

# A GUIDE TO PROFESSIONAL COOKWARE



HOW TO RECOGNIZE AND USE  
THE COOKING INSTRUMENTS

**A guide to professional cookware S.A.P.S.**

**Edition 4.0**

New materials and insights of the new cooking techniques

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# PREFACE

*by the University of Milan*

Interest is centering more and more on foodservice and in the last few years this has led to the development of increasingly high level training courses, even university courses, as well as to the demand for supporting “material” and technical documents with excellent contents that can stimulate and suggest new ideas to everybody working in the sector.

Although the Anglo-Saxon and United States worlds are not looked on as models for lifestyle and food habits they have always succeeding in managing gastronomic products very well and providing technical texts and manuals to support them and create a meeting point between scientific aspects and experience.

However, wide ranging evaluations should not lead us to underestimate details and from this point of view a specific manual on professional cooking tools is a useful reference for summaries and research.

Now in its third edition, the SAPS Manual gives a clear and accurate picture of the features of the main materials used for making cooking utensils, and the information contained in it covers technical, gastronomic and legal aspects. What is more, the professional foodservice sector is in a constant state of evolution; take, for instance, the new non-stick layers (in ceramic, innovative polymers etc.), the special equipment for induction systems, and the law decree that finally approved the safety of aluminum for these applications.

Another good point is the description of the shapes, accompanied by information about both their gastronomic types and their practical use.

Lastly, another interesting subject is the historical remarks related to the most interesting “Museum of Pots”, located at the SAPS premises: the information contained in the manual is a perfect supplement to a visit to the Museum, which offers all the operators in the sector an opportunity for original and stimulating in-depth study.

In closing, we would like to express the wish that all the work of SAPS can continue to provide a useful service to the professional foodservice community, both through the manual and through the many events organized by it.

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### THE MUSEUM OF POTS AND HISTORY OF COOKING INSTRUMENTS

# SAPS RESEARCH CENTRE



*The SAPS is a research centre for the study of the materials and shapes of cooking instruments. It was created from the desire to share the passion for quality and professionalism in gastronomic circles; and with those working in the Foodservice Industry sector. It is aimed at chefs, hoteliers, cooking centers, hotels and restaurants; schools and gourmet fine dining venues.*

*As the professional catering industry looks to the future; with an increasing demand for a level of preparation built on experience, elaboration and specialization as well as cost control.*

*SAPS is moving in this direction, with a focus on cooking instruments: analyzing the peculiarities, performance, compliance of regulations, and correct usage to meet the ever changing catering environment and demands.*



*The S.A.P.S. centre*



*Seminars at the S.A.P.S. research center*

### THE EDUCATIONAL SEMINARS

SAPS is mainly orientated towards professional operators. Courses are organized which consist of theory lessons on the history and correct usage of materials and which include interesting practical demonstrations by qualified chefs. The educational seminar is centered on:

- visits to the factory, production methods
- visit to museum exhibitions, historical roots
- educational meetings, practical demonstrations and analysis of the technical and legislative aspects

### PROFESSIONAL UPDATE

Collaborations are often organized with operators who are devoted to professionalism; from distributors of hotel equipment who want to transfer their know-how with an added value, to their personnel; to organizations that pursue the path of training and experience; up to educational institutions in search of highly specialized teaching support that are operating in the market.

### THE EVENTS

On the organizing front, SAPS is busy all year round. Gastronomic competitions, press conferences, experimental workshops. There are multiple subsidiary activities. Not to mention, the Baldassare Agnelli's Gourmet Evening Dinners, with national media and press coverage, where the most important current trends and information are gathered at an international level with regards to the exclusive interpretations and creations of the most well-known chefs in the world

### LA PENTOLA D'ORO (THE GOLDEN POT)

**The official SAPS magazine**, which is at its fourth year of publication with more than 20,000 copies distributed to catering Professionals; to update them on scientific and legislative news, to inform them of the Italian gastronomic trends from a professional point of view and to report on the known Trends and Excellencies in culinary standards that are emerging.

### SAPS NEWSLETTER

An E-Newsletter which every week informs 6,000 readers about the news and activities of SAPS, is a portal rich in gastronomic news, special reports and recipes from chefs from all over the world. Data sheets, and material regarding legislative measures, seen as the most in-depth database of its kind on the web.

# THE PRODUCTION STAGES OF A POT



*The basic element is the disk, which has predefined characteristics in term of quality (purity of the metal) and dimensions (diameter and thickness). In the case of rectangular disks, one begins with the outline, and after pressing, shearing of the surplus flange is required.*



Disk

*For metal pots the main stages of production are as follows:*

### PRESSING OR TURNING

The press forges the disk, which roughly assumes the desired shape. Subsequently it is touched-up to eliminate imperfections and is cleaned, giving the final appearance. For steel pots, a final working step known as polishing is needed, which gives the sheen typical of this metal. Compared to pressing, it allows an easy and quicker preparation of the machine, aiding therefore the passage from one size to another in shorter times. It is carried out via the pressure of a lever on the cold sheet, which is modeled by turning it on the underlying mould (a very similar concept to the manual working of clay).

With the help of computers, the modern automatic lathes allow the generation of pieces which are identical to one another, whereas the manual lathes still depend on experience and the hand of the operator. **For aluminum the next stage is its passage through the pickling tunnel, which guarantees cleanliness in order to have a container suitable for contact with food**

### HANDLE

**Handles must meet certain important requirements to allow professional, safe and efficient use.** First of all, they must be made of a material which does not conduct heat, to prevent the user from being burnt: for example tubular handles in inox steel are often used.

Plastics are largely used only in domestic products, seeing as though in the professional environment high temperatures, long exposure times and the dimensions of the burner can compromise the handles. One should not be fooled by the design, and instead, more functional aspects should be evaluated such as the safety of the handle and the stability of the joint: therefore the welded joints or the number of rivets with which the handles are applied to the body of the pot are also evaluated. Finally, the ease with which it can be cleaned should also be taken into account.

The application of handles onto copper and aluminum pots is carried out by nailing them onto the body of the pot with particularly resistant alloy rivets (AG5) or with rivets made from the same metal as the container. For steel on the other hand, which is a very hard material, the handles are soldered directly onto the body of the pot. In both cases it is necessary to check that the number of points of attachment is proportional to the dimensions of the recipient. To guarantee robustness and resistance, the dimensions of the rivets should be assessed. Handles are mostly made from steel, in order to lower the risk of being burnt. Only in the case of copper, is the use of brass handles preferred, and this is due to aesthetic reasons.



### THERMODIFFUSION BASE AND INDUCTION

The steel pots are endowed with a so-called “thermodiffusing” base, which makes up for the scarce heat conduction characteristic of this metal.

The procedure consists of applying a thick aluminum disk (6–7mm.) on the base of the pot, making it adhere using braze welding.

It is possible to apply a second disk over this disk, but this time a steel one, onto which a heavy pressure is placed, at a high temperature, aiding adhesion; this is where the name “sandwich bottom” comes from.

The ferrite composition of this supplementary disk makes the pot suitable also for induction cooking.

With a different method, coining, it is also possible to mount a ferrite steel disk on the external base of an aluminum pot, making it also suitable for use on the modern electromagnetic induction heat sources.

Another way of making an aluminum cooking utensil suited for induction heat sources is to apply a ferrite layer on the bottom.



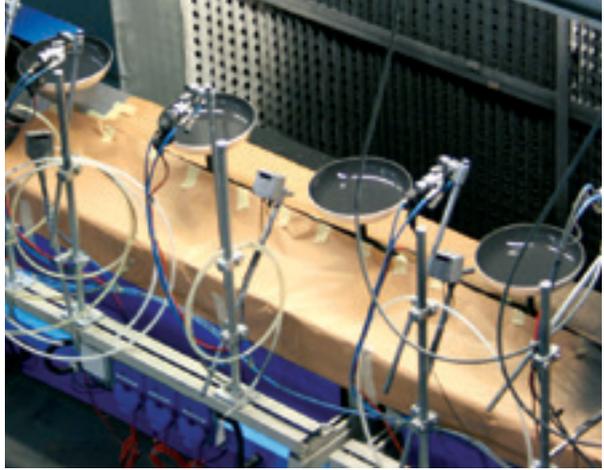
*Tinning*

### TINNING OF COPPER

Copper is normally coated with an inert material: tin, which is a good conductor of heat. The best method of tinning is still handcrafting, on the forge, using virgin tin. Processing requires that the surface is first of all brushed, to facilitate the adhesion of the tin to the heated copper.

The recipient is then placed on the forge until the tin reaches its melting temperature, then “pig tin” is passed over the internal surface, which melts like a piece of butter. Finally the tin is evenly distributed over the walls, removing the excess with a ball of cotton-wool.

The tinned vessel is then immersed in a bath of boiling water to clean it and to allow the coating to fix. Tinning can be done repeatedly over time and therefore the pot lasts an eternity.



*Sprayed non-stick coating*

### ANTI-STICK COATINGS

Some vessels can be coated internally with a film of plastic material (PTFE) which confers an anti-stick property; such that it allows less fat to be used in cooking and makes it easier to wash.

Processing involves an initial phase of preparation of the metal onto which the coating is to be applied: cleaning or removal of grease, sanding.

Subsequently there is the application phase, normally of more than one layer, until a thickness is reached which allows it to perform to its maximum in terms of resistance against friction but also in terms of duration over time.

**Today two distinct methods of application are used, which give very different results in terms of quality:**

**ROLLED:** Consists of applying the coating directly by passing the disk through rollers, before the pot has taken on its definitive shape.

This allows savings on the cost of processing, but lessens the quality and the duration of the product. In addition, during pressing it is possible that the coating can become weak at certain points and can fall off. This type of working is used solely for products destined for domestic use. It can be easily recognized by the horizontal streaks present on the surface.

**SPEAYED:** Is applied by spraying the material, using the relevant device, directly onto the inside of the body which has already been pressed into its definitive shape, thus preventing any further work from compromising the sticking

Painting is done in three steps: firstly the primer with a thickness of 15 microns, followed by passivation, the second phase of painting at 25 microns and the third layer of 6 microns.

Painting with B-ceramik is done in two layers, consisting of a “base ceramic” + “activator” paint, which create hardness between the layer of aluminum and the finish (paint plus catalyst plus PTFE, to guarantee anti-stick properties at an extremely low dosage).

The removable properties in ceramic painting are based on “Sol gel” (modified silica) with ceramic particles, which is much less elastic than PTFE and harder, while at the same time more fragile to chipping. It does not guarantee non-stick properties but is just a release agent and its performance is not as good as traditional PTFE.

# HYGIENE

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*It is important to underline how the laws considered up until now are based on the results of scientific research aimed at determining the incidence of any possible release of materials to food. As a matter of fact, the legislation often sets a general principle that can only be assessed scientifically for each material.*

## VALUES OF DAILY INTAKE OF SOME MATERIALS

*The table below contains the values of daily intake of some materials compared with the tolerance limits set by the WHO (for an individual weighing 176lb). Please note that 90% of the value relevant to aluminum intake (0.000211 oz) derives from diet while only a minimum part is due to contact with sauce pans*

<b>Metal</b>	<b>Ingestion <math>\times 10^{-4}</math> (oz)</b>	<b>Limit <math>\times 10^{-4}</math> (oz)</b>	<b>%</b>
Aluminum	2.1164	21.164	10
Copper	1.0582	10.582	10
Carbon Steel	0.52911	16.932	31
Lead	0.0176	0.0741	23
Nickel	0.1411	0,0002	>100
Tin	1.4110	42.329	3
Zinc	5.9966	24.692	28

The interest shown with regards to the release of various materials which come into contact with food has involved the WHO and the Scientific Committee of the Council of Europe at the international level, and the ISS (Higher Institute of Health) in Italy.

The WHO, in cooperation with the FAO, have carried out several studies aimed at setting the limits for daily ingestion of different materials. In their laboratories, The Higher Institute of Health and the Scientific Committee of the Council of Europe subsequently assessed the potential average intake caused by using saucepans made of certain materials, also taking into consideration that many substances are present in nature and are therefore found in the everyday diet, i.e. in foods themselves.

The cases considered allowed the assessment of whether or not the release of these materials to food could be risky for the health. The results obtained are listed in a technical document named Guidelines on Metals and Alloys Used as Food Contact Materials.

Many international organizations have developed specific research in the last decades with regards to the hygienic safety of the materials which come into contact with food.

The American Food and Drug Administration, one of the most stringent ruling bodies in the world, has set limits only for certain materials.

According to the FDA, there are no alarming levels of release from aluminum containers, seeing as it is an element present in food such as strawberries, water, and cereals. It has also been noted that some drugs, i.e. antacids, contain sensitive quantities of aluminum. Nevertheless the levels of intake which may be dangerous to human health have not yet been determined.

Anti-adherent coatings are considered safe since they are inert. Tin-coated copper has also not been considered capable of causing significant release to foods. As to stainless steel, whose release values are extremely low, it has been ascertained that the surface can be easily damaged by salt.

# ABILITY TO CONDUCT HEAT



*The material with which a cooking container is made is the first and most important requisite to take into consideration. The aim of a pot is to cook food, and materials respond to heat conduction in different ways. Thus, the ability to conduct heat is the essential requisite to identify the most suitable instrument for various preparations.*

## THERMAL CONDUCTIVITY

Thermal conductivity is a property of materials that expresses the heat flux that will flow through the material uniformly and quickly if a certain temperature gradient exists over the material. It is expressed by means of the formula  $W/m^{\circ}K$ . Let's think about a boiling cup of coffee for example.

If we immerse a silver teaspoon, this will burn in an instant, but, on the contrary, one made of steel will remain colder for longer.

A vessel which has a good thermal conductivity allows:

- Effective regulation of temperature at the various stages of cooking
- Uniform distribution of heat over the entire surface, both on the bottom and on the walls.

Table of thermal exchange coefficient of the materials used in cooking.  
 $W/m^{\circ}K$ =Watt/meter Kelvin degree

Material	W/m°K
Silver	420
Copper	392
Copper 3*	320
Gold	295
Aluminum	225
Aluinox*	190
Carbon Steel	60
Cast Iron	50
Stainless Steel	16
Ovenproof glass	0.95
Terracotta	0.80

## ENERGY SAVING

In the professional environment the prolonged use of heat sources becomes a relevant cost when considering the budget of a business, be it big or small.

It is therefore important to assess how certain materials can reduce this expense: in fact, the cooking containers with good thermal conductivity will take less time to reach the desired temperatures, consuming less energy.

Material	S.W.
Aluminum	169 lb/ft <sup>3</sup>
Steatite	181 lb/ft <sup>3</sup>
Carbon Steel	487 lb/ft <sup>3</sup>
Stainless Steel	487 lb/ft <sup>3</sup>
Copper	555 lb/ft <sup>3</sup>
Silver	655 lb/ft <sup>3</sup>
Gold	1,204 lb/ft <sup>3</sup>

## SPECIFIC WEIGHT

The weight of a pot can be a problem in the professional environment due to the necessity to be able to easily manage large utensils with considerable thicknesses.

Each material has, from the physical point of view, its own specific weight to bear in mind.

*Specific weight: conventional reference measurement relative to the weight of 1 ft<sup>3</sup> of distilled water at a temperature of 39°F equal to 62.4lb.*

For example 1 ft<sup>3</sup> of aluminum weighs 168,48lb while 1 ft<sup>3</sup> of stainless steel weighs 486,72lb, which means that, on the basis of equal dimensions and thickness, a pot made of S/S weighs three times more than one made of aluminum.

## MANAGEABILITY

In the professional environment, the prolonged use and the dimensions of the instruments can influence the ease with which they are used by the operator.

It is therefore important to assess how certain materials can significantly increase manageability during work.

\*Trademark Baldassare Agnelli

# MATERIALS FOR COOKING





*When humans decided that something needed to be inserted between the fire and the food they realized that it needed to have at least three basic characteristics: first and foremost, it needed to be an impermeable material, secondly it had to be resistant to fire and high temperatures and, lastly, it had to be able to transport the heat to the inside of the food without any chemical interaction.*

# GOLD

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## HEAT CONDUCTIVITY

295 W/m<sup>2</sup>K

## SPECIFIC WEIGHT

1204.32 lb/ft<sup>3</sup>

## MATERIAL THICKNESS

the body is 5/64" thick in copper, the coating is from 1.181x10<sup>-4</sup> to 1.574x10<sup>-4</sup> inch

## APPEARANCE

bright and shiny, prestigious

## HANDLE

nickel-plated cast iron

## ADVANTAGES

- considerable energy saving, given its excellent heat conducting capacity;
- excellent resistance to impacts, thermal shock, scratching and corrosion;
- bacteriostatic.

## DEFECTS

- obviously an exclusive material destined for lovers of luxury.

## USEFUL ADVICE

- exceptional for very long cooking over a low heat: from soups to braised meat, from stews to polenta. Its great heat conductivity makes it unparalleled also for high-temperature cooking and searing, particularly for special fillets.

# SILVER

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## HEAT CONDUCTIVITY

420 W/m<sup>°</sup>K

## SPECIFIC WEIGHT

655.2 lb/ft<sup>3</sup>

## MATERIAL THICKNESS

from 3/64" to 5/64"

## APPEARANCE

shiny and bright, prestigious

## HANDLE

nickel-plated cast iron

## ADVANTAGES

- considerable energy saving, given its excellent heat conducting capacity;
- excellent resistance to impacts, thermal shock, scratching and corrosion;
- bacteriostatic.

## DEFECTS

- obviously an exclusive material destined for lovers of luxury.

## USEFUL ADVICE

- exceptional for very long cooking over a low heat: from soups to braised meat, from stews to polenta. Its great heat conductivity makes it unparalleled also for high-temperature cooking and searing, particularly for special fillets.

# ALUMINUM

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## ADVANTAGES

- recyclable;
- excellent heat conductivity;
- energy saving of the heat sources;
- safety from the hygiene point of view;
- compliance with the laws on containers in contact with foods;
- if thick enough, excellent resistance to impacts, thermal shock, scratching and corrosion. Requires no maintenance;
- suitable for induction cooking if a disk in ferritic steel is applied to the oven;
- light, thanks to its reduced specific weight, not to be underestimated for professional users that handle cooking utensils every day;
- good quality-price ratio
- compliant with the HACCP regulations in force.

## DEFECTS

- Limitations to the use of the material for storing foods, as per art. 5 of Min. Dec. 76 of 18/4/2007, as follows:
  - A) brief contact: shorter than 24 hours under any temperature conditions;
  - B) prolonged contact: longer than 24 hours at refrigerated temperature;
  - C) prolonged contact: longer than 24 hours at ambient temperature, only for the foods set out in annex IV of the regulations.

## HEAT DISTRIBUTION

The pictures shown below, taken with a thermal camera, refer to the 1/8" aluminum line.

### HEAT CONDUCTIVITY

225 W/m<sup>2</sup>K

### SPECIFIC WEIGHT

168.48 lb/ft<sup>3</sup>

### MATERIAL THICKNESS

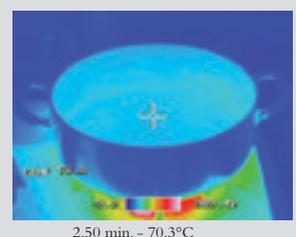
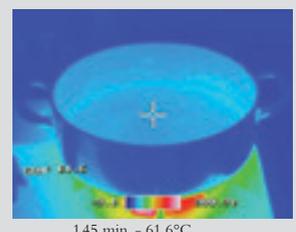
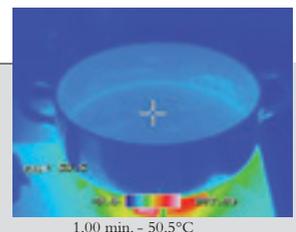
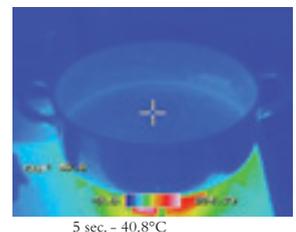
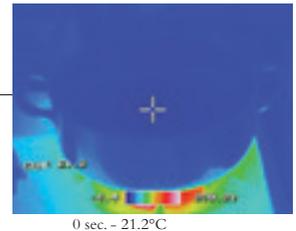
from 1/8" to 13/64"

### APPEARANCE

shiny silver, can become brown inside due to the spontaneous oxidation of the metal (Al<sub>2</sub>O<sub>3</sub>), an inert protective barrier that should not be removed. There are however commercially available products able to remove this colouring.

### HANDLE

in tubular S/S 18/10, not heat conductive. Is applied to the body with AG5 alloy rivets



### USEFUL ADVICE

- the first time you use the pots clean them well, rinse with boiling water and dry.
- Subsequently oil the inside with a little oil or butter and leave for a few hours;
- foods cook better and keep their flavor better at a moderate heat, precisely because pots in 99% Extra Pure Aluminum have high heat conductivity there is NEVER any use using a high flame;
- avoid overheating; never heat an empty pot over a flame whether high or low;
- do not wash Aluminum pots with a purity higher than 99% in the dishwasher;
- it is dangerous to touch the pot when it is hot;
- very acid and salty foods (marinated or in brine) can be cooked perfectly well in aluminum containers with a purity higher than 99%;
- do not use for storing food "out of a refrigerated environment for more than 24 hours";
- only add salt when boiling, to help it to dissolve and prevent it from damaging the metal;
- the dark coating that forms inside aluminum pots with purity higher than 99% is due to oxidation of the metal; it is a real inert protective barrier that should not be removed. Use specific products for keeping the pots shiny.

# NON-STICK ALUMINUM



## ADVANTAGES

- excellent heat conductivity;
- marked energy saving, thanks to its high heat conductivity;
- resistant to impacts, thermal shock and corrosion;
- extremely convenient, guaranteed by the choice of a reputable brand that guarantees cutting edge technology in the field of painting that gives quality and lasts a long time;
- suitable for induction cooking if a disk in ferritic steel is applied to the oven;
- handy to use and easy to clean;
- safety from the hygiene point of view;
- compliance with the laws on the subject;
- light, thanks to its low specific weight, not to be underestimated for professionals in the sector that have to lift weights all day;
- cooks with low fat content

## DEFECTS

- gets worn by scratching as time goes on;
- The use of steel tools that scrape the coating will damage it.

## HEAT DISTRIBUTION

The pictures below, taken with a thermal camera, show an example of how in the aluminum frying pan (3 mm thick coated with PTFE, heated on the hotplate at an average temperature of 100°C) the heat is propagated evenly from the center towards the outside until the temperature is almost completely uniform

### HEAT CONDUCTIVITY

225 W/m<sup>2</sup>K

### SPECIFIC WEIGHT

168.48 lb/ft<sup>3</sup>

### MATERIAL THICKNESS

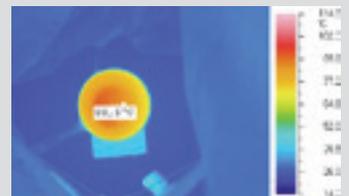
the body from 1/8" to 13/64"  
the coating at least 1 31/32".

### APPEARANCE

remains in one piece and  
unaltered until worn out

### HANDLE

in tubular S/S 18/10 does not  
conduct heat and is applied to the  
body with AG5 alloy rivets.



### USEFUL ADVICE

- make sure that the coating is sprayed on.
- avoid putting the empty container on the heat source, that is to say, without food inside it.
- substitute it if the coating wears out.
- on first use wash the container with water and “precondition” it, that is to say, lightly grease the inside with oil or butter and then rinse carefully;
- ideal for cooking with little fat, thanks to its non-stick properties, for searing food and for fast cooking or sautéing;
- never heat to a high temperature when empty;
- do not use sharp objects in direct contact with the inside;
- do not clean with abrasive sponges;
- use the right diameter of the pan to suit the flame;
- non-stick equipment is suited for fast and “extreme” cooking, where the power of the source of heat is important;
- just wash with water and a bland soap and wipe with lightly oiled paper;
- non-stick equipment can be washed in the dishwasher.

# STAINLESS STEEL



## ADVANTAGES

- safety from the hygiene point of view;
- compliant with the laws regarding containers in contact with food;
- excellent resistance to impacts, thermal shock, scratching and corrosion. Needs no maintenance.
- suitable for induction cooking if a disk in ferritic steel is applied to the oven;
- compliant with the HACCP regulations in force

## DEFECTS

- energy saving is not optimal due to the low heat conductivity;
- high specific weight;
- carbonized food may splash onto the sides during cooking because the temperature is different from the bottom;
- poor resistance to aggression by coarse salt;
- stainless steel contains fair amounts of nickel and chrome.

**CONDUCIBILITÀ TERMICA** 16 W/m°K

**SPECIFIC WEIGHT** 486.72 lb/ft<sup>3</sup>

**MATERIAL THICKNESS** between 1/32" and 15/32" (body)  
15/64" and 9/32" (base in aluminum)

**APPEARANCE** bright and shiny, it can be attacked by salt, with the formation of holes

**HANLDE** in S/S, soldered to the body of the container

**HEAT DISTRIBUTION** the thickness of aluminum on the bottom most suit the diameter of the pot, which affects heat conductivity



0 sec. - 27.9°C



2.03 min. - 46.3°C



3.40 min. - 68.8°C



4.08 min. - 88.5°C



5.03 min. - 101.7°C

#### USEFUL ADVICE

- always make sure that the pots are also suited for induction plates;
- always make sure that the induction plate and the surface underneath the pots are perfectly clean;
- set the right power and strength according to the particular use, remember that the heating times of induction plates are much faster, use the potentiometers to reach the cooking temperature (where necessary) more gradually;
- if the induction flickers it means that there is a malfunction because the pot is not in the right position; there is no direct contact with the plate; the frying pan is not suitable; the request for power is too high and so it is not working;
- the best way of using it is for short and "extreme" cooking;
- if the pan is raised even just one millimeter the induction does not work and therefore it precludes any other kitchen jobs (sautéing creaming, singeing, omelettes etc.);
- there is no danger of burns with the plate lit (with no pan on it); however, make sure that the cooking utensil was not removed only a short while ago because some residual heat could have been transmitted to the plate by the cooking utensil;
- it is dangerous to leave an empty pan over the lighted induction;
- the plate must always be cleaned simply with a damp cloth

# COPPER

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## ADVANTAGES

- the best heat conductor;
- marked energy saving, thanks to its high heat conductivity;
- resistant to impacts, thermal shock, scratching and corrosion. The fact that the inside can be tinplated and the outside polished makes the vessel last for ever;
- safety from the hygiene point of view;
- compliance with the laws on the subject;
- excellent for preparing creams and caramelized sugar

## DEFECTS

- it is too expensive for many people;
- high specific weight

**HEAT CONDUCTIVITY**392 W/m<sup>2</sup>K**SPECIFIC WEIGHT**555.36 lb/ft<sup>3</sup>**MATERIAL THICKNESS**

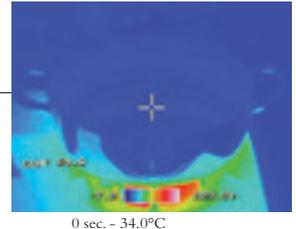
to perform adequately it must be at least 5/64”.

**APPEARANCE**

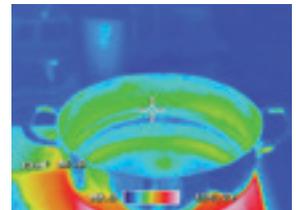
noble and refined, it is used also to serve at the table, as it embellishes the service.

**HANDLE**

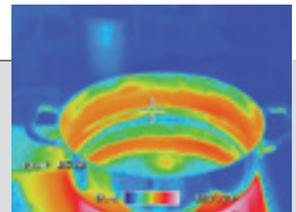
in tubular brass, applied to the body with copper rivets



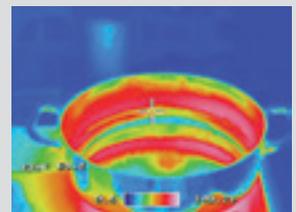
0 sec. - 34.0°C



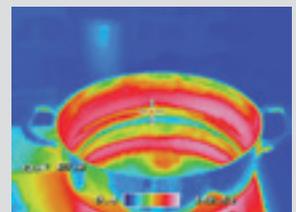
4 sec. - 46.8°C



45 sec. - 65.2°C



1.01 min. - 84.4°C



1.50 min. - 89.2°C

**USEFUL ADVICE**

- for cleaning the inside do not use abrasive products, for the external surface only use certain detergents.
- reduce the heat during cooking.
- avoid putting the empty container on the heat source, that is to say, without food inside it.
- do not use the container if the tin coating is worn out.
- dark colouration on the external base of the container means that the burner on which it was placed needs cleaning.
- it is used for many methods of cooking over a low heat and also in confectionery for preparing creams and caramelized sugar;
- do not use sharp objects in direct contact with the inside;
- the presence of verdigris requires timplating (except in the case of the cauldron)
- always clean the outside with special products to prevent the dark color due to oxidation of the copper;
- never leave the pan in direct contact with flames or on hotplates with nothing in it;
- slow cooking at low temperatures makes copper a perfect instrument

# CAST IRON



## ADVANTAGES

- cast iron is a material that instills great security; it is traditional, looks well on the table, is capable of enhancing traditional recipes and expressing great professionalism in the kitchen;
- it cooks on any source of heat, including induction. It is also a material that keeps cold well and can be used with no problems in the refrigerator or freezer;
- cast iron pots are really special: they permit a higher quality of cooking to be attained in the case, for example, of lightly frying vegetables, grilling meat, browning, sautéing, braising, stewing, caramelizing at a low temperature.

## DEFECTS

- the typical advantage of cast iron, i.e. the way it accumulates heat, makes it suited for “slow” cooking, for medium and long periods and it is therefore not suited for fast “hasty” cooking;
- precisely because of their material consistency, enameled cast iron pots are much heavier, and therefore not as easy to handle as aluminum, for example;
- because the detergents are aggressive, prolonged washing in a dishwasher may dull the enamel after a time. But that does not affect its use!

Cast iron, one of the best materials for retaining heat, is an iron alloy very rich in carbon. Cast iron can be used just as it is (e.g. the classic grill) or coated with vitreous enamel, resistant to thermal shock, which creates enameled cast iron. Thanks to their extraordinary gastronomic features, cast iron pots have resulted in cooking techniques that have become part of the international elite: cast iron spreads the heat slowly and uniformly, distributing it evenly through all the food, no matter what source is used, oven or hob

---

<b>HEAT CONDUCTIVITY</b>	55 W/m°K
<b>SPECIFIC WEIGHT</b>	418 lb/ft <sup>3</sup>
<b>MATERIAL THICKNESS</b>	between 1/16" and 3/16"
<b>APPEARANCE</b>	shiny or dull
<b>HANDLE</b>	cast iron

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#### USEFUL ADVICE

- when using for the first time, and every now and again, this is how to keep cast iron in perfect condition: rinse the pot with hot water and dry it, then grease the inside with a little oil (olive, seed, peanut, whichever vegetable oil you prefer). Heat over a low heat for a few minutes then dry off the oil (kitchen paper is fine).
- enameled cast iron is not affected by heat but it is better for it to be heated up gradually in order to keep the enamel “like new” for a longer time. Cold water: if the pot is hot let it cool to ambient temperature before pouring cold water into it. This will mean less thermal stress.
- it is always better to choose a ring with dimensions to suit the diameter of the pot, and to prefer non-aggressive tools (wood and silicone are excellent, for instance). Warning: if a cast iron frying pan has a wooden handle do not put it in the oven! (nor even the dishwasher!).
- to prevent burns, always use pot holders or oven gloves when handling cast iron; also use suitable trivets when placing a hot pot on the table, so as not to damage the surface;
- when cooking by induction: heat to a third of the power for the first 5 minutes, then move on to the desired power and use the booster function with caution;
- cast iron should be washed in hot water with ordinary dishwasher detergent and a non-abrasive sponge. If there are still residues that don't come off, use patience not abrasives: fill the pot with hot water and wait for the residues to soften, and then wash as usual.

# CARBON STEEL

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## HEAT CONDUCTIVITY

60 W/m<sup>2</sup>K

## SPECIFIC WEIGHT

486.72 lb/ft<sup>3</sup>

## MATERIAL THICKNESS

to perform adequately it must be at least 5/64”.

## APPEARANCE

not very attractive

## HANDLE

in carbon steel or S/S 18/10, welded to the body

## ADVANTAGES

- the cost of the raw material is very low, which makes it extremely cheap
- excellent resistance to impacts, thermal shock, scratching.

## DEFECTS

- energy saving is not optimal due to the insufficient heat conduction capacity;
- high specific weight;
- it rusts easily and maintenance is therefore difficult

## USEFUL ADVICE

- be sure to keep the container constantly coated in oil to prevent it from rusting.
- suitable for frying

# TERRACOTTA PYREX



## HEAT CONDUCTIVITY

0,80 W/m°K

## SPECIFIC WEIGHT

137.28 lb/ft<sup>3</sup>

## MATERIAL THICKNESS

to perform adequately it must be at least 5/32"

## ADVANTAGES

- heat retention capacity
- lightness, thanks to its low specific weight

## DEFECTS

- energy saving is not optimal due to the insufficient heat conduction capacity;
- extremely fragile, not resistant to impacts and thermal shock;
- due to its extreme fragility and its cost it is not very cheap

## USEFUL ADVICE

- it is an extremely porous material, so the surface must be constantly checked to ensure that it is free from impurities and that it does not show cracks or signs of its integrity being compromised, especially if the glazing has been worn off.
- ideal for cooking in the oven;
- not suited for use in professional kitchens, only in the home.

## HEAT CONDUCTIVITY

0,95 W/m°K

## SPECIFIC WEIGHT

143.52 lb/ft<sup>3</sup>

## MATERIAL THICKNESS

to perform adequately it must be at least 1/8"

## APPEARANCE

pleasant in appearance as it is transparent

## ADVANTAGES

- light, thanks to its low specific weight

## DEFECTS

- energy saving is not optimal due to the insufficient heat conduction capacity;
- extremely fragile, not resistant to impacts and thermal shock;
- due to its extreme fragility and its cost it is not very cheap.

## USEFUL ADVICE

- ideal for cooking in the oven;
- not suited for use in professional kitchens, only in the home.

# INDUCTION COOKING



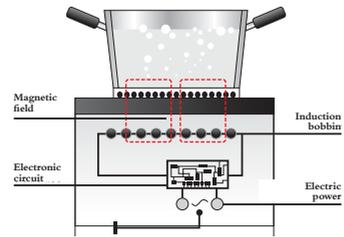
*By generating an electromagnetic field this innovative cooking technology results in improved performance, reduced consumption, absolutely no heat dispersion and better safety in the kitchen. Suffice it to consider that induction hobs make maximum use of the energy absorbed with an efficiency of 90% whereas, because of their operating principle, traditional hobs only have an efficiency of 40-60% and disperse about half of the energy into the surrounding environment. The heat transmission principle can be explained this way: when a ferrous metal container is placed on the plate the electric inductor underneath it creates an electromagnetic field inside it. The electromagnetic field created generates a current in the ferrous metal container known as “Foucault”, after the name of its inventor, which transforms the magnetic energy induced inside it into thermal energy and causes it to heat up. In fact, the electromagnetic field that heats the cooking area only originates when in contact with the container and is limited to the container’s surface; this allows the surface around the cooking area being used to remain cold, thus ensuring greater safety.*



## ADVANTAGES OF INDUCTION COOKING

- **Safety:** there are no flames, heat is released by the magnetic field and only starting from the diameter of the pot being used for cooking. There is therefore no risk of burns from touching the plate near the edge.
- **Cleaning:** since the plate near the edge of the pots is not hot, if liquid accidentally spills no crusts form.
- **Design:** for people that like a modern, minimalist style, induction cookers are really beautiful, trim, smooth, black and have digital buttons.
- **Food heats fast:** for example, for normal pasta the time it takes to bring the water to the boil is practically halved (obviously this depends on the power used).
- **No danger of gas leaks:** when electric energy alone is used there is no need to have two perimetral holes in the room, which are otherwise required by law and cause problems with heat and acoustics.
- **Control:** very accurate in changing the temperature of the pot (by means of digital displays): you can block boiling, keep the heat very low or very high, with great accuracy that you cannot get with a traditional gas ring.
- **Cost of use:** not higher than for gas, electricity is more expensive but the induction cooker only comes into operation when needed, usage times are lower and efficiency is 90%.
- **Even heat:** keeping the food from sticking to the bottom immediately, condiments and fats can be reduced and the food always has a better appearance.

The figure below illustrates the operating principle of an induction plate:



## DEFECTS OF INDUCTION COOKING

- **Initial cost:** much higher than for normal gas cookers.
- **High electric power absorbed:** many of the induction cookers sold in Italy have automatic regulations to prevent consumption from becoming too high if several plates are lit at the same time, which for certain models can come to 7 kW. To use this type of cooker you need to ask the electricity company to adapt the power supply.
- **Special pots:** The pots used for induction cooking must be specially made for this particular cooking method. They can be made of any metal, aluminum, copper, or steel, it is important that they have a ferritic steel disk on the bottom. The "lifetime" of the pots depends on induction being properly used.
- **A different way of cooking:** people used to classic gas hobs have to revolutionize their habits as well as the cooking times.
- **High powered plates:** special care is needed when using induction plates. The operator must always bear in mind that if the cooking utensil is left on the plate the parasitic current continues to transit from the inductor to the instrument, generating heat that, if not dissipated during the cooking of the food contained in utensil, can cause serious damage to the cooking utensil and alter its functions irremediably.

# ALLUMINUM FOR INDUCTION

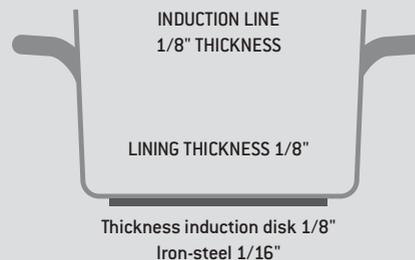
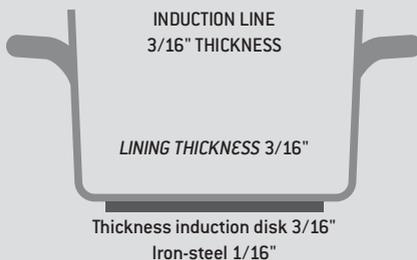


## ADVANTAGES

- excellent heat conductivity
- energy saving
- safety from the hygiene point of view;
- compliant with the laws regarding containers in contact with food;
- excellent resistance to impacts, thermal shock, scratching and corrosion. Needs no maintenance.
- light, thanks to its low specific weight, not to be underestimated for professionals in the sector that handle cooking utensils every day
- compliant with the HACCP regulations in force.

## DEFECTS

- high cost due to the ferritic steel disk;
- not so easy to handle because of its thickness



**HEAT CONDUCTIVITY** 225 W/m°K

**SPECIFIC WEIGHT** 169 lb/ft<sup>3</sup>

**MATERIAL THICKNESS** 3/8" when a ferrite layer is applied to the bottom

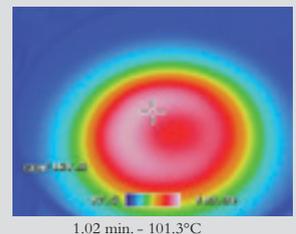
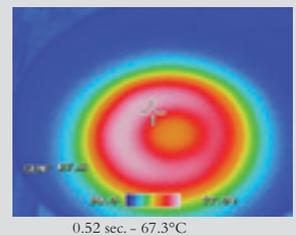
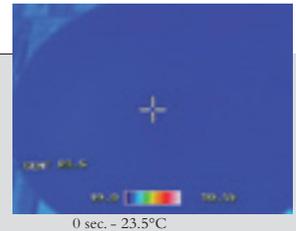
**APPEARANCE** we can have an uncoated, shiny silver one, it can turn brown inside due to spontaneous oxidation of the metal (AL 203), a true inert protective barrier that should not be removed. However there are products on the market that can eliminate this color. Or a non-stick one that remains intact and unaltered until it wears out.

**HANDLE** stainless steel 18/10 tubing, riveted to the body with rivets in AG5 alloy.

*Images with thermo-camera  
of an induction plate*

#### USEFUL ADVICE

- always make sure that the pots are also suited for induction plates;
- always make sure that the induction plate and the surface underneath the pots are perfectly clean;
- set the right power and strength according to the particular use, remember that the heating times of induction plates are much faster, use the potentiometers to reach the cooking temperature (where necessary) more gradually;
- if the induction flickers it means that there is a malfunction because the pot is not in the right position; there is no direct contact with the plate; the frying pan is not suitable; the request for power is too high and so it is not working;
- the best way of using it is for short and "extreme" cooking;
- if the pan is raised even just one millimeter the induction does not work and therefore it precludes any other kitchen jobs (sautéing, creaming, singeing, omelettes etc.);
- there is no danger of burns with the plate lit (with no pan on it), in any case make sure that the cooking utensil was not removed only a short while ago because some residual heat could have been transmitted to the plate by the cooking utensil;
- it is dangerous to leave an empty pan over the lighted induction;
- the plate must always be cleaned simply with a damp cloth



# ALU-INOX®

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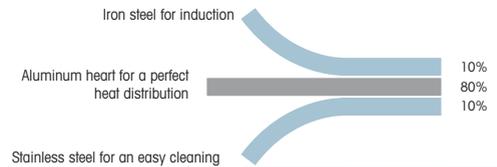
## ADVANTAGES

- safety from the hygiene point of view;
- compliant with the laws regarding containers in contact with food;
- excellent resistance to impacts, thermal shock, scratching and corrosion. Needs no maintenance.
- suitable for induction cooking if a disk in ferritic steel is applied to the oven;
- compliant with the HACCP regulations in force;
- good energy saving thanks to the aluminum core.

## DEFECTS

- high specific weight;
- poor resistance to aggression by coarse salt;
- stainless steel contains fair amounts of nickel and chrome

## COMPOSITION



### HEAT CONDUCTIVITY

190 W/m<sup>2</sup>K

### SPECIFIC WEIGHT

486.72 lb/ft<sup>3</sup> stainless steel  
169 lb/ft<sup>3</sup> aluminum

### MATERIAL THICKNESS

1/8"; exterior 0,02 in;  
intermediate 1/16"; interior 0,02 in;

### APPEARANCE

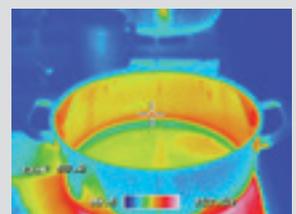
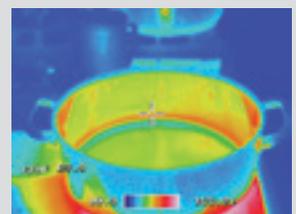
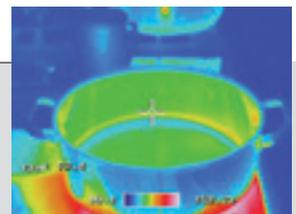
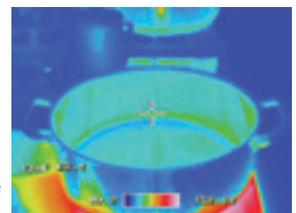
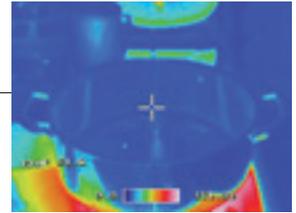
bright and shiny

### HANDLE

stainless steel, welded to the body of the container

### HEAT DISTRIBUTION

the thickness of aluminum on the bottom must be the same as the diameter of the pot, it affects heat conductivity.



### USEFUL ADVICE

- always make sure that the pots are also suited for induction plates;
- always make sure that the induction plate and the surface underneath the pots are perfectly clean;
- set the right power and strength according to the particular use, remember that the heating times of induction plates are much faster, use the potentiometers to reach the cooking temperature (where necessary) more gradually;
- if the induction flickers it means that there is a malfunction because the pot is not in the right position; there is no direct contact with the plate; the frying pan is not suitable; the request for power is too high and so it is not working;
- the best way of using it is for short and "extreme" cooking;
- if the pan is raised even just one millimeter the induction does not work and therefore it precludes any other kitchen jobs (sautéing, creaming, singeing, omelettes etc.);
- there is no danger of burns with the plate lit (with no pan on it), in any case make sure that the cooking utensil was not removed only a short while ago because some residual heat could have been transmitted to the plate by the cooking utensil;
- it is dangerous to leave an empty pan over the lighted induction;
- the plate must always be cleaned simply with a damp cloth.

# INDUCTION

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# COPPER

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## ADVANTAGES

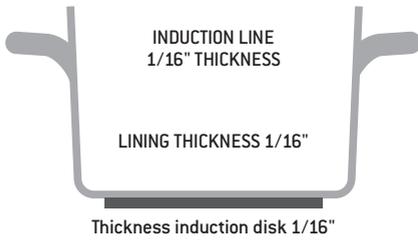
- good energy saving ,thanks to the high heat conduction capacity;
- safety from the hygiene point of view;
- compliant with the laws regarding containers in contact with food;
- excellent resistance to impacts, thermal shock, scratching and corrosion. Needs no maintenance.
- compliant with the HACCP regulations in force.

## DEFECTS

- high specific weight;
- poor resistance to aggression by coarse salt.

## USEFUL ADVICE

- always make sure that the pots are also suited for induction plates;
- always make sure that the induction plate and the surface underneath the pots are perfectly clean;
- set the right power and strength according to the particular use, remember that the heating times of induction plates are much faster, use the potentiometers to reach the cooking temperature (where necessary) more gradually;
- if the induction flickers it means that there is a malfunction because the pot is not in the right position; there is no direct contact with the plate; the frying pan is not suitable; the request for power is too high and so it is not working;
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- there is no danger of burns with the plate lit (with no pan on it), in any case make sure that the cooking utensil was not removed only a short while ago because some residual heat could have been transmitted to the plate by the cooking utensil;
- it is dangerous to leave an empty pan over the lighted induction;
- the plate must always be cleaned simply with a damp cloth



**HEAT CONDUCTIVITY**

320 W/m<sup>2</sup>K

**SPECIFIC WEIGHT**

555 lb/ft<sup>3</sup> copper, 167 lb/ft<sup>3</sup> aluminum, 487 lb/ft<sup>3</sup> s/s

**MATERIAL THICKNESS**

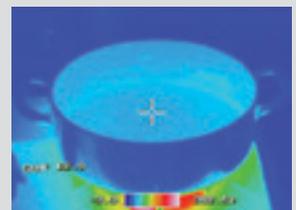
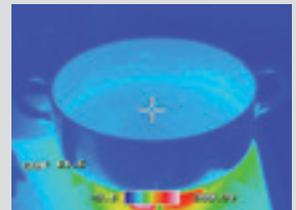
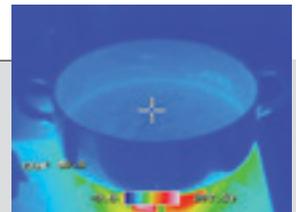
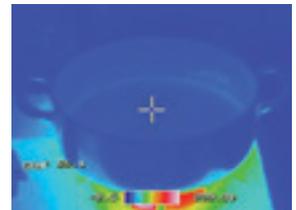
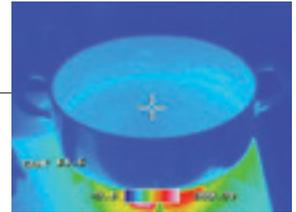
copper 7/16", aluminum 1/8", s/s 0.02 inches

**APPEARANCE**

noble and refined

**HANDLE**

18/10 stainless steel, riveted to the body with rivets in AG5 alloy



**HEAT DISTRIBUTION**

This takes place in a special way due to its innovative three-layer composition: the outer one is copper to ensure better diffusion of the heat over the whole surface, 18/10 stainless steel on the inside to guarantee hygiene safety. Combining two materials that are subjected to great heat shock is not easy because they have different dilation characteristics. The aluminum core guarantees perfect dilation of copper and steel and makes the product elastic

# COPPER 3

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# FOR INDUCTION

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## ADVANTAGES

- good energy saving, thanks to the high heat conduction capacity;
- safety from the hygiene point of view;
- compliant with the laws regarding containers in contact with food;
- excellent resistance to impacts, thermal shock, scratching and corrosion. Needs no maintenance.
- compliant with the HACCP regulations in force

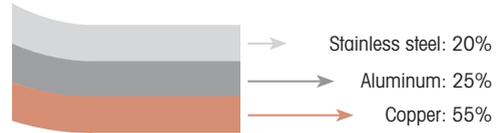
## DEFECTS

- high specific weight;
- poor resistance to aggression by coarse salt;
- stainless steel contains fair amounts of nickel and chrome.

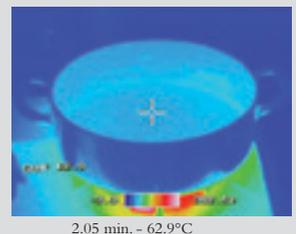
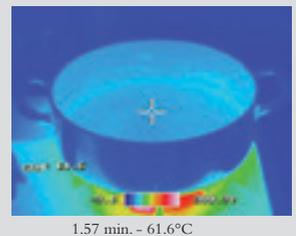
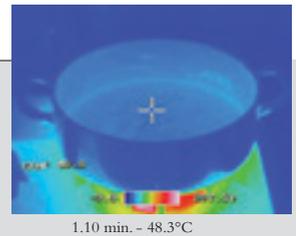
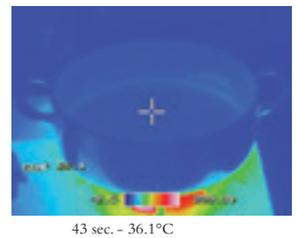
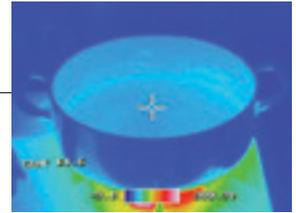
## USEFUL ADVICE

- always make sure that the pots are also suited for induction plates;
- always make sure that the induction plate and the surface underneath the pots are perfectly clean;
- set the right power and strength according to the particular use, remember that the heating times of induction plates are much faster, use the potentiometers to reach the cooking temperature (where necessary) more gradually;
- if the induction flickers it means that there is a malfunction because the pot is not in the right position; there is no direct contact with the plate; the frying pan is not suitable; the request for power is too high and so it is not working;
- the best way of using it is for short and “extreme” cooking;
- if the pan is raised even just one millimeter the induction does not work and therefore it precludes any other kitchen jobs (sautéing, creaming, singeing, omelettes etc.);
- there is no danger of burns with the plate lit (with no pan on it), in any case make sure that the cooking utensil was not removed only a short while ago because some residual heat could have been transmitted to the plate by the cooking utensil;
- it is dangerous to leave an empty pan over the lighted induction;
- the plate must always be cleaned simply with a damp cloth

## COMPOSITION



<b>HEAT CONDUCTIVITY</b>	320 W/m <sup>2</sup> K
<b>SPECIFIC WEIGHT</b>	555 lb/ft <sup>3</sup> copper, 167 lb/ft <sup>3</sup> aluminum, 487 lb/ft <sup>3</sup> s/s
<b>MATERIAL THICKNESS</b>	copper 7/16", aluminum 1/8", s/s 0.02 inches
<b>APPEARANCE</b>	noble and refined
<b>HANDLE</b>	18/10 stainless steel, riveted to the body with rivets in AG5 alloy



## HEAT DISTRIBUTION

This takes place in a special way due to its innovative three layer composition: the outer one is copper to ensure better diffusion of the heat over the whole surface, 18/10 stainless steel on the inside to guarantee hygiene safety. Combining two materials that are subjected to great heat shock is not easy because they have different dilation characteristics. The aluminum core guarantees perfect dilation of copper and steel and makes the product elastic.

# SHAPES AND USES OF COOKING INSTRUMENTS



*The precise use of the cooking instruments depends on their shapes. Their purpose of use and maintenance vary according to their shape and materials.*

# THE RIGHT INSTRUMENT FOR EVERY KIND OF COOKING



## POT

ALUMINUM - S/S

The pot is used for liquids that are to boil for a long time and to have boiling water or broths always available in the kitchen. It is not usual to make sauces in them or to cook anything that is not boiled.

POACHING - BOILING  
BLANCHING

## OMELETTE PAN

ALUMINUM - COPPER - ALUINOX  
NON-STICK

Suited for cooking food in pieces, braised, stewed or roasted. It serves many purposes either on the hob or in the oven. The lid makes it possible to keep the food from drying out while cooking.. The omelette pan can also be used as a serving dish.

ROASTING - BRAISING  
STEWING

## CASSEROLE PAN

ALUMINUM - COPPER - ALUINOX  
NON-STICK - OLLAR STONE

The version with the handle is widely used for making sauces, gravies, mixing ingredients, making creams. The two-handled one comes in a wide range of sizes, which amount to a set of kitchen equipment. They are easy to handle and have many uses; they are suited for various types of cooking, boiling, braising and stewing.

BRAISING - ROASTING  
COOKING IN THE OVEN  
COOKING AU GRATIN  
STEWING

## FRYING PAN

ALUMINUM - CARBON STEEL  
ALUINOX - NON-STICK

Depending on the dimensions, the iron one can be used for sautéing substances not containing much water and for frying. The non-stick pan is useful for sautéing pasta, vegetables braised with butter, opening mussels. Usually used for instant and fast cookery. A kitchen that deals with "à la carte" orders certainly needs to use this kind of pan, which is definitely the most versatile utensil

CARAMELLING  
FRYING  
SAUTENING  
CREAMING

## FISH KETTLE

ALUMINUM - COPPER - STAINLESS STEEL

Suited for cooking food in pieces, braised, stewed or roasted. It can be used in many ways, either on the hob or in the oven. The lid makes it possible to keep the food from drying up while cooking. It can also be used as a serving dish. It has to be light and easy to handle.

BOILING - STEWING  
COOKING IN THE OVEN  
STEAM COOKING

## ROAST PAN

ALUMINUM - COPPER

It can be used for cooking either on the hob or in the oven. The braising pan, which has a perfectly fitting lid, can be used to cook excellent braised meat while the pan with low sides, known as a rectangular pan or a roasting pan, is used for oven cooking.

BRAISING - STEWING  
ROASTING  
COOKING IN THE OVEN  
STEM COOKING



*Due to its generic meaning, it is the most cited cooking container in books. Its function is limited to immersion cooking. Usually rounded in shape, it became cylindrical but has always had two handles and a lid. Its walls are as high as its diameter and it is usually large in dimension, so large in fact that it has been assigned the names boiler, cauldron and pot. The name pot descends from the fact that, originally, it hang from the trivet by a chain and hence, “pendula”.*

# POT

## MAINTENANCE AND PROCESSING

It always has to be clean, and never left on a spent heat source where broths or water can stagnate. It should be placed in such a way to ensure that boiling is always steady. In the pot, the heat-transmitting element is the liquid which is placed inside. It is for this reason that the material to be used cannot be of high thermal conductivity. In kitchens the principle of maintaining a hot base, or having boiling water always ready in any event, is often used.

In the pots, we can cook very good boiled foodstuffs, or soups which have long cooking times, which can then be blended with a blender. The water must be salted only at boiling point and never before, in order to help it dissolve and avoid it attacking the metal.

In the pots, we can cook very good boiled foodstuffs, or soups which have long cooking times, which can then be blended with a blender. The water must be salted only at boiling point and never before, in order to help it dissolve and avoid it attacking the metal.

## USE

Liquids to be boiled for a long time are placed in the pot. The pot is used to ensure that boiling water or broth are constantly available in kitchens. It is not usually employed to cook sauces or to cook something that is not to be boiled.

## MATERIAL

- Stainless steel
- Aluminum

*The name derives from the Greek “Kyathos”, bowl. It is cylindrical in shape and always has a perfectly-closing lid. It has either a single handle which is as long as the diameter of the base, or it can have two handles. It has been used for both cooking and as a container to take to the table. When it has a height equal to roughly a third of its diameter, it is called a deep casserole dish. It can have a single handle or two handles.*



# CASSEROLE DISH

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## USE

For cooking we can affirm that the best are the tin-plated copper and aluminum ones, due to their conductivity and manageability. When taking it to the table, we prefer to use those made from tin-plated copper. All the deep casserole dishes with two handles are extremely versatile, and hence the name “faitout”, while the shallow casserole dishes are suitable for all types of risottos and for braising and roasting.

## MATERIAL

- Tin-plated copper
- Aluminum

## MAINTENANCE AND PROCESSING

The version with one handle is often used to make sauces, thicken sauces, mix compounds, and to make creams.

It is useful to pay attention to which materials are used on the interior surface.

A wooden or polyethylene spoon is preferable. According to us the best utensils to use are those comprising of black plastics, labelled with the phrase: “Heat Resistance up to 210°C”.

The ones with two handles come in a wide range of sizes and make up a proper set of kitchen pans. They must always be washed carefully and never overheated before use. Always use a moderate heat and do not use if the tin-plating is worn out. They are manageable and multi-purpose and can be used for various types of cooking; boiling, braising and stewing

*It is a metallic round-based vessel with a curved edge and the length of the handle is usually equal to the diameter of the pot itself. It is the most used and the most talked-about in Italy*



## LIONESE PAN

### MAINTENANCE AND PROCESSING

**Carbon Steel:** The first time it is used, it is advisable to heat some olive oil in to about 120°. Remove from the heat and leave to cool down. Drip and dry with paper towels, then make sure that it is uniformly greased. After use and before putting it aside, it is advisable to wash it carefully, grease it again and remove the excess grease with paper towels. Once upon a time, it was normal to clean the pots simply with rock salt, but this is a procedure that may be suitable only between one passage and another during cooking.

**Aluminum:** On first use grease well with oil or butter and rinse carefully. It is also convenient for tossing and allows a good mixing of food.

**Tin-plated copper:** do not use if the tin-plate is worn out and never put the empty container on the heat source, that is to say, when it has no food inside. Use mixing utensils made of wood or expanded polyethylene.

### USE

Certainly for cooking the tin-plated and aluminum ones are best, because of their conductivity and ease of handling. For serving the finished dish at the table we prefer the tin-plated copper ones.

All the two-handled casseroles are very versatile, which is why they are called “faitout” (all-purpose), while the shallow casseroles are suited for every kind of risotto and for braising and roasting.

### MATERIALS

- Stainless steel
- Aluminum

*This type of pan has two handles.  
It always has a lid and the base rests perfectly  
on the entire surface. Two types of borders exist,  
one which is slightly rounded  
and a right-angled one*



# SAUCE PAN

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# 2 HANDLES

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## USE

Is suitable for cooking food in pieces, by braising, stewing, or roasting. It is a multipurpose pan, which can be used on the hob or in the oven. The lid is indispensable because it allows the moisture in the food to be maintained during cooking. It can also be used as a container to take to the table

## MATERIALS

- Tin-plated copper
- Aluminum

## MAINTENANCE AND PROCESSING

The high conductivity of the materials is the fundamental characteristic of this cooking instrument.

On first use, grease the inside with oil or butter, then rinse well. If it is made of tin-plated copper, do not put it on the heat source when empty, i.e. when there is no food inside, and do not use if the tin-plated coating is worn out. Attention should be paid to which metals are used on the interior surface.

Wooden spoons or utensils made of black plastics labelled with the phrase: "Heat Resistance up to 210°C" should be used.

*It is the container which is deep, is rectangular in shape and can have two free-falling handles. The deep container, the braising dish, was created to substitute the oval cast carbon steel pot, while the roaster is shallow*



# RECTANGULAR ROAST PAN

ROASTING DISH - BRAISING DISH

## MAINTENANCE AND PROCESSING

Materials are needed which are highly heat conductive. For the braiser it is necessary to cook in moist conditions, and it is possible to do this both on the hob and in the oven. For roasting it must be used in the oven, making use of the entire surface. It's capacity is optimum for any type of product.

On first use, grease the inside with oil or butter, then rinse carefully. Do not put the container on the heat source when it is empty, that is to say, when there is no food inside it and do not use if the tin-plating is worn out.

## USE

On the basis of its shape it is used for both cooking on the hob and in the oven.

The roasting dish, which has a perfect closing lid, allows the cooking of excellent braised dishes.

The shallow version, named the rectangular sauce pan, or roasting dish, is for oven cooking, i.e. roasting.

## MATERIALS

- Tin-plated copper
- Aluminum

*As indicated by the word itself, it is one of the first oval-shaped containers.*

*The sides are slightly flared at the opening and it has a particularly heavy air-tight lid. It always has two handles at the extremities of the long part.*



# OVAL CASSEROLE PAN

## USE

It is not clear whether this was designed to be used for braising, or if braising was created from the oval cast-iron pot.

Definitely recommended for cooking birds whole, both on the hob and in the oven. In many gastronomic traditions it is placed on the table and the head of the household carves out the portions.

## MATERIALS

- Tin-plated copper
- Aluminum

## MAINTENANCE AND PROCESSING

Is very good when cooking for long periods, as, thanks to the heavy lid, it keeps in the moisture and it is not necessary to stir continuously.

It is possible to use it in the browning stage of cooking and then for stewing.

Having two handles, it can be used for cooking on the hob as well as in the oven. It is possible to use it to braise whole tubers. Thanks to the perfect closure of the lid it is not necessary to add liquids to those already present in the tubers. It is probably one of the oldest and healthiest cooking systems. With the oval aluminum casserole dish we can drop the temperature to its lowest level and let the metal properties do the rest.

*It is oval in shape, but elongated lengthwise. It can accommodate large fish.  
Many types of fish pan exist and they all have a liquid-collection grill.  
It always has two handles at the longest extremities and a light, air-tight lid.  
The same grill can be placed at different heights within the fish pan, by  
turning it over on itself.*



## FISH PAN

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### MAINTENANCE AND PROCESSING

All fish products can be cooked in the fish pan. Large, live, crustaceans can be tossed into the boiling court bouillon, and large scaled and gutted sea-fish can be boiled to prepare highly presentable dishes. Thanks to the grill, we can cook everything, and even steam food. Traditionally or for practicality, pig's trotter and snouts are also cooked in the fish pans. One must simply pay attention to the maintenance and cleaning of the internal grill, which should be carefully cleaned, dried and covered with cling-film in order to prevent it collecting dust and oily substances.

### USE

Must be light and manageable. Suitable for boiling, au bleu, poaching and court bouillon. Some are suitable for oven roasting or braising.

### MATERIALS

- Aluminum
- Tin-plated copper

*Made of aluminum 3/16" thick; the high conductivity of the material and the "bowl" shape, with a radius of curvature that starts in the center and becomes more marked until the edge, which is typical of this utensil and makes it innovative, versatile to use and suited for different preparations. Something like a wok, the versatility of this utensil springs from the idea of being able to use the same cooking utensil for various preparations, and managing the quantity of portions to be prepared.*



# ALUMINUM CURVED SAUTÉ PAN

## USE

As its name implies, it is a tool for creaming, the operation of blending ingredients together. However the term can also be applied to a total cooking procedure, from the start, that is to say the raw state, until the dish is ready. In creaming it has always been difficult to find materials and shapes not merely to enable it but also to optimize it by providing the right proportion between all the different aspects involved in creaming.

## MATERIALS

- Aluminum

## MAINTENANCE AND PROCESSING

On first use, grease the inside with oil or butter, then rinse carefully. It is easy to handle for sautéing and for blending the foods in it well. It is important to take care with the metals used for mixing and softening. Wooden spoons are preferable, or polysulfonate tools marked "Heat Resistance up to 210°C".

*In the heritage of the Italian dialect, it has various names, but it is the only object which always has the same function. The shape of the lids depends on the container used for cooking: circular, oval, rectangular, in each case guaranteeing a perfect closure.*

*Usually the oval one is heavier and is convex. In the 800's the first lids appeared, having a concentric projection in the centre and a handle known as the "traversino" or "ponticello". In this way it aided closing and lifting, attenuating the dripping of the vapours from the boiling liquids.*



## COVER

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### MAINTENANCE AND PROCESSING

It is important to know how to always keep them clean. They are very useful in the kitchen, even if in many kitchens they are forgotten about and thus become abandoned. Sometimes the energy and time savings depend on lids. In some dishes they improve the quality of the food itself, substituting the more inappropriate tin foil.

### USE

The cover has various functions; to cover a recipient in order to maintain the heat, to quicken boiling, to maintain moisture, and for hygiene. It often comes in many shapes and can vary in terms of weight and robustness.

### MATERIALS

- Tin-plated copper
- Aluminum
- Stainless steel

The *Gastronorm 1/1* regulation is the required standard for baking tins and basins that differ in their capacity, and thus the possibility of containing liquids, and in the shape of the edges that enables them to be piled one on top of the other and to use watertight polycarbonate lids.

This aspect becomes important during preserving, storage or transport of foods and is therefore important for cooking centers or canteens that prepare meals for communities.



# GASTRONORM

## USE

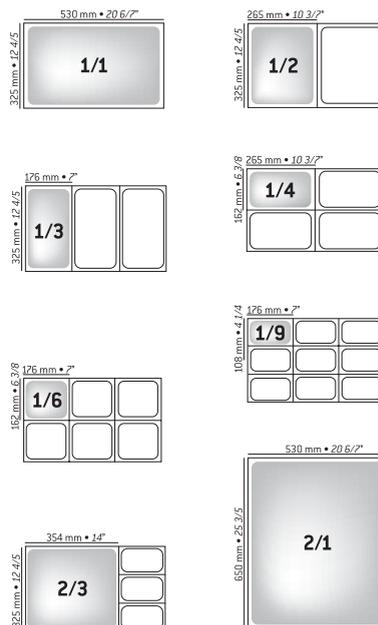
Containers for cooking and transporting food, ideal for preserving, preparing, cooking, transporting, serving and removing food during catering operations.

They can also be perforated (with holes) or perforated and insertable in another container during cooking. The lids may be spillproof to prevent leakage of liquids during transport.

## MATERIALS

- Aluminum
- Stainless steel
- Polycarbonate
- H-Pan
- Polypropylene
- Porcelain
- The basins and/or baking tins can be of heights varying from 13/16" to 7 7/8" with intermediate sizes of 1 9/16", 2 9/16", 3 15/16", 5 15/16"

## BASIC MODULE AND DERIVED DIMENSIONS



# COOKING

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# METHODS

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## POACHING 8.1

Involves cooking food by immersing it in a liquid that does not exceed 176°F. Cooking in a bain-marie is also considered to be a type of poaching.

**THE SHAPES:** Deep casserole pan - low casserole pan - bain-marie

**THE MATERIALS:** Steel - Aluminum

## ROASTING 8.2

There are two types of roasting. The most well-known is oven roasting, the other is skewing. Roasting means cooking a food using a fatty substance and in the absence of liquids.

Initially the temperature has to be approximately 200° and then reduced to 150°/140° for cooking in the oven, while for skewing an initial temperature of 260° is used, being reduced to approximately 180°.

**THE SHAPES:** Deep casserole pan - Low casserole pan  
Oval casserole pan - Rectangular roast pan - GN

**THE MATERIALS:** Aluminum - Tin-plated copper



*Boiling*



*Cooking in a wrapper*



*Roasting*

## **BRAISING**

**8.3**

Braising is usually carried out for red meats, while the same cooking technique for white meats or vegetables is known as deglazing. This technique involves browning the food together with aromatic herbs, vegetables and oil or butter at a rather high temperature. The food is subsequently deglazed with wine, drenched with up to a 1/3 of brown sauce and covered. It is then put in the oven at 180°, keeping it constantly moist with its own liquid during cooking.

**THE SHAPES:** Oval casserole pan - Braising dish - Rectangular roast pan - deep/low casserole pan - GN

**THE MATERIALS:** Aluminum - Tin-plated copper

## **BOILING**

**8.4**

According to what is being prepared, it is possible to boil a food by starting with either cold or hot water. Boiling consists of cooking a food in a vessel containing a liquid, with or without a lid, maintaining a temperature slightly greater than 100°.

**THE SHAPES:** Pot - Deep casserole pan - Fish pan

**THE MATERIALS:** Stainless Steel - Aluminum

## **CARAMELIZING**

**8.5**

Caramelizing involves bringing the sugar placed in a container to a temperature of 175°. If dried fruit is added to the sugar at the moment of boiling, this is known as sanding and pralination. It is also possible to caramelize fresh fruit and vegetables

**THE SHAPES:** Deep/low casserole pan - Small casserole pan for the sugar - “Bastardella”

**THE MATERIALS:** Aluminum - Un-plated copper

## **COOKING IN A WRAPPER**

**8.6**

Cooking in a wrapper consists of placing the relevant food, together with the desired aromas and seasonings, on a thin sheet of aluminum or a baking sheet. A wrapper is formed by closing the ends, creating an air-tight seal. Cooking can be carried out in the oven or on a hot griddle.

**THE SHAPES:** Thin sheet

**THE MATERIALS:** Aluminum



*Frying*



*Cooking on the grill*



*Cooking in the oven*

## COOKING IN THE OVEN

8.7

The technique of oven cooking must be carried out in the absence of liquids, fats, or lids. It is normally used to cook things to be put into moulds or trays (bread, sponge-cake, plum cake etc..)

**THE SHAPES:** Moulds - Rings - Shapes - Baking pan G/N

**THE MATERIALS:** Aluminum - Non-stick aluminum

## COOKING ON THE GRILL OR ON THE GRIDDLE

8.8

Consists of placing the food, which is usually lightly seasoned, on a pre-heated carbon steel grill. The same applies for the griddle, which can however be made from different materials

**THE SHAPES:** Grill - Griddle

**THE MATERIALS:** Aluminum - Non-stick aluminum

## SAUTÉING

8.9

Sautéing is the most utilised technique for à la carte preparations (sautéed potatoes, fillet of fish, meat medallions, the creaming of fresh and dry pasta etc..) and consists of cooking the food by adding a minimal amount of fat or liquid inside the pot, using vertical or horizontal rotary movement

**THE SHAPES:** Shallow flared pot - Deep flared pot - Pot for creaming

**THE MATERIALS:** Aluminum - Non-stick aluminum - Tin-plated copper

## STEAM COOKING

8.10

One can steam cook in the oven, in the steamer, in bamboo baskets, or in pressure cookers. Steam cooking means cooking without the food coming into direct contact with water or other liquids but only with the water vapour produced by the liquid itself when it reaches a temperature usually greater than 100°.

**THE SHAPES:** Steamer - Cylindrical baskets with cover

**THE MATERIALS:** Aluminum - Steel - Bambù

## FRYING

8.11

Frying involves immersing a food in a fatty substance (pig fat, fractionated oils, extra virgin olive oil, clarified butter etc..) at a temperature of between 160°/180° according to the food that is to be prepared.

**THE SHAPES:** Fry pan

**THE MATERIALS:** Carbon Steel



*Cooking au gratin*



*Parboiling*



*Stewing*

## COOKING AU GRATIN

8.12

Consists of producing a thick or thin crust on top of a cooked food. It is done in an oven between 260°/300° or in a salamander.

**THE SHAPES:** Low GN pan - Deep GN pan

**THE MATERIALS:** Aluminum

## CREAMING

8.13

Rather than an actual cooking technique, it is the process which allows the binding of pasta and rice to the various ingredients used in the preparation of a dish. It is usually performed by adding a fat into the vessel used for the preparation of the dish itself

**THE SHAPES:** Pot for creaming - Low casserole pan - Deep flared pot

**THE MATERIALS:** Aluminum - Copper

## PARBOILING

8.14

Cooking technique that is used to keep the color of vegetables alive and to remove fat from bones before using them in various preparations. Consists of putting the vegetables in boiling water for a few seconds and then cooling them quickly in cold water and ice. For the bones, one starts with cold water. Parboiling can also be done in oil at 130°.

**THE SHAPES:** Pot - Low casserole pan - Deep casserole pan

**THE MATERIALS:** Steel - Aluminum

## STEWING

8.15

Stewing does not only involve the preparation of meat but also of moist food and vegetables. Stewing is carried out by pouring a fatty substance, with aromatic herbs and vegetables, into a mould; it is then left to stew and the main food is added and left to brown slightly. The liquid is then added, the pot is covered and the food is left to cook on a low flame.

**THE SHAPES:** Deep/Low casserole pan - Baking pan

**THE MATERIALS:** Steatite - Tin-plated copper - Aluminum

## VACUUM COOKING AT LOW TEMPERATURES

8.16

Good knowledge and proper use of the utensils in the kitchen ensures longer duration and better performances. Therefore, in the following pages we explain the differences and particular features of the cooking utensils and give simple recipes and more technical information

**THE SHAPES:** Conventional oven (particular program) - Sous Vide cooker

# TECHNICAL DATA SHEETS



*Good knowledge and proper use of the utensils in the kitchen ensures longer duration and better performances. Therefore, in the following pages we explain the differences and particular features of the cooking utensils and give simple recipes and more technical information.*

# GASTRONORM 1/1 PAN

## FOR THE OVEN

UNDERSIDE OF BEEF SERVED WITH  
REDUCED VALCALEPIO WINE,  
ORANGES AND GREEN ONIONS



**COOKING TECHNIQUE** roasting

**METHOD** roasting in the oven

**COOKING INSTRUMENTS**

GN oven pan  
low aluminum casserole pan

**PREPARATION** Put the sliced bread in a cutter together with the garlic, anchovies, parsley, lard and egg yolk. Using a palette knife, spread out the resulting stuffing onto the belly, or alternatively, cut into the belly with a flaying knife and stuff with the help of a patisserie bag. Depending on what is being prepared, roll up and bind the belly, or alternatively, sew it up. Rub the belly with oil, salt and pepper. Place on a GN pan and cook in the oven at 60°C with 20% humidity. Pour the orange juice, together with the wine and the sliced green onions, into a shallow Aluminum casserole dish. Reduce and add the brown sauce. Adjust the taste and reduce the final preparation. Filter through a chinois sieve. Serve the belly with sauce and mashed potatoes or polenta.

### INGREDIENTS

- ✓ *Beef Underside*  
"la Granda" 63.49 oz
- ✓ *Breadcrumbs gr.* 2.47 oz
- ✓ *Parsley* 0.07 oz
- ✓ *Anchovies in oil* 0.07 oz
- ✓ *Garlic* 0.04 oz
- ✓ *Salted lard* 0.53 oz
- ✓ *Egg yolk* 0.71 oz
- ✓ *Red Valcalepio Wine*  
17.64 oz
- ✓ *Orange juice* 10.58 oz
- ✓ *Green onions* 2.82 oz
- ✓ *Brown sauce* 2.12 oz
- ✓ *Sugar as required*

**SIZES**

Gn 1/1

**AGNELLI  
CATALOG**

**GNP 11**

### IDEAL FOR

- Roasting meat.
- Cooking first courses in the oven.
- Cooking stews and casseroles in the oven

### ALTERNATIVE TYPES OF COOKING

- Cooking first courses au gratin.
- Cooking desserts in the oven

### EVALUATIONS

- Does not bend at high temperatures (2 mm).
- Indispensable for catering and banqueting services.
- Matching air-tight cover.
- Ideal for Cook and Chill.
- Easy to clean

### USEFUL ADVICE

Ideal for roasting meats and poultry, and oven-baked products such as bread and flat bread. Medium height Pans are specified for cooking crepes and cannelloni au gratin or for the preparation of lasagne. The taller versions can also be used for roasts, stews and casseroles. Due to its considerable thickness (5/64") it does not bend at high temperatures and allows browning on the hotplate or on the flame before the food is placed in the oven, thereby saving time and safeguarding the flavours. It may be used with an air-tight cover to aid in the transportation stage from the kitchen to the coldroom, thus offering the maximum in hygiene and reducing the risk of cross.

# TWO HANDLED S/S POT

POACHED EGG SERVED WITH BROAD BEANS, PECORINO CHEESE, SPRING ONIONS AND SMOKED BACON



## INGREDIENTS

- ✓ Fresh eggs nr. 8
- ✓ Broad beans 3.53 oz
- ✓ Spring onions 5.29 oz
- ✓ Pecorino cheese 2.12 oz
- ✓ Smoked bacon 2.12 oz
- ✓ Home-made bread 2.12 oz
- ✓ Extra virgin olive oil as required
- ✓ Season as required

**COOKING TECHNIQUE** poaching

**METHOD** poaching

## COOKING INSTRUMENTS

S/s pot with two handles

## COMPLEMENTARY INSTRUMENTS

Flared, shallow, non-stick aluminum pots

**PREPARATION** In a deep steel casserole pan, bring the water to a temperature of 85°C. Pour in a drop of vinegar. Break the eggs into a soup plate and let them slip into the water. Cook them for approximately 4 minutes. Remove the skin from the broad beans.

Cut the spring onions into six. Heat the non-stick pot with a drop of oil. Fry the spring onions with the broad beans, keeping the latter "al dente". In the same pot, brown the pieces of bread, together with the bacon and a drop of oil if needed. Arrange on the plate as desired and top with the flaked pecorino cheese.



<b>SIZES</b>	from 7 7/8" to 23 5/8"
<b>THICKNESS</b>	5/64"
<b>AGNELLI</b>	
<b>CATALOG</b>	art. 3103

## IDEAL FOR

- Poaching in water
- Boiling in broth

## EVALUATIONS

- Optimum durability over time
- Not always easy to handle due to its weight
- Not very versatile, as it is only specified for immersion cooking
- Does not require maintenance
- Does not offer a very homogenous heat distribution

## USEFUL ADVICE

Ideal instrument for cooking pasta and for preparing broth. Due to its poor thermal conductivity, it is perfect for poaching, such as the poaching of eggs, since the water inside the pot must never boil.

Thanks to its shape the pot also lends itself to another preparation, namely the poaching of octopus or boiled meats. Remember never to salt the water before it boils in order to prevent the salt from attacking the steel.

# NON-STICK ALUMINUM PAN WITH ONE HANDLE

## CHICKEN BREAST WITH ONIONS AND POTATOES IN A SOYA SAUCE



### INGREDIENTS

- ✓ Chicken breasts 21.16 oz
- ✓ Spring onions 7.05 oz
- ✓ Potatoes 7.05 oz
- ✓ Chicken stock 4.23 oz
- ✓ Soya sauce 1.06 oz
- ✓ Extra virgin olive oil as required
- ✓ Salt and pepper as required

**COOKING TECHNIQUE** sautéing

**METHOD** sautéing with oil

### COOKING INSTRUMENTS

Non-stick Aluminum pan  
with handle

### COMPLEMENTARY INSTRUMENTS

- GN pan
- non-stick Aluminum
- Low tinned-copper casserole pan

**PREPARATION** Pour a drop of oil in a non-stick pot and brown the chicken breasts for 3 minutes. Cut the breasts and position them on a non-stick GN pan. Place the potatoes in the same pot where the breasts were beate up and begin by lightly cooking them. At a third of the way through cooking, add the spring onions. Finish cooking by sautéing the food in the pot at regular intervals. Finish cooking the breasts in the oven at approximately 160°C. Reduce the soya sauce in a copper casserole dish. Serve the scalloped breasts with a side-dish and the reduced sauce.



**SIZES** from 7 7/8" to 19 11/16"  
**THICKNESS** 1/8"  
**AGNELLI**  
**CATALOG** art. 111/BS

### IDEAL FOR

- Sautéing with oil
- Cooking without liquids

### EVALUATIONS

- Good durability if used correctly
- Optimum manageability and practicality
- Fairly versatile due to the numerous preparations that can be made
- Replace the instrument if the anti-stick surface becomes worn out or damaged

### USEFUL ADVICE

Very versatile instrument. It is mainly used for dynamic and quick cooking such as the browning of small pieces of meat and fillets of fish. The slightly flared shape also allows it to be used for sautéing and for creaming pasta dishes, with optimum results. It can also be used when preparing food that requires the use of very little fat, without the ingredients becoming stuck to the bottom. Its thermal conductivity also allows the preparation of caramel. Never leave the empty pan on the flame.

Avoid the use of knives and sharp instruments when preparing the food. Do not use wire wool and do not scrape when washing.

# ALUMINUM

## GASTRONORM PAN 1/1

### ROASTED CHICKEN THIGHS WITH ROSEMARY, LEMON AND GREEN PEPPER



**COOKING TECHNIQUE** roasting

**METHOD** roasting in the oven

#### COOKING INSTRUMENTS

Aluminum GN pan 1/1

#### COMPLEMENTARY INSTRUMENTS

- Shallow tinned-copper casserole dish with two handles
- Deep Aluminum casserole dish with two handles

**SIZE** height 25/32" - 1 37/64" - 2 9/16"  
**THICKNESS** 3/64"  
**AGNELLI CATALOG** art. 182 - 1/1

#### INGREDIENTS

- ✓ Chicken thighs n. 10
- ✓ Celery 2.47 oz
- ✓ Carrots 1.76 oz
- ✓ White onions 1.76 oz
- ✓ Peeled baby tomatoes 3.52 oz
- ✓ Extra virgin olive oil as required
- ✓ White wine 17.64 oz
- ✓ Lemon n. 2
- ✓ Green peppers 0.14 oz
- ✓ Salt as required
- ✓ Rosemary 0.07 oz
- ✓ Pecorino cheese as required

**PREPARATION** De-bone the thighs and put the bones in an Aluminum GN pan. Put in the oven at 200°C until the bones appear brown. Wash and clean the celery, carrots and onions, and cut into slightly large pieces. Pour a drop of oil in a deep Aluminum casserole dish and brown the vegetables. Add the rosemary to the casserole dish and wet with white wine; allow it to evaporate. Cover with cold water and add the peeled tomatoes. Cook for approximately two hours. Arrange the chicken thighs on the pan and drizzle on a bit of oil and a sprinkle of salt. Place the pan in the oven at 220°C for 5 minutes, then lower the temperature to 160°C. In the meantime, filter the chicken stock and reduce it with some green peppers and lemon juice. Serve the slightly scalloped thighs with the reduced sauce and a bit of mash, together with the flaked pecorino cheese.

#### IDEAL FOR

- Roasting second courses consisting of meat
- Oven cooking first courses au gratin

#### ALTERNATIVE TYPES OF COOKING

- Cooking first courses au gratin.
- Cooking desserts in the oven

#### EVALUATIONS

- Good durability over time
- Optimum manageability as it is very light
- Suitable for all types of cooking in the oven
- Does not require maintenance
- Does not bend while in the oven, even at high temperatures

#### USEFUL ADVICE

Ideal for preparing all types of oven-baked products, both in the domestic kitchen and in the bakery. The shallow 25/32" pans are ideal for the preparation of roasts such as poultry and meat, and oven-baked products such as bread and flat bread. The deep 1 37/64" high pans are optimum for preparing crepes and cannelloni au gratin. The 2 9/16" high pans are specified for preparing lasagne. The dimensions also allow the direct passage from the oven to the chiller. In addition, the Aluminum pans do not bend in the oven, even at high temperatures.

# LOW TINNED-COPPER CASSEROLE POT WITH TWO HANDLES

DRY WHITE WINE AND  
ROSEMARY RISOTTO



**COOKING TECHNIQUE** stewing

**METHOD** cooking rice

**COOKING INSTRUMENTS**

shallow tinned-copper casserole dish  
with two handles

**COMPLEMENTARY INSTRUMENTS**

- Stainless steel pot
- Shallow Aluminum casserole dish  
with one handle

**PREPARATION** In a shallow

Aluminum casserole pot, reduce part  
of the wine with the green onions,  
half of the rosemary and a pinch of  
sugar. When reduced, add the cream  
and boil again for 5 minutes. Strain  
everything and put to one side. In a  
shallow copper casserole dish, toast  
the rice with a little butter and then  
add the wine.

Allow the wine to reduce and then  
add the stock, a little at a time. Finish  
cooking and thicken with the cream,  
cheese, butter and chopped rosemary.

**SIZES** from 7 7/8" to 17 23/32"  
**THICKNESS** 5/64"  
**AGNELLI**  
**CATALOG** art. 106/CU

**IDEAL FOR**

- Stewing
- Reducing sauces

**ALTERNATIVE TYPES OF COOKING**

- Stewing meat

**EVALUATIONS**

- Good durability over time if used  
correctly
- Slightly heavy
- Optimum versatility, as it can be used for  
a variety of preparations
- Requires periodical re-tinning
- Can be used to serve food at the table

## INGREDIENTS

- ✓ *Carnaroli rice* 9.88 oz
- ✓ *Green onions* 1.76 oz
- ✓ *Dry white wine (Prosecco)*  
14.11 oz
- ✓ *Rosemary* 0.07 oz
- ✓ *Parmesan cheese* 1.41 oz
- ✓ *Butter* 1.06 oz
- ✓ *Meat stock* 0.264 gal
- ✓ *Cream* 7.05 oz
- ✓ *Sugar* 0.18 oz

## USEFUL ADVICE

Is mainly used for rice preparations. If using the cover, it can also be utilised for other cooking techniques such as the braising of red meats or the glazing of vegetables and white meats. Thanks to its high thermal conductivity, it lends itself to stewing, a preparation that requires a moderate and constant heat source. Never leave the casserole dish on the flame when empty and avoid using sharp metal utensils in order not to compromise the tin plating. Must not be used if the layer of tin is worn out. It must first of all be re-tinned.

# BRAISING DISH WITH ALUMINUM COVER

## SHOULDER OF BEEF WITH A RICH POLENTA



### INGREDIENTS

- ✓ *Shoulder of beef* 42.33 oz
- ✓ *Celery* 4.23 oz
- ✓ *Carrots* 3.53 oz
- ✓ *Onions* 3.53 oz
- ✓ *Aromatic mix n. 1*
- ✓ *Red wine* 35.3 oz
- ✓ *Brown sauce* 12.35 oz
- ✓ *Salt and pepper as required*
- ✓ *Bay leaf* 0.04 oz
- ✓ *Juniper* 0.04 oz
- ✓ *Cornflour* 10.58 oz
- ✓ *Water* 52.91 oz
- ✓ *Cheese (Branzi cheese)*  
8.82 oz
- ✓ *Sage* 0.08 oz
- ✓ *Extra virgin olive oil as required*
- ✓ *Butter as required*

### USEFUL ADVICE

Its main function involves braising large pieces of red meat. Due to its dimensions it can also be used to glaze a large number of chickens and guinea-fowl or lots of vegetables at the same time. If a grill is placed at the bottom, it can be used for the pasteurization of products in jars, such as jams and preserves. Depending on its dimensions, it can be used both in trivalent ovens and in the traditional oven.

**COOKING TECHNIQUE** braising

**METHOD** braising

### COOKING INSTRUMENTS

Braising dish with Aluminum cover

### COMPLEMENTARY INSTRUMENTS

- Un-tinned copper pot
- Aluminum pot

**PREPARATION** Peel the carrots, celery and onions. Cut into rough pieces. Pour a drop of oil in an Aluminum braising dish and brown the vegetables. Add the seasoned meat. Brown the meat for a few minutes and then add the red wine. Add the stock and cover the braising dish. Put in the oven and cook at 170°C, often basting the meat with its own stock. Cook the braised meat until it becomes tender, but not so as to cause it to break up. In an un-tinned copper pot bring the water to the boil. Pour in the flour, stirring continuously to avoid the formation of lumps. Cook for approximately an hour and add the cheese in small pieces. In an Aluminum pot, brown the sage with butter and add to the polenta.



### SIZES

from 15 3/4" x 11 1/32"  
to 31 1/2" x 19 11/16"  
1/8"

### THICKNESS

AGNELLI

CATALOG

art. 177 bis

### IDEAL FOR

- Braising

### EVALUATIONS

- Good durability over time
- Fairly manageable due to its dimensions
- Limited versatility
- Does not require maintenance
- Guarantees a uniform distribution of heat

# CAST IRON OVAL POT WITH TWO HANDLES

## STEWED LAMB WITH ARTICHOKES, SHALLOTS AND MINT



### INGREDIENTS

- ✓ Lamb 70.55 oz
- ✓ Artichokes n. 10
- ✓ Shallots n. 30
- ✓ Lamb stock as required
- ✓ White wine 5.29
- ✓ Extra virgin olive oil 1.06 oz
- ✓ Salt and pepper as required
- ✓ Lemon rind as required
- ✓ Fresh mint 0.35 oz

**COOKING TECHNIQUE** stewing

**METHOD** stewing

### COOKING INSTRUMENTS

Cast iron oval pot with two handles

### COMPLEMENTARY INSTRUMENTS

- Non-stick Aluminum pan with one handle

### PREPARATION

Clean and cut the artichokes in half. Peel the shallots.

Cut the lamb into medium-sized pieces. Pour the oil into the steatite pan and bring it to temperature. Brown the lamb and the shallots.

Add the wine and allow it to reduce.

In an Non-stick Aluminum pot, color the artichokes with a drop of oil. In cast iron pot add the artichokes, half the mint and the stock.

Cover and cook for approximately 60 minutes on a moderate flame.

Serve with some fresh mint.

### SIZES

from 9 13/16" x 7 7/8"  
to 11 7/16" x 8 11/16"

### AGNELLI CATALOG

art. SOP126

### IDEAL FOR

- Stewing
- Slow cooking at low temperatures

### ALTERNATIVE TYPES OF COOKING

- Cooking polenta
- Cooking both meat and fish soups

### EVALUATIONS

- Manageability is limited due to its weight
- Maintains heat for a long time even after extinguishing the flame
- Does not require the use of a gas mantle
- Optimum for serving food in the middle of the table or for signature dishes or winter warmers

### USEFUL ADVICE

Due to its ability to maintain heat, it is specified for all preparations that require long cooking times with a more or less consistent presence of liquids and a moderate heat, such as stews. Also suitable for the preparation of vegetable soups and fish soup. Due to the fragility of the stone, it is important to pay maximum attention before, during and after use, in order to avoid it being subjected to heat shocks and blows. It is advisable to wash the stone with hot water alone, without using detergents.

# DEEP NON-STICK ALUMINUM PAN WITH ONE HANDLE

**SQUID WITH ASPARAGUS  
SALAD WITH BALSAMIC  
VINEGAR**



## INGREDIENTS

- ✓ Clean squid 4.23 oz
- ✓ Extra virgin olive oil as required
- ✓ Salad mix 8.82 oz
- ✓ Asparagus n. 50
- ✓ Balsamic dressing 1.06 oz
- ✓ Salt 0.35 oz
- ✓ Olive oil 0.35 oz
- ✓ Salt and pepper as required
- ✓ Egg yolk (pasteurised) 0.71 oz
- ✓ Mustard sauce 0.18 oz

**COOKING TECHNIQUE** sautéing

**METHOD** sautéing with oil

## COOKING INSTRUMENTS

Deep non-stick Aluminum pan with one handle

## COMPLEMENTARY INSTRUMENTS

Bastardella in stainless steel

**PREPARATION** Open the squid and cut into them both vertically and horizontally. In a steel bastardella, beat the vinegar and the salt with the help of a whisk and slowly pour in the olive oil and yolk until obtaining a homogeneous sauce. Peel and cut the asparagus into sticks. In the anti-stick pot, pour a drop of extra virgin olive oil.

Sauté the asparagus keeping them crunchy and arrange them on the plate. In the same pot, sauté the squid with a drop of oil. Arrange the squid over the asparagus and dress with the balsamic sauce.

**SIZES** from 7 7/8" to 19 11/16"  
**THICKNESS** 1/8"  
**AGNELLI**  
**CATALOG** art. 111/BS

## IDEAL FOR

- Sautéing with oil
- Sautéing with sauces

## ALTERNATIVE TYPES OF COOKING

- Caramelizing fruit
- Browning small pieces

## EVALUATIONS

- Good durability over time if used correctly
- Optimum manageability and practicality
- Fairly versatile due to the various preparations it allows
- Substitute the instrument should the non-stick surface wear out or become damaged
- Good grip and resistance to blows

## USEFUL ADVICE

Due to its optimum manageability and its largely flared appearance, it is an instrument mainly used for the sautéing and creaming of pasta. The good heat conductivity also allows the preparation of caramelised products. Even using the pots with a large diameter does not compromise manageability, allowing thus the preparation of larger quantities of food. It also lends itself to the preparation of food that requires the use of small quantities of fats, without the ingredients sticking to the bottom. Never leave the empty pan on the flame. Avoid using knives and sharp instruments when preparing the food. When washing, do not use wire wool and do not scrape.

# ALUMINUM CREAMING PAN

## PASTA (PENNETTE) WITH GREENS, BASIL AND PARMESAN CHEESE



### INGREDIENTS

- ✓ Pasta (Pennette) 21.16 oz
- ✓ Extra virgin olive oil 2.12 oz
- ✓ Parmesan cheese 2.82 oz
- ✓ Yellow peppers 2.12 oz
- ✓ Spring onions 2.82 oz
- ✓ Cherry baby tomatoes 3.53 oz
- ✓ Basil 2.82 oz
- ✓ Green asparagus 3.53 oz

**COOKING TECHNIQUE** sautéing

**METHOD** creaming

### COOKING INSTRUMENTS

Aluminum creaming pan

### COMPLEMENTARY INSTRUMENTS

Deep Aluminum casserole dish with two handles

**PREPARATION** Wash the baby tomatoes and cut them in half. Peel the asparagus and cut them into round slices. Peel the peppers and cut them into strips. Peel the spring onions and cut them vertically into four. In a deep Aluminum casserole dish, cook the pasta with plenty of salted water. In the meantime pour a drop of oil into the Aluminum creaming pot. Bring to temperature and lightly brown the vegetables. After approximately two minutes add the baby tomatoes and cook for 30 seconds on a low heat. Strain the pasta and put it in the creaming pot. Add the cheese, oil and basil and cream everything together



**SIZES** from 7 7/8" to 14 11/64"  
**THICKNESS** 3/16"  
**AGNELLI CATALOG** art. 1111 BM

### IDEAL FOR

- Cooking risottos
- Creaming in the pot

### ALTERNATIVE TYPES OF COOKING

- Cooking of cereals

### EVALUATIONS

- Optimum durability over time thanks to its notable thickness
- Good manageability even if slightly heavy
- Good versatility because it can be used for several types of preparations
- Does not require maintenance
- Guarantees a uniform distribution of heat

### USEFUL ADVICE

Ideal pan for creaming pastas and for preparing risottos. The good thermal conductivity and the high, flared shape also allows it to be used for cooking vegetables and soups. In addition, the large flared radius allows the creaming of risottos without the grains sticking to the bottom around the edges. Also, even if the pot has a small diameter, the high walls still allow the working of more than one portion at the same time.

The slightly heavier weight affords good stability when on the flame and the thickness ensures a homogenous distribution of heat.

# STEAM COOKER WITH ALUMINUM COVER

**CALF SHANK AND TONGUE STEAM  
COOKED WITH VEGETABLES, SEASONING  
AND RED WINE (VALCALEPIO)**



## INGREDIENTS

- ✓ Veal shank n. 1
- ✓ Veal tongue n. 1
- ✓ White onions 3.53 oz
- ✓ Green celery n. 100
- ✓ Carrots 1.41 oz
- ✓ Red peppers 1.06 oz
- ✓ Sage 0.07 oz
- ✓ Rosemary 0.07 oz
- ✓ Thyme 0.07 oz
- ✓ Garlic 0.07 oz
- ✓ Bay leaf 0.04 oz
- ✓ Red wine (Valcalepio) as required
- ✓ Water as required
- ✓ Seasoning as required
- ✓ Sugar as required

**COOKING TECHNIQUE** steam cooking

**METHOD** steam cooking

**COOKING INSTRUMENTS**  
Steam cooker with Aluminum cover

**COMPLEMENTARY INSTRUMENTS**  
Shallow Aluminum casserole dish with one handle

**PREPARATION** Clean the vegetables and cut them into large pieces. Put the vegetables at the bottom of the steam cooker together with the aromatic herbs and the wine. Cover with the perforated section and arrange the seasoned shank and the calf tongue on top. Cover with the cover, checking that the steam cooker closes perfectly. Cook the shank and the tongue on a very low flame, checking every so often to see if water needs to be added. Cook for three hours. Keep the shank and tongue warm. Remove the herbs from the bottom of the pot and whisk everything together with a drop of extra virgin olive oil. Filter, transfer to an Aluminum casserole dish and adjust to taste.

**SIZES** 15 3/4" x 11 27/64 H. 6 19/64"  
**THICKNESS** 13/64"  
**AGNELLI**  
**CATALOG** art. 151/V

## IDEAL FOR

- Steam cooking

## ALTERNATIVE TYPES OF COOKING

- Braising small pieces of meat

## EVALUATIONS

- Good durability over time
- Optimum manageability as it is composed of 3 pieces
- Discreet versatility because it is also suitable for braising small pieces of meat
- Does not require maintenance
- Guarantees a uniform distribution of heat

## USEFUL ADVICE

Instrument that allows the steam cooking of vegetables and meat. It can also be used to keep the food warm during serving, acting as a type of bainmarie. The shape also permits the braising of small pieces of meat and the cooking of de-boned poultry in the oven. In addition, it can be used for the pasteurization of jars of jam and preserves.

# CARBON STEEL LYONNAISE PAN

## BITE-SIZED PORK AND LARD STUFFING IN BEER BATTER



### INGREDIENTS

- ✓ Pork stuffing 7.05 oz
- ✓ Lard 1.41 oz
- ✓ Type 00 flour 2.47 oz
- ✓ Corn starch 1.06 oz
- ✓ Beer yeast 0.07 oz
- ✓ Beer 2.47 oz
- ✓ Egg white 0.71 oz
- ✓ Palm oil 10.58 oz

**COOKING TECHNIQUE** frying

**METHOD** frying in oil

### COOKING INSTRUMENTS

Carbon steel Lyonese pan

### COMPLEMENTARY INSTRUMENTS

Bastardella in S/S

**PREPARATION** Work the stuffing well in a steel bastardella. Make some small balls and wrap them in a very thin slice of lard. Put them in a chiller and cover for about 60 minutes. Prepare the batter in a steel bastardella. Dissolve the yeast in the beer. Pour over the flour and starch, mixing powerfully with the whisk. Lastly, add the egg white. Leave to rest and cover for approximately 10 minutes. Put the oil in a pot and bring it to 170°C. Pass the bite-sized pieces in the batter and fry them.

**SIZES** from 7 7/8" to 16 17/32"  
**AGNELLI**  
**CATALOG** art. 3006/PT

### IDEAL FOR

- Frying in oil
- Cooking with clarified butter

### EVALUATIONS

- Discreet durability over time if carefully looked after
- Not easily manageable due to its weight
- Not very versatile as it is only suitable for frying
- Requires constant maintenance to avoid rusting
- Does not guarantee a homogenous distribution of heat

### USEFUL ADVICE

Perfect instrument for preparing fried foods. Another specified preparation involves cooking with clarified butter, such as the cooking of (\*) breaded veal cutlets ("cotoletta alla Milanese"). Carbon steel is also indicated for quick browning (Maillard reaction). Maintenance is demanding because the carbon steel tends to rust. It is a good idea to treat the pot by scrubbing it with salt on the flame before and after every use, in addition to keeping it constantly greased.

# LOW ALUMINUM CASSEROLE POT WITH TWO HANDLES



## WRAPPED GUINEA FOWL AND GLAZED POTATOES



**COOKING TECHNIQUE** glazing

**METHOD** glazing

### COOKING INSTRUMENTS

low casserole dish with two handles

### PREPARATION

Spread out the guinea fowl and arrange the sliced lard on top. Place the tomatoes in the centre and roll up the guinea fowl. Bind the guinea fowl with some string. Pour the oil into the Aluminum casserole dish and add a clove of garlic. Add the rosemary and allow the guinea fowl to brown. At this point, add the wine and allow it to slightly reduce. Add the stock and cover. Put in the oven at 170°C and cook for 10 minutes, often basting the guinea fowl with the cooking stock. Add the glazed potatoes and continue cooking, whilst basting continuously with the stock.

### INGREDIENTS

- ✓ De-boned guinea fowl n. 1
- ✓ Lard 1.41 oz
- ✓ Rosemary 0.07 oz
- ✓ Potatoes 21.16 oz
- ✓ White wine 8.82 oz
- ✓ Dried tomatoes in oil 1.41 oz
- ✓ Chicken or guinea fowl stock 4.23 oz
- ✓ Salt and pepper in grains as required
- ✓ Garlic 0.07 oz
- ✓ Oil as required

<b>SIZES</b>	from 7 7/8" to 19 11/16"
<b>THICKNESS</b>	13/64"
<b>AGNELLI</b>	
<b>CATALOG</b>	art. 106

### IDEAL FOR

- Glazing

### ALTERNATIVE TYPES OF COOKING

- Stewing

### EVALUATIONS

- Optimum durability over time thanks to its thickness
- Discreet manageability
- Versatile as it can be used for many preparations
- Does not require maintenance
- Guarantees a uniform distribution of heat

### USEFUL ADVICE

The main specified cooking techniques include glazing of white meats and vegetables, braising of Pig's lard. This thickness makes it optimum for cooking risottos and for the preparation of stews. Thanks to its shape, it can be used to prepare roast quail or pigeons.

# ALUMINUM PAN WITH ONE HANDLE

## PORK FILLET WITH LEMON AND CAPERS



**COOKING TECHNIQUE** sautéing

**METHOD** cooking in the pot

### COOKING INSTRUMENTS

Aluminum pot with one handle

### COMPLEMENTARY INSTRUMENTS

Non-stick Aluminum pot

### PREPARATION

Prepare the fillet by cutting it into approximately 3cm high medallions. Pour the oil into an Aluminum pot. Bring the oil to temperature and lay (\*) the fillets with the thyme in the pan. Allow the fillets to brown on both sides and eliminate the fat derived from cooking. Add the capers and the stock to the pot. Bit by bit add the lemon juice and adjust the seasoning. On the side, pour a drop of oil in an non-stick Aluminum pot. Add the glazed potatoes and cook them on a low flame. Once cooked, put them on the plate together with the meat. In the same pot, sauté the spinach with a drop of oil and adjust the seasoning. Add the spinach onto the plate and spoon on the sauce reduction.

### INGREDIENTS

- ✓ Pork Fillet 17.64 oz
- ✓ Capers 0.35 oz
- ✓ Extra virgin olive oil 1.41 oz
- ✓ Lemon 1.06 oz
- ✓ Thyme 0.07 oz
- ✓ Brown sauce 3.53 oz
- ✓ Potatoes 7.05 oz
- ✓ Fresh spinach 3.53 oz
- ✓ Season as required

### SIZES

from 7 7/8" to 15 3/4"

### THICKNESS

13/64"

### AGNELLI

### CATALOG

art. 106

### IDEAL FOR

- Sautéing
- Caramelizing

### ALTERNATIVE TYPES OF COOKING

- Sautéing vegetables in butter
- Creaming of pastas

### EVALUATIONS

- Optimum durability over time, also thanks to its thickness
- Discreet manageability
- Versatile as it can be used for various preparations
- Does not require maintenance

### USEFUL ADVICE

Ideal pot for the creaming of pasta and preparation of risottos. The good thermal conductivity and the tall, flared shape, also allow it to be used for cooking vegetables, soups and small pieces of red meat. In addition, the wide radius of the flare allows the creaming of risottos without the grains of rice attaching to the bottom around the edges. Even if the pot has a small diameter, the tall walls allow the working of more than one portion. Its slightly heavier weight gives it a good stability on the flame and the thickness gives it a homogenous heat distribution.

# NON-STICK ALUMINUM PAN FOR INDUCTION COOKING

## SALMON ESCALOPE WITH ASPARAGUS AND TROPEA ONIONS



**COOKING TECHNIQUE** sautéing

**METHOD** cooking in the pot

**COOKING INSTRUMENTS**

Anti-stick Aluminum pan  
for induction cooking

**PREPARATION** Peel the asparagus  
and cut them into

sticks. Peel the onions and cut them  
into segments. Pour a drop of oil  
into a non-stick Aluminum pot for  
induction cooking and keep the  
temperature low.

Lightly pass the salmon in the semolina and arrange it in a pot with a sprig of thyme, turning up the heat. Brown the salmon on both sides and add the vegetables.

Cook the salmon for approximately 5 minutes and serve it with vegetables, keeping the latter “al dente”.

### INGREDIENTS

- ✓ *Salmon escalope 16.93 oz*
- ✓ *Asparagus 3.53 oz*
- ✓ *Tropea onions 2.82 oz*
- ✓ *Extra virgin olive oil as required*
- ✓ *Re-ground semolina as required*
- ✓ *Thyme as required*
- ✓ *Salt and pepper as required*

**SIZES**

9 29/64”

**THICKNESS**

5/16”

**AGNELLI**

**CATALOG**

art. 4111/BS

### IDEAL FOR

- Cooking in the pot
- Mixing in the pot

### EVALUATIONS

- Suitable for cooking on induction hotplates
- Optimum durability over time
- Replace the Pan should the non-stick coating become damaged
- Do not leave on the flame if the container is empty

### USEFUL ADVICE

Ideal pan for all types of dynamic cooking that require an immediate external browning of the cooked foods, maintaining the juices of the ingredients within, thus not allowing them to be dispersed. Indicated for those preparations that require little fat and that may require an immediate increase in temperature during preparation, as, for example, emulsions. The shape allows it to be used for various fish, meat and vegetable preparations and the slightly flared edges make it useful for creaming sautéed first courses.

# ALUMINUM PAN FOR INDUCTION COOKING

SPAGHETTI WITH BROCCOLI,  
SPRING ONIONS, BABY  
TOMATOES AND FISH-EGG ROE



**COOKING TECHNIQUE** sautéing

**METHOD** creaming in the pot

**COOKING INSTRUMENTS**

Aluminum pan for induction cooking

**COMPLEMENTARY INSTRUMENTS**  
S/S pot

**PREPARATION** Pour a drop of oil in an Aluminum pot for induction cooking. Add the roughly chopped spring onions and brown for one minute. Add the baby tomatoes half way and turn off the hotplate. To one side cook the spaghetti together with the broccoli in a steel pot with plenty of salted water. Strain the spaghetti (keeping the water) whilst still slightly hard and add to the baby tomatoes and spring onions. Turn on the hotplate and end cooking with a drop of water derived from the spaghetti. Cream with grated pecorino cheese, extra virgin olive oil and fish-egg Roe

**SIZES** from 7 7/8" to 11 1/32"  
**THICKNESS** 5/16"  
**AGNELLI**  
**CATALOG** art. 4111

## INGREDIENTS

- ✓ Spaghetti 9.88 oz
- ✓ Broccoli 2.12 oz
- ✓ Baby tomatoes 2.12 oz
- ✓ Fish eggs as required
- ✓ Spring onions 1.76 oz
- ✓ Extra virgin olive oil as required
- ✓ Pecorino cheese as required

## IDEAL FOR

- Creaming in the pot

## ALTERNATIVE TYPES OF COOKING

- Cooking tomato sauce

## USEFUL ADVICE

The thickness of this pan allows the heat to be maintained inside the recipient for longer, even when the pot is removed from the heat source in order to toss the pasta. The temperature is distributed homogeneously to both the sides and the bottom, allowing for the perfect creaming of pasta dishes.

The shape also makes it ideal for the preparation of tomato sauces, for frying and the cooking of products which make the sauce to be used as the stock.

# DEEP ALUMINUM CASSEROLE PAN WITH ONE HANDLE



## CUSTARD



### INGREDIENTS

- ✓ Egg yolk 14.11 oz
- ✓ Caster sugar 10.58 oz
- ✓ Type 00 flour 3.53 oz
- ✓ Fresh, whole milk 0.264 gal
- ✓ Lemon rind 1.41 oz
- ✓ Vanilla pod n. 2

### COOKING TECHNIQUE

caramelisation

### METHOD

caramelisation

### COOKING INSTRUMENTS

Casseruola alta 1 manico di alluminio

### PREPARATION

Pour the egg yolks and the sugar in a steel bastardella, mixing with a whisk. Finally, add the flour, and make sure that it is well incorporated into the mix. Heat up the milk with the aromas in a 5mm thick Aluminum casserole dish. Remove the rind of a lemon and pour the milk, bit by bit, into the aforementioned mix. Mix well with the help of a whisk and pour everything back into the Aluminum casserole dish. Place the mix on the flame once more and cook at a moderate temperature, without ever bringing to the boil. Remove from the flame, and mix with the mixer. Pour into a steel container, cover with cellophane and chill. Before using the custard, mix it once more with the mixer. e nuovamente con il mixer.

<b>SIZES</b>	from 6 19/64" to 12 19/32"
<b>THICKNESS</b>	13/64"
<b>AGNELLI</b>	
<b>CATALOG</b>	art. 1105

### IDEAL FOR

- Caramelisation

### ALTERNATIVE TYPES OF COOKING

- Glazing
- Reducing

### EVALUATIONS

- Optimum durability over time, thanks also to the thickness
- Discreet manageability
- Versatile as it can be used for various preparations
- Does not require maintenance
- Guarantees a uniform distribution of heat

### USEFUL ADVICE

Thanks to the material with which it is made, namely Aluminum, which is an excellent conductor of heat and has a considerable durability over time thanks to its thickness of 5mm, this instrument lends itself perfectly to the preparations of custard and to the caramelisation of sugar. Among the other cooking techniques for which the use of the deep 5mm thick casserole dish with one handle is suitable, is the reduction of stocks and the cooking of sauces.

# GASTRONORM

## OVEN GRILL

GRILLED BEEF TENDERLOIN  
SERVED HOT  
WITH A POTATO AND PAPRIKA  
CAKE



### INGREDIENTS

- ✓ Beef fillets 63.49 oz
- ✓ Rosemary 0.35 oz
- ✓ Cardoncelli Mushrooms 14.11 oz
- ✓ Extra virgin olive oil 3.53 oz
- ✓ Fresh bacon 7.05 oz
- ✓ Dry white wine 7.05 oz
- ✓ Salt and pepper 0.71 oz
- ✓ Brown sauce 8.82 oz
- ✓ Potatoes 42.33 oz
- ✓ Sweet paprika 0.28 oz
- ✓ White onions 7.05 oz
- ✓ Salt 0.21 oz

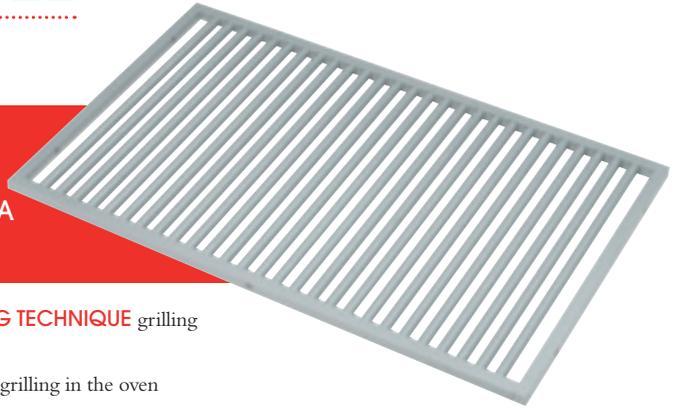
**COOKING TECHNIQUE** grilling in the oven

**METHOD** grilling in the oven

### COMPLEMENTARY INSTRUMENTS

- Aluminum GN pan
- non-stick Aluminum pot
- Shallow Aluminum casserole dish

**PREPARATION** Bind the seasoned fillet with the rosemary. Sprinkle the meat with salt and pepper. Finely grate the potatoes, add them to the chopped onion cut into even strips, and season with paprika. Cook them on both sides in a non-stick Aluminum pot until they become crispy. Give them the desired shape and arrange on an Aluminum GN pan. Put a non-stick Aluminum pot on the flame and pour in a drop of oil. Brown the mushrooms with the finely sliced bacon and place them over the potatoes. Place the non-stick grill in the oven at 240°C, take it to temperature and cook the meat for 2/3 minutes on each side. Put the brown sauce in a shallow Aluminum casserole dish, and adjust the salt and pepper. Place the cake on the plate with the meat escalope on top and spoon over the sauce.



### COOKING INSTRUMENTS

non-stick Aluminum GN oven grill

SIZE  
AGNELLI  
CATALOG

GN 1/1

art. 182G-1/1

### IDEAL FOR

Grilling in the oven

### ALTERNATIVE TYPES OF COOKING

Grilling fish and vegetables

### EVALUATIONS

- Allows the simultaneous cooking of several foods
- Indispensable for catering and banqueting services
- Limited loss of juices from the food thanks to the direct contact with the grill
- Reduced cooking times
- Easy to clean

### USEFUL ADVICE

Allows one to carry out all types of grilled preparations in large quantities at the same time. The immediate sealing effect of the meat via direct contact with the grill and the heat in the chamber of the oven, ensures the limited loss of juices and the weight of the meat or fish that we are cooking, thereby shortening the cooking times. Avoid cooling the grill with water, let it cool down slowly after use. A sudden change in temperature would cause thermal shocks, the weakening of the teflon surface and would reduce the life of the instrument. On first use, lightly grease with olive oil. Easy to clean with non-abrasive sponges and hot water.

# ROUND-BOTTOMED NOT TINNED COPPER SAUCE PAN

## “SOLE DI DARIO” ZABAGLIONE WITH “SBRISOLONA” CAKE



**COOKING TECHNIQUE** Cooking desserts or light foods

**METHOD** Caramelizing or bainmarie

### COOKING INSTRUMENTS

Round-bottomed Sauce pan un-tinned copper

### COMPLEMENTARY INSTRUMENTS

- GN non-stick aluminum
- Low casserole dish tinned copper

### PREPARATION *For sbrisolona cake:*

Bring the butter to room temperature and work the butter with the sugar, the salt and the vanilla in a (delete) mixer. Add the eggs, corn flour and almond flour. The mix should amalgamate perfectly without needing to whip it. Last of all, add the white flour, but avoid working it too much. Allow the mix to rest in the fridge for at least 12 hours, pass it through a sieve with very large holes, and transfer the resulting grains into Aluminum rings with a diameter of 6 cm and a height of 1 cm. Cook in the oven between 160/170°C for 16 minutes. **For zabaglione:** Mix the yolks, the sugar, the orange zest, and the passito wine in a round-bottomed copper Sauce pan and cook on a moderate flame on the hob, mixing continuously until the ingredients are well whipped and dense. When still hot, pour the zabaglione into bowls and serve with the sbrisolona cake on the side

**SIZES**  
**AGNELLI**  
**CATALOG**

7 1/16"

art. 294/CU

### INGREDIENTS

- ✓ Yolks 3.53 oz
- ✓ Caster sugar 3.53 oz
- ✓ Passito wine  
“Sole di Dario” 0.07 gal
- ✓ Zest of an orange 1.76 oz
- ✓ Butter 5.29 oz
- ✓ Almond flour 3.17 oz
- ✓ Corn flour 2.13 oz
- ✓ Caster sugar 4.23 oz
- ✓ Yeast 0.07 oz
- ✓ Eggs 1.76 oz
- ✓ Vanilla pod Bourbon
- ✓ Weak flour 5.64 oz

### IDEAL FOR

- Preparing zabaglione (dessert made of whipped egg yolks, sugar, and Marsala wine) and custard-like creams

### ALTERNATIVE TYPES OF COOKING

- Bainmarie cooking

### EVALUATIONS

- Good durability over time if used correctly
- Optimum conductor of heat
- Manageable
- Guarantees a uniform distribution of heat

### USEFUL ADVICE

Its main function is to prepare or serve zabaglione. The particular shape of this cooking instrument is a determining factor in the quick and secure preparation of zabaglione, as it favours the use of the whisk. In addition, copper is the most suitable material as it quickly takes the ingredients to temperature and maintains the temperature for a long time, both during cooking and when serving the food. The round-bottomed Sauce pan in copper can also be used for preparing many other creams used in the bakery and, due to its high thermal conductivity, it can be used with a constant and moderate heat source. If not tin-plated, it lends itself to the preparations that require the use of a whisk; if tin-plated, it lends itself to cooking as a bainmarie. If un-plated, dry carefully after use in order to avoid the oxidation of the material.

# ALUMINUM CRÈME CARAMEL MOULDS

## CHOCOLATE CUPCAKE



### INGREDIENTS

- ✓ *Chocolate* 7.05 oz
- ✓ *Butter* 7.05 oz
- ✓ *Eggs* 10.58 oz
- ✓ *Yolk* 4.23 oz
- ✓ *Caster sugar* 4.59 oz
- ✓ *Type 0 flour* 5.29 oz

**COOKING TECHNIQUE** cooking in the oven

**METHOD** cooking in the oven

**COOKING INSTRUMENTS**  
Aluminum crème caramel moulds

**COMPLEMENTARY INSTRUMENTS**  
S/S Bastardella

**PREPARATION** Cut the chocolate into small pieces. Allow it to melt together with the butter in a bainmarie. When it reaches 50°C, remove it from the bainmarie and add the other ingredients, mixing with a whisk. Grease the moulds with butter and flour them. Pour into the moulds, filling to 3/4. Cook in the oven at 220°C for 8 minutes.



**SIZES** from 2 23/64" to 3 5/32" h. 1 31/32" 5/64"  
**THICKNESS**  
**AGNELLI** art. 219 (alto)  
**CATALOG** art. 219/B (basso)

### IDEAL FOR

- Cooking in the oven
- Cooking in the oven with a percentage of steam

### ALTERNATIVE TYPES OF COOKING

- Bainmarie

### EVALUATIONS

- Optimum durability over time
- Extremely manageable and practical
- Versatile as it can be used for cold or hot preparations
- Does not require maintenance
- Guarantees a uniform distribution of heat

### USEFUL ADVICE

Suitable instrument for all types of oven cooking involving raised mixes of small dimensions. Optimum for preparing starter dishes to be served hot for banqueting services. It is used for bainmarie cooking and also for preparing single portions of frozen dessert. The good thermal conductivity allows homogenous cooking of the entire product.

# DEEP CASSEROLE PAN

## ONE HANDLE

### FOR INDUCTION

#### CREAM OF PUMPKIN



**COOKING TECHNIQUE** boiling

**METHOD** steam cooking

#### COOKING INSTRUMENTS

Casserole pan one handle, for induction

#### PREPARATION

After removing the skin and seeds, cut the flesh of the pumpkin into small pieces, peel the potatoes and cube them. Chop the onions finely and fry them lightly in a pan with butter, olive oil and crushed garlic, add the pieces of pumpkin flesh and the potatoes and, mixing, allow them to soften. Add the vegetable broth little by little, when necessary, then tie the herbs in a bouquet and add them to the other ingredients, still adding broth as necessary; leave everything to cook for about 25–30 minutes over a low heat. Then remove the bouquet garni and pass the cream in the blender, add salt as necessary and add freshly ground pepper, a pinch of powdered cinnamon and a trickle of extra-virgin olive oil. Serve the cream hot, sprinkled with Parmesan cheese. Serve with croutons.

**SIZES** from 7 1/16" to 9 7/16"  
**THICKNESS** 13/16"  
**AGNELLI**  
**CATALOG** art. 105CUK

#### INGREDIENTS

- ✓ garlic 2 cloves
- ✓ basil 5-6 leaves
- ✓ vegetable broth 1l
- ✓ cinnamon ¼ teaspoonful
- ✓ onions 2
- ✓ marjoram 1 sprig
- ✓ Extra virgin olive oil 1.76 oz
- ✓ potatoes 7.05 oz
- ✓ pepper q.b.
- ✓ parsley 1 tuft
- ✓ salt q.b.
- ✓ sage 2-3 leaves
- ✓ thyme 1 tuft
- ✓ pumpkin 21.16 oz of clean flesh

#### USEFUL ADVICE

Thanks to its high heat conductivity it is suitable for preparations that require a moderate and constant source of heat, such as veloutés. Never leave the casserole on the heat with nothing in it and avoid using sharp metal instruments so as not to damage the coating.

#### IDEAL FOR

- Homogeneous cooking

#### EVALUATIONS

- Long-lasting
- Easy to handle because it is made up of three separate parts
- Quite versatile because it is also suited for braising small pieces
- Requires no maintenance
- Guarantees uniform distribution of the heat

# RADIANT OMELETTE PAN

## TWO HANDLES AL-BLACK

### LIGURIAN STYLE RABBIT



#### INGREDIENTS

- ✓ garlic 2 cloves
- ✓ bay leaves 2-3 leaves
- ✓ taggiasca olives 3.53 oz
- ✓ meat broth as required
- ✓ onion 1
- ✓ rabbit 52.90 oz
- ✓ olive oil 4-5 tablespoonfuls
- ✓ pine nuts 1.76 oz
- ✓ rosemary 1 twig
- ✓ salt q.b.
- ✓ thyme 0.88 oz
- ✓ red wine 1 glass

**COOKING TECHNIQUE** stewing

#### COOKING INSTRUMENTS

Omelette pan 2 handles aluminum B-cristal coating

**PREPARATION** Cut up the rabbit and leave the head, liver and kidneys aside. Put the olive oil into a large saucepan and lightly fry the onion and chopped garlic over a low heat; add the rabbit and sear it, add the bay leaves, thyme (or marjoram) and the chopped rosemary. Cook until the rabbit is browned. Allow to cook for a few minutes and then add the glass of red wine. allow the wine to evaporate and then add the Taggiasca olives. If you like you can add the rabbit kidneys and liver. Then add the pine nuts, and mix everything well together, then cover with a lid and allow to cook for about one hour until the rabbit is tender (the flesh should come away from the bone easily). Every now and again add a ladleful of broth and cook everything over a low heat.

**SIZES** from 7 7/8" to 15 3/4"  
**THICKNESS** 3/16"  
**AGNELLI CATALOG** art. 2110SS

#### IDEAL FOR

- Stewing

#### EVALUATIONS

- Long-lasting
- Quite easy to handle
- Needs no maintenance
- Guarantees uniform distribution of the heat

#### USEFUL ADVICE

Ideal for cooking methods where the foods must be seared on the outside and then cooked fairly slowly in their juice. The different sizes make it possible to use it for various meat and fish dishes. Never leave the casserole on the heat with nothing in it and avoid using sharp metal utensils so as not to damage the coating. Do not use iron scouring pads for washing and do not scrape.

# LOW CASSEROLE PAN

## TWO HANDLES COPPER 3

### STEWED SPAGHETTI "ALLA PUTTANESCA"



**COOKING TECHNIQUE** stewing

**METHOD** creming

**COOKING INSTRUMENTS**  
Two handles low casserole pan  
Copper 3

**COMPLEMENTARY INSTRUMENTS**  
low sauté pan, aluminum

**PREPARATION** Bring water to the boil in 1/3 of the casserole, add the spaghetti and cook it over a low heat, continuing cooking with the broth as for a risotto. When nearly cooked add the anchovies, capers, black olives, tomatoes and chili, salt to taste. When cooked blend with extra-virgin olive oil and parmesan cheese with the heat off, color the mixture with the parsley.

#### INGREDIENTS

- ✓ anchovies 8 fillets
- ✓ capers in brine 0.88 oz
- ✓ extra virgin olive oil as required
- ✓ black olives 3.52 oz
- ✓ spaghetti 14.10 oz
- ✓ chilli peppers as required
- ✓ tomatoes 17.64 oz
- ✓ parsley as required
- ✓ salt as required
- ✓ vegetable broth ½ l
- ✓ parmesan cheese

<b>SIZES</b>	9 7/16"x 3 1/8"
<b>THICKNESS</b>	1/16"
<b>AGNELLI</b>	
<b>CATALOG</b>	art. CUT106

#### IDEAL FOR

- Stewing

#### EVALUATIONS

- Long-lasting
- Heavy
- Quite versatile
- Can be used for serving at table
- Needs no maintenance

#### USEFUL ADVICE

Thanks to its high heat conductivity it is suitable for preparations that require a moderate and constant source of heat, such as veloutés.

# THE MUSEUM OF POTS AND HISTORY OF COOKING INSTRUMENTS



*The roots of a company, when they are cemented in history, become common heritage. The desire to keep the memory of almost one hundred years of productive activity alive spurred the Agnelli family to set up an exceptional Museum of pots right.*



*The "four-leaf-clover pot"*



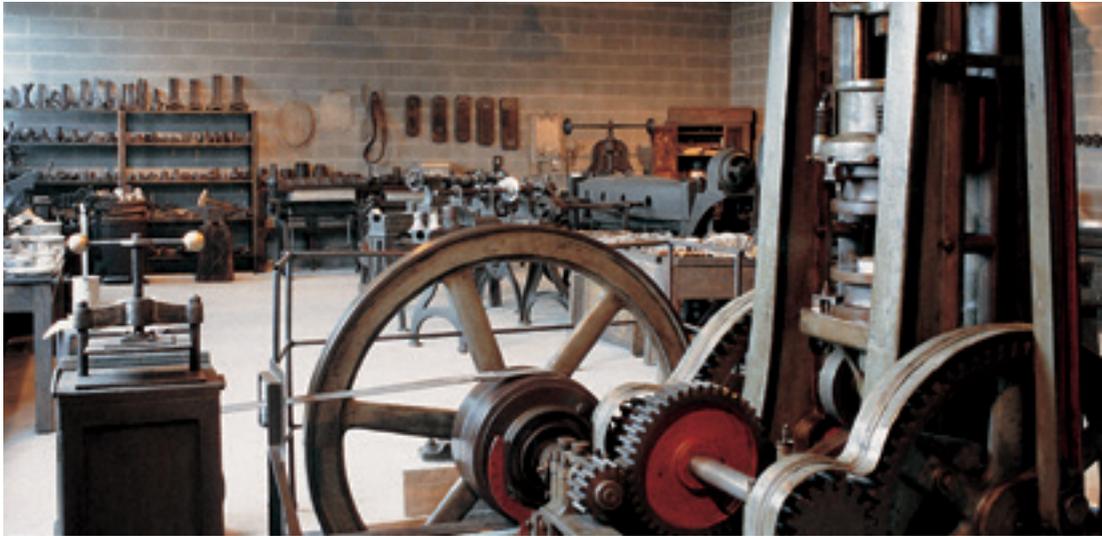
*One of the period pieces on display in the Museum*

The roots of a company, when they are cemented in history, become common heritage. The desire to keep the memory of almost one hundred years of productive activity alive spurred the Agnelli family to set up an exceptional Museum of pots right inside the SAPS (Research Centre for the Study of Materials and Shapes of Cooking Instruments) and there couldn't be a more appropriate location. On the ground floor, the workshop, which dates back from the beginning of the 1900s, has been accurately reproduced.

The electrical framework with lamps from the era, the original fixtures from the historical headquarters in Via Fantoni in the city centre, and that unmistakable smell of metal that seems to have impregnated the air, immediately transmit to the visitor the sensation of having crossed the invisible threshold of time. Cutters and bending machines, lathes and flanging machines, shearing machines and even a Schuler press from the 20s which still works, create a perfect journey into the past to understand how pots were made, and above all, they allow one to make a comparison with the modern methods of production: one discovers, surprisingly, that technology in this sector has not changed by all that much as in other sectors.

The corner dedicated to handles is peculiar and highly assorted, where a crucible from 1922 shows how the most distinct shapes were obtained from melted scrap disks and sheets, by pouring aluminum in the liquid state into the relevant moulds.

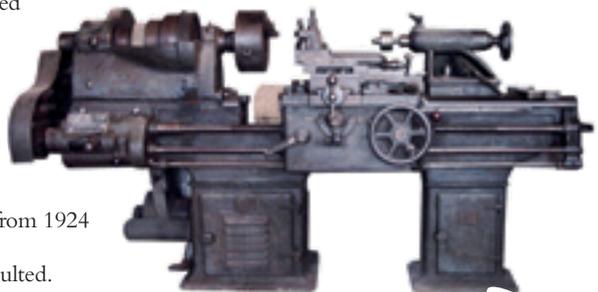
On the top floor, pots from the Agnelli family's collection can be found, which, although varying in shape, were all aimed at being functional: from the Cloverleaf Pot from 1936, able to cook 5 different dishes at the same time, to the Problem Pot from 1938, which has various racks for steam cooking and a cover with an air-tight closure for use as a casserole dish, right up to the sauce pan for the light cooking of eggs, where heat was transmitted from the boiling water introduced into the bottom of the recipient via a small



hole. Mess tins, food carousels with separate compartments, plates, and even cheese graters are also on display. Examples of the Turkish Coffee Maker from 1925 can also be found, revealing that, for the first time, a specific segmented shape was used on the lathe, allowing the working not only of cylindrical shapes but also of bolder designs.

The very first patented camping Stove can also be seen; all the utensils that, at that time, represented a real revolution of habits and customs. There is even room for toys, as shown by the Kitchenette for Children from 1938, made up of a wooden shelf and 8 different miniature pots, recreated thanks to the generous contribution of some of the more passionate collectors to the museum display, which is one of a kind. Apart from the pots, which reflect the times that were, we find some Military Helmets from the second world war destined for the veteran parades, made to obtain provisions of aluminum from the government at that time, despite the fact that it was rationed. Some of the many rarities of the collection include Maestro Orafo's diploma and cassette: they belonged to Baldassare Agnelli who went abroad, albeit not of his own accord, to learn how to work aluminum, a material considered noble at that time (one just needs to think about Cristiano X of Denmark's crown or Napoleon III's cutlery). He decided to return to set up his own business, having sensed the potential of the use of this metal in industry, thereby establishing the origins of the company that still today uses his name: among his first clients, Cucirini Cantoni and Pirelli, just to name a few. For Pirelli alone, Baldassare Agnelli produced a series of aluminum tubes for the construction of the air chambers for the bicycles of that time.

These can be found in the museum, together with the documentation attesting the exchange of letters dated from 1913. Records of invoices and letters from 1918, the universal calculator from 1924 and other numerous documents from that time have been conserved and can be consulted.



*It has always been difficult to identify the history of man starting from his everyday life. Often only the big events of the past are remembered and the trails that remain as evidence speak of great feats, whereas little is known about what used to go on behind domestic walls.*

*First of all we need to understand how the system of cooking food was created: if we go back in time, to the primitive era, chance could have suggested to man that cooked food was better than raw food.*

*One of the first manuals written about aluminum dates back to 1899, by Carlo Forenti: it traces the history of this metal since the early 19th century. Aluminum was used in many sectors, from the navy to the railways, and during the war it was used a great deal for manufacturing arms.*

Let's imagine that we are on a sunny beach many tens of thousands of years ago and notice a bird's egg exposed to the hot sun for a couple of hours. Starving and eager to fill our tummies, when breaking the shell to eat it, we would have noticed that it was tastier than usual. Simply because it went from being raw to being cooked. We can also imagine, still in the primitive age, being in the company of other men, starving and on their way to the forest, unexpectedly discovering an animal hit by lightning and still smoking. Even though not particularly appetising, the situation could have suggested to the primitive man to roast the meat of the animals he caught.

This hypothesis, which is partly imaginative, allows us to understand the importance of understanding that cooking food was becoming more and more indispensable.

By flying quickly through time we could affirm that the first cooking system involved cooking on the skewer, in large open spaces, whereby it was possible to transform an entire pig, simply by piercing and exposing it to heat. Most probably with time, the spaces intended for cooking in the open air, became slightly smaller: closed cooking environments, perhaps between frameworks and tents, and for this reason the skewer was substituted by cooking on charcoal or the grill. The piglet no longer skewered, but cut roughly into pieces, was cooked simply on the grill. Subsequently, with the aim of limiting the smoke produced within the walls, the piglet began to be placed on carbon steel plates to be roasted in the oven or on the hob, and it was discovered that thanks to some animal or vegetable fats, the food could be fried, simply by cutting it into small pieces. The meat didn't necessarily have to be cooked in order for it to be more appetising, it could also be eaten raw and still be digestible. It was the vegetables, cereals and legumes which definitively pushed man to think, at all costs, about cooking to make them edible. For example some roots had to be cooked in order to allow the breakdown of the fibres which are inedible when raw. Then, to allow the ingestion of some cereals, man understood that it was advisable to adopt a cooking system which would break the integuments that enveloped the wheat. In other cases, like for some vegetables, which are poisonous when ingested

raw, cooking allowed the elimination of the toxic substances found within them. All these experiences suggested to man that it was necessary to create containers in different materials for boiling and braising.

**CLAY** was the first element used for the purpose and the first containers were created for cooking in earthenware. That material was quite multipurpose, thanks to the shapes and sizes that could be made, and it possessed two of the three characteristics already mentioned.

On the other hand, earthenware containers were not waterproof, their surface was porous and therefore liquids leaked out during cooking. Many centuries later the solution was found, firstly by sprinkling the inner walls with vegetable gums and then by enameling. Nevertheless, in solving one problem another more serious one arose: when permeability was solved with enameled earthenware the risk of chemical poisoning because of the enamel was discovered. Earthenware was the most commonly used material in many civilizations in the past, even though “pot” stones (soapstone) suited for cooking did exist.

In order to trace back the history of the origins of cooking materials, as we understand them today, people had to wait for metals and mining, to emerge. The first of all was cast bronze, used to make big cauldrons, enormous pots hung on iron tripods and exposed to a blazing fire in the open air.

**THE CAULDRON** was often decorated with sacred and profane engravings on the outside.

But it was in the homes of ancient Rome that bronze became the favorite metal for the first sets of cooking utensils. Interesting examples were discovered in the excavations of Pompeii and Herculaneum, where grills, frying pans, drip pans, boilers, skimmers, big forks and marmites have been found. As time went by, the cooking systems improved and materials changed and especially the shapes of the various articles: the culinary art was increasingly taking a strong place in the culture of the peoples and was at the same time a sign of prestige.

Over the centuries the kitchen equipment of ancient Rome was joined by new accessories and small pieces of equipment, which evolved hand in hand with food discoveries; for example, the last one was the colander. The main shapes have remained unchanged over the years, sometimes the names of the containers changed according to the new shapes and the different metals they were made from. After bronze came silver, followed by iron and copper and then aluminum and, much more recently, stainless steel made.

*In his work of science fiction “From the Earth to the Moon”, Jules Verne imagined his primordial spaceship as being made of aluminum.*



*It is interesting to note how aluminum was used in goldsmithery: Napoleon III used aluminum cutlery for important guests and Cristian X of Denmark even had a crown made of aluminum.*

**THE SAUTÉ PAN** for a long time was taken to be of iron, while the casserole has been made in various versions in different metals.

is only made of aluminum whereas the cassolette is of copper and has only one handle, whereas the pot is preferably steel. However, we can see how the materials used and their shapes are directly related to the evolution of cooking systems as time goes by. In the past, cooking gradually progressed from the open fire to gas burners. Later on, tops for cooking directly over coal developed in the kitchens and then these were replaced by cooking hobs with a single, indirect plate. Nearer to our own times the hobs evolved so much that they influenced the cooking materials; gas cookers with separate butrners and electric hobs emerged, followed by glass ceramic hobs and induction plates.



It should be noted that this talked-about pan with the high sides is not used the same way in every country because it is greatly influenced by local gastronomic cultures. In Italy, the sauteuse, from the French sauter, meaning to sauté, is used for sautéing pasta with various sauces. In France the same word is used for a conical casserole with medium sides used for making sauces or creams. To go back to kitchen equipment as such, in many kitchens in mediaeval and renaissance Europe there was always a soup kettle (a big container that could hold up to 50 liters of water, usually in copper or bronze); the marmite, used for similar purposes and for making heavy sugary mixtures like nougat; the iron frying pans (called fersore farsora in 16th century Veneto were mainly used for frying and fast cooking. The shapes of cooking containers also started evolving, no longer just circular shapes but also rectangular, more suited to large portions of meat and fish. In many unpublished nineteenth and eighteenth century manuscripts inventories include lists of pots, plates, griddles, soup pots, all accompanied by a word about their use: soup pot for boiling vegetables, roasting dish for meat, farsora for frying, cooking pot for soups, and so on.

*From the Annals of the Jurisconsults and Notaries of Bologna it turns out that copper pots and casserole dishes even constituted a precious legacy testamentary.*

What is more, cooking skills also led to the creation of cooking containers with new shapes. For instance the fish kettle was created to satisfy the whim of a chef who wanted to cook fish without cutting them up. Models of cooking equipment are not only appreciated for their usefulness or their appearance, but also for their physical characteristics.

## THE FRYING PAN WITH A FLAT AND THIN BASE

permits perfect adhesion to a source of heat like the griddle; it immediately transmits a high intensity temperature and cools down easily as soon as it is removed from the source of heat. If it is thicker and has higher sides, of the “rondeau” or Dutch oven type, for example, the cooking method is different because the heat is also transmitted to the sides, which push it towards the center. This principle is typical of all the equipment with high sides, like the casserole; and these are indispensable cooking utensils, especially if made of materials with high heat conductivity, like copper and aluminum.

## THE CASSEROLE DISH WITH CONICAL BORDERS

is easier to handle during the processing phase and has various kinds of use; one example is the working of sweet mixtures like nougat.

To sum up, all the containers having a diameter with the same dimensions as the sides are called pots or marmites, and cooking mainly takes place by the heat being propagated to the food thanks to the heating of the liquid it is immersed in. For this type of cooking there is no need for a material with excellent capacity of conducting heat through direct contact with the sides and, in fact, stainless steel is very suitable.

Until the last century containers were mainly shaped like a wineskin, with a slight bulge, needed for the type of heat source used. In fact, the flames of the fire had to lick all the sides of the container which hung from a hook or stood on a tripod. This shape was obtained by artisanal methods, by rotation (earthenware) or casting (bronze), or by turning and beating (iron and copper). It was only after the industrial revolution that the cylindrical shape started to take on, to meet growing market demand and consequently the large-scale manufacture of cooking materials, for home and professional use.

**THE CASSEROLE POT** as a model and shape, originated during the illuminist period and were known in kitchens for their versatility of use and the increasing choice of sizes; they always had a lid. A casserole is made of materials with good heat conductivity; copper was used at first and later aluminum.

These containers were usually known as “faitout” (all-purpose) because they were suited for many preparations. Whether they have one or two handles depends on the habits of the user and the size of the instrument.



*The pot has ancient origins, in the Roman era it was called “patellam” but its name was settled in France in 1636: “poele”.*

*Until 1700 the cover was a simple carbon steel or copper plate placed on the recipient, which when turned over, also served as a hotplate on which to roast.*

*The fish pan became widespread in France towards the middle of 1800, where it assumed various shapes depending on the fish to be cooked: oval or rhomboidal.*

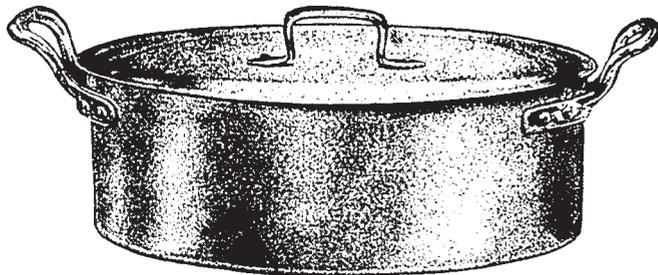
**THE TWO HANDLES FRY PAN** is also known as a saucepan; it is a descendant of the casserole and always has a lid. The original saucepan is in copper and serves many purposes, from making sauces to complete cooking of simmered second courses.

**THE LYONNAISE PAN** is probably the oldest, as far as model and shape are concerned. It has a single handle, the same length as its diameter and it is shallow with a curved side. Small ones are good for cooking crêpes and bigger ones for frying; in this case the preferred material is iron.

**THE RUSSIAN CASSEROLE** is deep and has a single long handle; it is the most useful one for preparations to be made directly on the heat. You can make sauces, mix creams or cook in bain-marie. It is probably the casserole most commonly found in big kitchens and is often used for serving the finished dish of soups or sauces at the table. The preferred material is copper.

**THE OVAL COCOTTE** cooking dish came into being a long time ago made of ingot iron or cast iron and is usually in tinned copper or in aluminum. It used to be placed in the embers for braising. Thanks to its hermetic lid, heat was spread evenly through all the food and it was famous for meat stewed in the embers. Nowadays it is used for cooking small farmyard animals and game, braised or in the oven but always whole.

We also find the sautéing dish, preferably in aluminum due to its manageability and high heat conduction. It is required for all sautéed dishes. It should be noted that this much talked about pot with high sides, is not used in the same way in different countries, as it is strongly influenced by the local gastronomic culture. In Italy the sautéing dish, from the French “sauté”, i.e. jump, is used to toss pasta with different sauces, or it can be used for all those side-dishes made with butter. In France the same term refers to the conical casserole dish with medium-sized sides and it is used to prepare sauces or creams, while in Austria it is simply not used.







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