

Propane Living

Gas Stoves: The Ultimate Choice for Cooking Enthusiasts and Homeowners



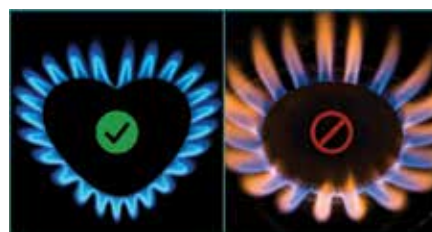
Cooking enthusiasts and homeowners alike have long debated the merits of gas versus electric stoves. There are many benefits to using a gas stove, including convenience, safety, and cost savings.

Gas stoves are easy to use, have instant on and off, and provide precise temperature control and even heat. With an adjustable open flame, you can access many different heat levels making it effortless to carry out tasks such as boiling, simmering, searing, and frying. This is particularly important for professional chefs and home cooks who demand precision in their cooking.

Gas stoves quickly heat up, saving you time in the kitchen, and cool down quickly, increasing safety in the kitchen. Gas stoves are also designed with safety features such as flame failure devices, which shut off the gas supply if the flame goes out. This helps prevent gas leaks.

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The Yellow Flame Warning: What You Need to Know



Yellow or orange flames on a gas stove are typically caused by incomplete combustion, which can be due to a range of issues, such as dirty burners, clogged orifices, or improper air-to-gas ratios. If a homeowner notices yellow or orange flames on their gas stove, they should immediately stop using the appliance and contact a qualified service technician to inspect and service the stove.

Pancake
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Triple Berry Pancakes

Whip up these delectable pancakes on your gas stove for a breakfast to remember.



Ingredients

1 box instant pancake mix
½ cup blueberries
¼ cup raspberries
¼ cup blackberries
½ cup Fischer & Wieser's Triple Berry Jam
½ cup maple syrup
4-6 tbsp unsalted butter
2-4 tsp of grapeseed oil

Photograph and recipe is courtesy of Fischer & Wieser.

Directions

- In a large bowl, prepare pancake mix according to the directions on the package.
- Add ½ of the blueberries to the mix (don't over-mix). Heat a nonstick pan to medium-high and lightly coat with grapeseed oil.
- Cook pancakes as directed on the box. In a medium glass bowl, mix in Fischer & Wieser's Triple Berry Jam and maple syrup and heat on high in the microwave for 30 seconds.
- Plate your pancakes, add butter to taste, pour on your triple berry and maple syrup, and top off with the fresh berries and enjoy!

Save Money & Enhance Home Comfort with the Texas Saves Propane Rebate Program

Upgrading to propane furnaces, boilers, and water heaters can offer a range of benefits. Fortunately, Texans can take advantage of the Propane Council of Texas' Texas Saves Propane Rebate Program to upgrade their homes with new propane furnaces, boilers, and water heaters, helping to offset the cost of upgrading.

There is a \$600 cap per Texas household or commercial property per year.

In addition to the financial benefits of participating in the Texas Saves Propane Rebate Program, users who upgrade to propane appliances can enjoy improved comfort and convenience in their homes and businesses.



Here's how Texans can take advantage of the Propane Council of Texas' Texas Saves Propane Rebate Program

1) Purchase a qualifying new propane appliance 2) Have it installed 3) Get your propane safety inspection 4) Request your propane provider submit the rebate application with the qualifying propane appliance proof of purchase through our secure rebate portal on your behalf.

Finally, within 60 days of the completed submission, you may receive a rebate check from the Propane Council of Texas (while funding is available). Funding is available first come, first served. Incomplete applications may affect processing times.

Learn more about the program and see the funding countdown calculator at www.txsavewithpropane.com.

Questions? Please contact rebates@propanecounciloftexas.org or call 512-883-9925.

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According to a 2020 National Fire Protection Association (NFPA) Home Cooking Fires study, NFPA reported that “Households that used electric ranges showed a higher risk of cooking fires and associated losses than those using gas ranges.”

Cost savings is another benefit of using a gas stove. According to NerdWallet, “Ongoing energy costs vary by state, but in general, gas ranges cost less to run than electric ranges.”

Incorporating propane into your energy mix for appliances like your cooktop can also help reduce the strain on the electric grid while providing a reliable source of energy stored on-site.

Whether you are a professional chef or a home cook, a gas stove is the ultimate addition to any kitchen. All in all, gas stoves offer advantages, including convenience, precision, safety, and cost savings.

Debunking Myths: Gas Stoves, Propane, & Indoor Air Quality



Recent headlines claim that gas stoves fill homes with pollutants, negatively impacting indoor air quality. Please find out more about gas stoves and indoor air quality in this article as we debunk some myths about gas stoves.

For one, the Environmental Protection Agency (EPA) does not list gas stoves as significant contributors to indoor air quality or health hazards. Incorporating propane into the kitchen can significantly contribute to a family's efforts to reduce its carbon

footprint. Compared to electric cooking, propane cooking emits lower levels of carbon dioxide (CO₂) on average. This is because over 60% of electricity production is generated by natural gas or coal-powered plants, which release higher CO₂ emissions.

According to the California Air Resources Board (CARB), cooking reduces indoor air quality, regardless of the stove used. Replacing gas stoves with electric stoves would not eliminate indoor air quality concerns.

Better ventilation is the answer to air quality concerns. CARB recommends using a high-efficiency range hood or exhaust fan. If you are lacking a range hood or vent fan, opening windows or exterior doors while cooking is advised, and having a qualified technician inspect your stove every year.

When people think about cooking with gas indoors, some suggest it leads to poor air quality. “It's not the source that it's what they are cooking. Most often, people use the wrong oil and cook at the wrong temperature,” cites Chef Dean Sheremet. Chef Dean regularly appears on TV and in national publications.

Oils with high smoke points are suitable for high heat frying and stir-frying. These include peanut, sesame, soybean, and grapeseed. Oils with moderately high smoke points are good for sauteing over medium-high heat. These include avocado, corn, canola, and olive oil.

Oils with low smoke points, such as flaxseed, pumpkin seed, and walnut, are best used in salad dressings and dips.

In summary, *Debunking Myths About Gas Stoves & Indoor Air Quality* reveals that cooking itself, regardless of the stove used, can reduce indoor air quality. Paying attention to what oils you use, what your cooking and ventilation are key to air quality with all stoves.

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