

***Waterless Cookware  
Frequently Asked Questions  
and the Questions That  
You Should Be Asking !***



## What is waterless cooking?



Waterless cooking involves special cookware that is heavy, multilayered, stainless steel with tightly fitting lids. Because of the cookware's construction, it is extremely energy efficient. You can cook on very low heat and do so with little or no extra water or grease. The result is food that is more flavorful and nutrient-rich than with other cooking methods.

Our Vapo-Seal cookware is a surgical stainless steel cookware set consisting of 17 pieces. Each piece features a 7 ply construction of alloys and metals encapsulated between Titanium based 304 surgical stainless steel. The 7-ply construction allows for fast and even heat distribution and the titanium based steel surface keeps meat from sticking without using grease due to its nonporous properties.

Easy to clean

Heat Resistant

Knobs

Energy Efficient

Tight lid design

Warp Resistant

## Can you really cook vegetables without water?

Yes. Each pan has a precision ground, electronically balanced cover that causes a vapor seal to form between the cover and pan, which is what makes minimum moisture cooking possible. Cook vegetables using only a few tablespoons of added water or the water that clings to the vegetables after rinsing.



## How can you cook food with low heat?

The waterless cookware is constructed of several layers of metals that conduct the heat fast and evenly. The sealing cover holds all of the heat and moisture in the pan like a thermos bottle allowing you to use lower temperature settings during the cooking process.

## How does cooking waterless retain more of the vitamins and minerals?

Cooking waterless retains the vitamins and minerals through minimum moisture cooking and low heat cooking. The food is pasteurized below the boiling point. Cooking at or above the boiling point with water destroys valuable vitamins and minerals in your food. Cooking waterless and with low heat retains 98% of those valuable nutrients.



## Can you cook rice without water?

I get this question quite often and the answer is no. You need to use water in anything that is dried or dehydrated. This includes pastas, rice, or other grains that require water. Use the amount that the package or food calls for.



## Doesn't meat stick if you don't use grease?



No. The cookware is made of a nonporous surgical stainless steel. Meat will stick at first, but then releases from the metal once it is browned due to the nonporous property of the steel. Two exceptions are fish and eggs which due to their texture require a small amount of shortening. All other meats require no added grease or oil.

## Isn't the meat dry if you don't use grease?



No. Slab meat like steak and hamburgers will cook quicker on the open pan, so it won't dry out. Boned meat like chicken breasts or roasts will retain their natural juices due to the sealing cover and low heat cooking. Little to none of the natural juices is evaporated through the cooking process, creating a juicy tender texture that melts in your mouth.

## If the food is healthier will I really like it?

Not only does the food retain more nutrients and natural moisture, but the food retains more of the natural flavor. You will begin craving healthier foods in your diet. You will even begin to prefer eating at home rather than eating out. Lastly, you won't desire fried foods as much because you can cook meat without grease and still have abundant flavor and tenderness.

## Is the cookware heavy?

Yes. Waterless cookware is heavy due to the multi-ply construction used to allow low heat and even cooking.

## Is it hard to clean?

No. If something should burn in the pan, you simply add an inch or so of water to the bottom and boil on high heat.

Use a flat edge metal spatula to scrape the food off. It is quick and simple.



Lifetime

Warranty

Healthy

Cooking

Energy Saving

The Last  
Cookware SetYou Will Ever  
Buy

## Does the cookware really save energy and money?



Yes. You will use your stove for less amount of time on a lower temperature and can eliminate your oven use by roasting on top of the stove. There will be no need to buy shortening or oil again, and there are definitely health savings. If used properly over time you will make fewer trips to the doctor, saving you money and anxiety. Lastly you will save hundreds of dollars by never having to replace your cookware again, which most people do over and over again.

## Why is there oil in the core skillet, and how does it work?



The oil in the oil core skillet replaces the coils that most electric skillets have. The oil heats up instead of the coils providing extremely even heat.

The oil core skillet is made of the titanium based 304 stainless and has a sealing cover therefore can be used waterless and greaseless like the stovetop cookware.

## Is it hard to get used to cooking waterless & greaseless?

No. After using it properly for a few meals, cooking will become quicker and easier than you could have imagined. It becomes less of a chore and more of something you feel good about because you know you are feeding yourself and your family good nutrition.



## Why should I throw away my aluminum cookware?



Aluminum is a metal that is very active chemically and reacts to acidic and alkaline base foods by dissolving in the cooking process and can leach into your food. When you cook in aluminum, some of the metal is excreted into your food and goes into your body.

Acidic foods cause a higher level of aluminum to be excreted and can even cause a metallic taste in the food. Research shows a link between aluminum and Alzheimer's disease, and because of its properties, aluminum should not be used to for cooking.

*Approximately  
42% of your food's  
minerals are lost  
when it is boiled in  
water.*

*With waterless  
cookware, up to 98%  
of the natural  
minerals are  
retained.*

## Doesn't waterless cookware contain aluminum?

Yes, but the aluminum is encapsulated so that it will not ever come in contact with your food.

## Why should I throw away my Teflon?

There is numerous health risks associated with Teflon especially when heated to high temperatures. It is easy to see after many uses just look at your pan. Flaking Teflon in your body cannot be good for you.

## What are the handles made of?



Most waterless cookware has handles that are made of a high impact bake-a-lite. This material is resistant to temperatures up to 400 degrees and doesn't get hot to the touch on top of the stove when cooking like a metal handles do.

You don't need potholders to take the pan off the stove.

## What does the warranty on the cookware cover?

Some companies have been in business for many years and have great customer service. Other companies are trying to make a quick sale on auction sites, but you may never be able to find them or their warranty again.

Most well-established waterless cookware companies, including ours, have great service and warrant their cookware against any defects and replace handles and knobs for minimal shipping and handling charge.



## What is the difference between 9 element, 12 element etc?

There is not a lot of difference in cookware that simply has a higher or lower number of elements. This is just the number of the different mixtures or alloys and elements used in those mixtures. It doesn't really matter how many elements are used in the construction. What matters is how well and evenly the cookware conducts heat.

## What is the difference between waterless surgical stainless steel and the stainless steel that you can buy at the discount stores?

The difference is in the type of and construction of the stainless steel. Waterless cookware is made of a high-grade titanium-based surgical stainless steel, the same type of stainless steel as used by surgeons and dairies. Because of its nonporous properties, it is a very sanitary metal that doesn't rust, corrode, or collect bacteria like some metals. This property is also what allows for greaseless cooking. The cookware is constructed with several layers of elements between the steel that produce very quick and even heat conduction. Though other stainless steel pans may look heavy, they can produce hot spots and burn easily.



# Why is Vapo-Seal Cookware less expensive than many other waterless cookware sets?

When shopping for waterless cookware, you will find sets ranging in price from hundreds of dollars to thousands of dollars. The reason for the wide range of pricing boils down to marketing. For example, you may have seen a set on a shopping channel. If so, there are a variety of costs associated with the advertisement, such as the studio, crew, talent and air time. If you saw it at a home cooking demonstration, there is employee training, food costs, hotels, travel costs, cooks and other employees.

At Vapo-Seal Cookware, we have eliminated these costs by selling directly to you online. With 30 years in the cookware business, you can be assured of the highest quality cookware set available today, each backed with a lifetime guarantee.

## How can waterless cooking improve my health?

If the cookware is used properly, it undoubtedly has wonderful health benefits. Vegetables will retain 98% of their natural vitamins and minerals that are essential for our bodies. Most cooking methods cause vegetables to lose up to 50% of their vitamins and minerals.

Because the flavor will be better, you will enjoy eating and even trying all types of vegetables. Eating vegetables becomes enjoyable, and you begin craving healthier foods in your diet. You will even begin to prefer eating at home rather than eating out. Lastly, you won't desire fried foods as much because you can cook meat without grease and still have abundant flavor and tenderness.



**Now you're cooking!**

Call us today at 888-544-2390 or order online at

[www.discoverwaterlesscooking.com](http://www.discoverwaterlesscooking.com)