Time to think about natural gas – cooking

Nothing puts you in control like natural gas cooking.

Natural gas is cheaper, providing more energy for your money than electricity.

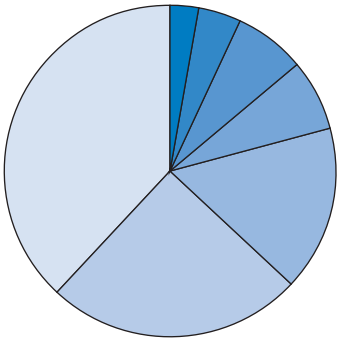
Natural gas is better for the environment compared to coal-based electricity generation.

Did you know?

Cooking uses four per cent of an average household's energy*.

HOME ENERGY USE

Home energy use
(Baseline Energy Estimates, 2008)



- Standby **3%**
- Cooking **4%**
- Lighting **7%**
- Refrigeration **7%**
- Other appliances **16%**
- Water heating **25%**
- Heating and cooling **38%**

COOKING WITH GAS

A popular choice among chefs and cooks, natural gas provides instant, clean and visible heat and puts you in complete control of your cooking.

EASY TO CLEAN

Features such as sealed hobs, detachable burners, knobs and oven doors as well as self-cleaning oven surfaces make gas appliances easy to wipe clean and maintain.

EASY TO INSTALL

Talk to an appliance retailer to arrange the installation of your new natural gas cooking appliance or outlet by a licensed gas fitter, who can certify and guarantee the work.

GAS COOK TOPS

Durable – choose from hard wearing enamel, glass or stainless steel and low profile models to complement your kitchen.

Multiple burner combinations – simmer burners give you extra control, wok burners deliver high heat great for stir-fries and fish burners can double as your indoor barbeque.

Various burner layouts – compare the size of the pots and pans you currently use to the position and layout of burners. Burners should be spaced out with wok burners at the front for accessible continuous stirring of food.

Ignition systems – light first time every time with electronic ignition systems.

Safe – flame failure features ensure that gas cuts out or reignites automatically.

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GAS OVENS

Keep food moist – unless gas ovens are fan assisted, they don't dry food out as much as electric ovens which makes them perfect for roasts, casseroles and cakes that require moisture.

Fan-forced ovens cost 35 per cent less to run than conventional ovens. They force the heat evenly throughout the oven, reducing your cooking time by one-third.

Various cooking methods – gas ovens are naturally hotter at the top and cooler at the bottom so you can cook several different foods at once. Fan forced or assisted gas ovens are also available for faster cooking times and evenly distributed heat.

Available features – gas ovens with features including timers, set and forget programming, adjustable shelves, separate or integrated grills, 'keep warm' options and oven lights to suit your needs.

NATURAL GAS BARBECUES

Hassle free – no need to carry heavy gas bottles around or worry about running out of gas.

Easy to connect – simply plug your barbecue into a bayonet fitting and unplug to store away. Have an LPG barbecue? Get your gas fitter to convert it to natural gas.

Available features – gas barbecues with features including easy ignition, easy to clean surfaces and hotplates, wok burners and roasting hoods to suit your needs.

TOP TIPS FOR SAVING ENERGY

Keep your cooking costs down, today, tomorrow and in the future, with minimal impact to your lifestyle.

Today

- Use the smallest pots and pans possible – it takes less energy to heat them.
- Use dividers and steamers to cook vegetables in the same pot.
- Use the oven light to check on food in the oven rather than opening the door.
- Place food in the oven immediately after the oven is turned on and you'll save energy.
- In summer, cook outside on hot days if possible to avoid heating the house.

Tomorrow

- Make sure the oven door seal is clean and in good condition.

When building or renovating

- Look for ovens with high levels of insulation and triple glazed windows.

RECIPE

Beef, asparagus and mushroom stir-fry

Preparation: 5 minutes
Cooking: 15 minutes
Serves: 4

Ingredients

500g beef rump strips
1 tbsp brown sugar
2 tbsp oil
250g snow peas
1 bunch asparagus, cut into 3cm lengths
200g mushrooms of your choice
3 tpsp oyster sauce
1 tbsp soy sauce

Method

Rub the brown sugar into the beef strips, then add a little of the oil to the beef. Mix well.

Heat the wok, ensure it is hot. Stir-fry the beef strips in batches (reheat wok between each batch) and rest in a warm bowl.

Add remaining oil and reheat the wok. Then add the snow peas and asparagus, and stir-fry for 2-3 minutes. Add the mushrooms stir-fry for 1 minute. Add the combined oyster and soy sauces, stir-fry to mix.

Return the beef to the wok, toss to combine. Transfer to serving plate and serve with rice.

Tips for stir-frying

- Prepare your ingredients before you start to cook.
- Heat the wok before adding the oil then add the food immediately.
- Stir-fry meat in batches help it to brown and seal quickly rather than stew.
- Stir-fry just before serving.

RECIPE

Barbecued king prawns – sweet chilli or garlic

Preparation: 30 minutes if you're peeling prawns.
Cooking: 2-3 minutes
Serves: 4-6

Ingredients

24 raw king prawns (or as many as you like, allow about 5-6 per person)
Salt and pepper
Garlic prawns
4 tbsp olive oil
4 garlic cloves, finely chopped

Chilli prawns
2 tbsp sweet chilli sauce

Method

Peel prawns by removing the head and pulling off the shell, leaving the tail in tact. Slice down the back to remove the vein.

Rinse under cold water and pat dry so they're ready for marinating.

Put prawns in a bowl and add either the sweet chilli sauce or the oil and garlic. Season with salt and pepper.

Preheat the barbecue to high and cook on an oiled hot plate for around 2-3 minutes.

Organise finger bowls for washing sticky fingers.

RECIPE

No fuss blueberry muffins

Preparation: 10 minutes
Cooking: 25-30 minutes
Serves: 4-6

Ingredients

2 cups sifted self-raising flour
½ cup caster sugar
2 eggs
1/3 cup vegetable oil
1 cup sour cream
1 cup fresh or unthawed frozen blueberries

Method

In a bowl, combine flour, sugar, eggs, oil and sour cream and mix well.

Sprinkle the mixture with 1 cup blueberries and then spoon into 1 cup capacity muffins tins.

Bake in preheated oven 180 degrees for 25-30 minutes.

USEFUL INFORMATION

Find 'thinkgas' on facebook

If you have any questions about natural gas or for a list of gas retailers, please find us on facebook, at facebook.com/actewagl

Emissions and cost comparison calculators

thenaturalchoice.com.au

Calculate the greenhouse impact of changing your current appliances to natural gas and running cost difference switching from LPG to natural gas at thenaturalchoice.com.au

Review and compare products

choice.com.au

Visit the Australian Consumers' Association website for independent and unbiased product reviews and comparisons.

Keep your home energy cost down

heat.net.au

To book your home energy audit and receive expert advice on how to keep your energy costs down talk to the Home Energy Advice Team on 02 6260 6165, or for more information visit heat.net.au

* Figures have been sourced from Your Home, which is a joint initiative of the Australian Government and the design and construction industries and the Home Energy Advice Team, which is funded by the ACT Government to provide free, independent, expert advice to improve energy efficiency and Monergy, the ACT Government's energy efficiency campaign. The information provided in this fact sheet is general information only and does not take your particular circumstances into account. Whilst every effort is made to ensure accuracy, ActewAGL takes no responsibility for any errors or omissions in relation to this information. ActewAGL gives no guarantees and makes no representation as to the suitability, efficiency, affordability or otherwise of natural gas or any particular appliances or combinations of appliances in your particular circumstances. To the extent permitted by law, ActewAGL excludes all and any liability and responsibility to any person in respect of the consequences of anything done or omitted to be done by such person in reliance, whether wholly or partially, on the information provided in this document. ActewAGL Distribution ABN 76 670 568 688 a partnership of ACTEW Distribution Limited ABN 83 073 025 224 and Jemena Networks (ACT) Pty Ltd ABN 24 008 552 663.

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