

COOKWARE MATERIALS COMPARISON CHART

Stainless steel, cast iron, or aluminum? Which cookware material will give you excellent results? We compare them below.

 FEATURE	 STAINLESS STEEL	 CAST IRON	 ALUMINUM
DURABILITY	Highly durable, resistant to rust	Extremely durable but can rust	Less durable, prone to dents
HEAT DISTRIBUTION	Good but may need a copper core	Excellent but heats slowly	Excellent, heats quickly
MAINTENANCE	Easy to clean, dishwasher-safe	Requires seasoning, hand-wash only	Easy to clean but avoid abrasives and dishwashers
WEIGHT	Lightweight and easy to handle	Heavy and sturdy	Lightweight
COOKING APPLICATIONS	Great for most cooking methods	Ideal for searing, frying, baking	Best for quick, high-heat cooking