

Cost To Cook Case Study 2



How Cheap Is Using The Slow Cooker VS Other Cooking Methods?

Below is a pricing grid to help everyone understand the cost of cooking. These figures are based on an average appliance found within UK households and the costs are accurate as of January 2023.

Appliance	Cost In Pence VS Minutes Used			
	10 Minutes	30 Minutes	60 Minutes	90 Minutes
Air Fryer Electric	11	33	66	99
Electric Hob	9	27	54	81
Microwave	5	15	30	45
Electric Oven	12	36	72	108
Slow Cooker	1	3	6	9
Electric Toaster	7	21	42	63
Gas Hob	1.5	4.5	9	13.5
Gas Oven	2.5	7.5	15	22.5

To work out how much it costs for other times the sum below will help;

$$(10 \text{ minute cost} / 10) \times \text{Number of minutes cooking time}$$

You have decided, that with the cold weather outside, you are going to make some Minestrone soup to warm you and your family up. You have decided to make the soup in the Slow Cooker as you think it is the cheapest way to cook it, but is it? The ingredients for the soup are the same for all cooking methods and include onion, garlic, courgettes, celery, carrots, tinned tomatoes, oregano, vegetable stock and pasta.

In the Slow Cooker the soup takes 5 hours to cook. No other pre-cooking is required.

Cost to Cook in a Slow Cooker is 30 Pence

In the Microwave you need to cook the soup for 15 minutes and let it stand for a further 3 minutes.

Cost to Cook in a Microwave is 7.5 Pence

On an Electric Hob the soup would need to have the onions softened for 5 minutes and then further cooking of 35 minutes.

Cost to Cook on an Electric Hob is 36 Pence

On a Gas Hob the soup would need to have the onions softened for 5 minutes and then further cooking of 35 minutes.

Cost to Cook on a Gas Hob is 6 Pence

The lowest Cost to Cook is Gas Hob The highest Cost to Cook is Electric Hob