



Save Time, Energy And Trouble

(NAPSA)—If the holiday festivities are at your house this year and you're concerned about the cooking, you're not alone. According to a recent online survey conducted by Harris Interactive, more than 80 percent of respondents said they cook for their guests when entertaining but many still struggle to reduce time, energy and mess in the kitchen. Thirty-five percent said they mostly cook what they know but might try a new recipe when entertaining.

Tips To Help You

To help make cooking more fun and efficient, consider these tips:

- Use pots and pans with flat bottoms that fit the burners. A 6" pot on an 8" burner wastes over 40 percent of that burner's heat.
- Try cooking food in as little water as possible to save energy and preserve nutrients.
- Don't open the oven door during cooking; each time you do, you can lose about 25° to 30° of heat. Try cooking with a full oven, too, and using the broiler when possible, which needs less energy and doesn't require preheating.
- Use the leftover heat as a food warmer and turn off the oven immediately when you are finished cooking. An oven retains heat for up to 30 minutes after it's been turned off.



A double oven range can be twice as nice at holiday time.

A double oven range can help increase efficiency in the kitchen—from preparation to cleanup—without the need for major renovations. For example, with the Whirlpool® double oven range, you can roast a turkey while simultaneously baking a vegetable lasagna for those non-meat eaters. You can bake the green bean casserole at the same time as the cookies so you don't have to jump up in the middle of the meal to take them out on time.

Learn More

For more information, visit www.whirlpool.com and www.instituteofkitchenscience.com.