



# WHAT IS IRON COOKWARE?

Iron cookware has been used for centuries to cook food. It is a classic kitchen staple that is preferred for its durability and heat retaining properties. Iron cookware's long lasting nature and ability to conduct and maintain heat make it a great choice for any kitchen. Before moving further let's understand the basics.

## What is iron?

Iron is basically a natural chemical element found in the periodic table - as symbol Fe. Iron is the chief constituent of Earth's core and the most abundant element available on Earth (about 35%).

In regards to our body, iron is an essential element for blood production. About 70% of iron is present in red blood cells called haemoglobin which is mandatory for transferring oxygen present in the blood to all bodily organs.

## Is iron cookware good for health?

100% it is! Iron cookware has a unique feature that sets it apart from other materials: it can release iron into food during the cooking process. This is very good for your health - especially those who are facing iron deficiency or lower haemoglobin level. However if you are concerned about the risk of iron overload, then don't worry. Because, the iron cookware will transfer only the right amount of iron as required by a healthy person.

The amount of iron that is released from iron cookware into food depends on several factors, including the type of food being cooked, the temperature of the cookware, and the amount of acid present in the food. Generally, acidic foods like tomato sauce or vinegar-based marinades will cause more iron to be released into the food.

Iron can also be released from the cookware itself. This can happen when the cookware is heated up to high temperatures and the iron molecules break down and mix with food. The amount of iron released will depend on the composition of the cookware as well as how long it is heated.

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## **What are the uses of iron cookware?**

Iron cookware is great for sautéing and frying. Its thick walls and heavy weight allow it to heat evenly and quickly, which makes it perfect for cooking meats, vegetables, and other ingredients that require a hot pan. Iron cookware is also great for browning and caramelising foods, as it can quickly turn up the heat without burning the food.

Iron cookware is also great for baking. Iron bakeware is incredibly durable and can withstand high heat, which makes it great for baking cakes and pies. Iron bakeware holds heat well and can retain a consistent temperature, making it great for baking breads, cakes, and other pastries.

Iron cookware can also be used to make sauces, soups, and stews. Its even heat distribution allows for a slow and steady simmer that is perfect for making sauces, soups, and stews. The slow cooking process allows for all of the flavours to blend together and create a delicious meal.

Iron cookware is also great for keeping food warm. Iron pans retain their heat for a long time, making them great for keeping food warm for a long time. This allows you to prepare the food in advance and store it in iron cookware until you are ready to serve it.

## **Things to remember while using iron cookware**

Iron cookware is not without its drawbacks, however. It requires more maintenance than other types of cookware, as it needs to be seasoned and oiled regularly. Additionally, iron cookware is susceptible to rust if it is not properly cared for.

It is important to season iron cookware before using it for the first time. This process involves coating the cookware with oil and heating it in an oven to create a non-stick surface.

Iron cookware is also ideal for high heat cooking, as it can handle temperatures up to 500 degrees Fahrenheit without damage. Iron cookware is also relatively inexpensive compared to other materials, making it a great option for those who are on a budget.

Overall, iron cookware is a great option for any kitchen. Its durability, heat conducting properties, and versatility make it a great choice for any cooking task. With proper care, iron cookware can last for years and provide years of delicious meals.

Explore [The Indus Valley](#) for a wide range of kitchen essentials in iron. You will find multipurpose [iron kadai](#) , [iron tawa](#) for roti or dosa, [iron fry pan](#) or iron chinese wok pan and more.