

# Waterless cooking versus vacuum cooking.

Recently a Salad Master rep said to me that her cookware cooks in a vacuum.

I tried to explain to her the difference between waterless and vacuum cooking and she said she can lift the pan holding the lid knob.

This did not make sense to me so she had me questioning my logic. I decided to put this to a test.

She claims that waterless cooking, where you turn the heat to low, reduces the temperature.

I told her steam has a temperature of 212 or 100 degrees Celsius, which is the same temperature as boiling water. That it only changes if either under pressure (pressure cooking) or in a vacuum (as with our cookware)

She was totally convinced that by turning down the heat, the temperature in the pan went way down and also created a vacuum. I said that is an impossibility and defies logic but she was so convinced I had to test it for myself.

I took a 2 quart and placed a special thermometer inside where I could read the temperature outside the pan. I added a couple ounces of water, as we do to create the vapour. When the pan started to whistle the temperature read 212 degrees. I turned down the heat to low and locked down the lid. Five minutes later the temperature still read 212 . So I wasn't losing my mind after all. I then turned the heat off and right away the temperature dropped as expected. As the air tried to re-enter the pan the partial vacuum starts to form and the temperature dropped to 163 degrees and stayed there.

Water boils at a lower temperature when there is less pressure. For example, if you were to boil water high up in the mountains, the water would start boiling at a lower temperature as there is less pressure in the air. We utilize this simple physics with the Vacumatic cookware. However, to do this the cookware must have certain features that the Salad Master cookware does not.

Some of the features needed is a vapour seal, a tri-whistle vent, 7 layers of heat conducting cores that run all the way to the top of the pan.

There is nothing wrong with steaming your veggies or cooking waterless. They will look and taste better as the color and flavour has not been washed away.

However, when the temperature reaches the boiling point, whether boiling water or steam, the vitamins, enzymes, nutrients and minerals all start to break down. When you cook in a Vacumatic pan the temperature does not exceed 163 degrees thus retaining all the natural goodness of the veggies. I can actually cook the old fashioned method of waterless cooking in an empty paint can and get the same results.

Why then spend a ton of money on cookware if the only main benefit is that it is high quality and will last a lifetime?

Over five million people have invested into Vacumatic cookware over the last 60 years. These are the only people who are getting all the natural goodness from their veggies.

A few years ago I met a nutritionist who told me that you can get more vitamins and minerals from a carrot or veggie cooked Vacumatically than if you ate it raw. I asked her how that was even possible. She said, "Have you ever eaten corn then noticed the next day the corn comes out intact in the bathroom." I said I'm sure everyone has noticed this. She said unless you chew it a hundred times like a cow, the unchewed chunks may not fully digest and thus pass. Especially with root veggies. BUT if you cook it just enough to be soft enough to fully break down in the digestive track, and none of the vitamins or minerals were damaged in this process, you will get most of the goodness of your veggies. I thought that was very interesting and not something I would have thought of.