

BSA Troop 883 Cookware Guide

Vessel Materials




Aluminum – heats and cools quickly, can be difficult to regulate over stove tops at high temps, – best for baking in ovens, especially cookies, brownies, rolls, muffins, cupcakes, cakes, and so on, used on stove tops, can be used over coals if heavy duty

Steel – heats and cools slowly, easier to regulate over stove tops at high temps, good for ovens and coals too, distributes heat evenly the best

Glass – heats and cools slowly (retains heat longer) – perfect for something that needs to retain some heat after cooking – should not be used on stove tops or coals, only for baking – great for casseroles, lasagna or baked pastas, pies, cobblers, and crisps

Copper – heats up quickly and cools slowly, distributes heat very evenly, good for cooking sweets and candies with controlled temperature (fudge), and delicate fish and sauces, good for ovens and stove tops, not for coals

Cast Iron – heats up slowly and unevenly – preheating is a must for most uses, but once heated, distributes heat evenly – most versatile, can be used with any fuel source

Vessel	Description	Purpose/Cooking Methods
 Fry Pan	Round shape, curved sloped side walls for stirring and sliding food out of the pan as well as preventing steam from forming	frying, browning, scrambling, sauteing, or searing
 Sauté Pan	Round shape, wide flat bottom for maximum heat conduction, straight high sides to expose all sides to heat	sauteing, searing, braising, deglazing, poaching, and stir-frying
 Saucepan	Tall sides and narrow bases to promote reduction and ideal for cooking low and slow for a long time	steaming, boiling, simmering, reducing



Cast Iron Skillet

Round shape, thick, slightly sloped walls, cast iron heats evenly and consistently

sauteing, searing, frying, and baking



Wok

Round shape with round or flat bottom and deep, curved sides for high heat concentration

stir frying



Roasting Pan

Heavy construction, usually oval or rectangular, flat bottom, shallow sides for max heat distribution, with and without lids

roasting, baking



Everyday/Paella Pan

Round shape, flat bottom, shallow sloped sides with two small handles

frying, baking



Brazier/Rondeau Pan

Round shape, shallow sides, wide cooking surface to for braising

Braising



Sauce Pot

Similar to a saucepan, but overall larger volume, taller sides, and a larger base

steaming, boiling, simmering, and reducing



Stock Pot

Largest pot, thick base to promote slow, simmering

steaming, long slow simmering



Dutch
Oven/Cocotte

Heavy, wide, and relatively shallow or deep pots with thick, curved walls and tight-fitting lids, available in enamel, cast iron, aluminum, and ceramic

braising, searing, simmering, and baking



Bundt/Angel
Food Pan

Tubular design with hollow core, tall sides for even baking, usually cakes

baking



Loaf Pan

Ideal for breads, cakes, and puddings - deep sides allow for high rising dough, variety of molds and shapes

Baking



Sheet Pan

Flat, rectangular with very shallow sides, mainly so food doesn't slide off and for handling, flat large surface area ensures even browning and baking

baking, broiling, cooling



Cake Pan

Flat bottoms, and straight sides, with different molds and shapes - usually aluminum to heat quickly and evenly

baking



Muffin Pan

Usually made from aluminized steel, aluminum, cast iron, and even silicone - ideal for muffins, eggs, quiches, tarts, and cupcakes

baking