

The quest for the best

- 87 % of households use fuel wood for cooking
- 84 % of the total LP gas consumed goes for domestic applications
- Yet, due to inefficient technologies in using fuel wood and inefficiencies in LPG usage, a huge amount of energy waste occurs in household cooking

The traditional three-stoned hearth

Very low efficiency -
5 - 8 %



Anagi stove

Efficiency - 17 - 20 %

Efficiency can be maximised by

- Utilising both burners at once
- Burning wood chips
- Pairing burners with proper sized utensils
- Ensuring adequate ventilation



Lanka Shakthi stove

Efficiency - 25 - 30 %

- Saves 2/3 fuel wood compared to 3-stoned hearths
- Ensures complete combustion
- Utilises a variety of woody substances including little pieces of firewood, coconut husks, rubber seeds...etc

Efficiency can be maximised by

- Using wood chips with low moisture content
- Packing woodchips to ensure adequate ventilation



LPG cookers

Efficiency - very much higher compared to fuel wood stoves

Efficiency can be maximised by

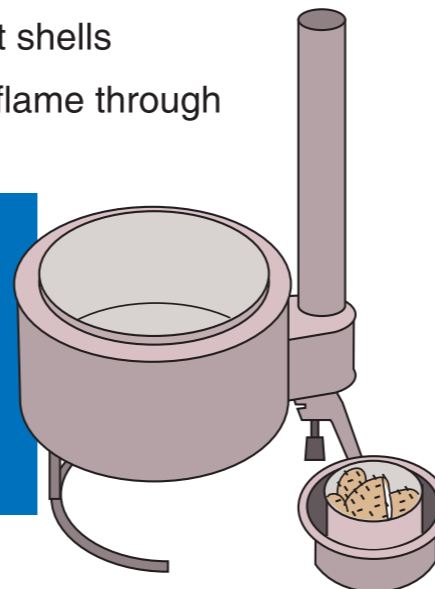
- Adjusting the burner to get a blue flame
- Using pressure cookers, stainless steel utensils
- Pairing burners with proper sized utensils
- Minimising the height between the flame and pan
- Keeping burners clean

Biomass rice cooker

- *the latest candidate in market*

- A very good alternative for the electric rice cooker
- Uses coconut shells
- High quality flame through gasification

Two coconut shells cook a kilo of rice in 40 - 45 minutes



The key to efficient cooking is understanding your cooking habits

● Hit the right balance

Match cooking methods to the meal. Don't use an oven to toast bread, a toaster should suffice

● Pair off the burner with the right pan

Over sized pans waste energy. A 6-inch diameter pan on an 8-inch burner wastes half the burner's energy

● Avoid spilling flames

Gas flames spilling up the sides of the pots waste energy

● Keep lids on

Cooking without lids requires 3 times energy as cooking with lids on

● Use minimum water

Use minimum water to boil foods. Excess water requires excess heat to boil.

● Use high-conductivity materials

For better heat conductance, use stainless steel cookware on LPG cookers

Pair off the burner with the right pan

Keep lids on

Avoid spilling flames

