

# Video: Cooking with cast iron: Fact versus fiction

15 December 2016

---



Credit: The American Chemical Society

Cooks around the world prize their cast-iron cookware, which has many advantages over its aluminum siblings. But there are a few myths surrounding cast-iron cooking and care, and a bit of chemistry knowledge can go a long way toward helping chefs use and maintain these pots and pans more effectively.

In Reactions' latest episode, we settle these cast-iron controversies once and for all and explain the chemistry of cast-iron cooking.

Check out the video here:

Provided by American Chemical Society

APA citation: Video: Cooking with cast iron: Fact versus fiction (2016, December 15) retrieved 16 September 2019 from <https://phys.org/news/2016-12-video-cooking-iron-fact-fiction.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*