



5 Reasons Professionals Love Cooking with Gas

Do you ever binge watch the Food Network in search of the perfect meal idea? A great recipe is certainly important, but how you cook it matters too, say experts.

In a survey conducted among 100 professional chefs across the U.S., 96 reported that they prefer using a gas range for their culinary creations. Here are five reasons the professionals love cooking with natural gas.

- 1 FAST START** You can whip up a meal in a hurry because gas burners reach the correct temperature immediately when ignited. "Plus the change in heat levels is instantaneous," says Christopher Kimball, founder and host of America's Test Kitchen. Preparing a meal faster means you'll use less energy, too.
- 2 QUICK COOL DOWN** Gas burners cool quickly, allowing you to take a rolling boil down to a simmer in no time flat. This ensures that delicate dishes, like sauces, aren't spoiled by a slow response time. A fast cool-down can mean the difference between a perfect, creamy consistency and a runny failure.
- 3 GREATER CONTROL** Seventy-two percent of the professional chefs surveyed cited greater control over temperature as one of the primary reasons for their preference. "Gas tends to have many settings, because you can turn the control knobs in tiny increments," says chef Bruce Mattel, senior associate dean for culinary arts at the Culinary Institute of America. Patterned after models prized by professional chefs, today's residential gas ranges offer super-low simmer settings among many features.
- 4 EVEN HEAT DISTRIBUTION** The flames on a gas cooktop are central so they heat pans evenly. There are no cool spots that result in undercooking or hot spots to cause scorching.
- 5 ECONOMICAL** Cooking with natural gas is economical. Most new models of natural gas cooking equipment use an electronic spark ignition, rather than a continuously burning pilot. This saves as much as 30 percent on energy costs.

Walton Gas Most-Viewed Recipes of 2017

- 1** CHICKEN POT PIE
- 2** CHICKEN SPECTACULAR
- 3** GRANDMA'S FAVORITE SOUP
- 4** BANANA PUDDING
- 5** STEAMED VEGETABLE CASSEROLE

Walton Gas & Atlanta Gas Light

who does what



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gas up the stove

Oreo Cookie Dessert



SAUCE

- 4 ounces sweet German chocolate
- 5 ounces evaporated milk
- 1/2 teaspoon salt
- 1/2 cup butter
- 1 teaspoon vanilla

OTHER INGREDIENTS

- 1 cup pecans, chopped
- 24 Oreo cookies
- 1/4 cup butter, softened
- 1/2 gallon vanilla ice cream
- 8 ounces whipped topping

Make sauce first. Bring first 5 ingredients to a boil. Stir constantly for 4 minutes. Add vanilla. Remove sauce from heat to cool. While sauce cools, crunch the 24 Oreos, add 1/4 cup butter. Blend and press into 9-by-13-inch greased pan. Slice the 1/2 gallon of ice cream and layer on top of cookies. Sprinkle pecans on top of the ice cream. Pour chocolate sauce over the pecans. Cover with whipped topping and freeze.

Submitted by Carla Bartlett of Lawrenceville. Featured recipes are not independently tested, so we must depend on the accuracy of the cooks sending them. Always use safe food handling, preparation and cooking procedures from the recognized experts.

Send us your recipes! The best entry each month will appear in the Gasette and receive a free cookbook.

Send recipe, name, address to:

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