	+	+	+