

Cooking Corner

Eco-Friendly Cookware

(NAPSA)—When they think of ceramic, people often think of pottery and tableware, but many leading cookware brands are rolling out eco-friendly products featuring a ceramic-based, nonstick coating that is toxin-free and provides an extraordinary cooking experience.



Bravo TV's "Top Chef" contestant Fabio Viviani recommends cookware that's eco friendly and nonstick.

You can now get cookware that's eco friendly and features a ceramic-based, nonstick coating.

These water-soluble coatings are cured at lower temperatures, leading to reduced emission of CO₂ into the atmosphere. In addition, ceramic nonsticks provide better heat transfer, requiring less energy to heat your pan. The nonstick properties make cleanup easy, with less soap and water. Perhaps best of all, they are free of PFOA and PTFE—the chemicals often used in traditional nonstick coatings.

These new ceramic nonstick cookware lines provide a healthier alternative in cooking. In fact, Bravo TV's "Top Chef" contestant and restaurant owner Fabio Viviani loves Italy's No. 1-selling Bialetti Aeternum Nano-ceramic Cookware line. "The unique white nonstick coating releases food so easily even with very little oil," Viviani said. "And for a nonstick, the browning and searing capabilities are like no other." The Aeternum is at Bed, Bath & Beyond and www.bialettishop.com.