You have to be able to take the heat in a professional kitchen, but with the right advice you can reduce it a little and make real savings on your energy use.

1. Make sure oven doors fit tightly by adjusting door latches, and that gasket seals are in good condition.
2. Fully load cooking equipment to use energy efficiently. However, be careful not to overload beyond the recommended capacity.
3. Keep pots covered to reduce heat loss and cook quicker.
4. Turn off backup fryers and ovens during low production periods.
5. Preheat cooking equipment at the manufacturers recommended setting.
6. Buy insulated cooking equipment whenever possible (e.g. fryers, ovens, coffee machines). Insulation retains more heat in the equipment, not in the room.
7. Consider replacing broilers with smooth or grooved griddles. They use much less energy.

Make sure oven doors fit tightly
Fully load cooking equipment and keep pots covered
Buy insulated cooking equipment
Use smooth or grooved griddles

Quick tips

Energy Efficiency facts and figures have been sourced in May 2014 against reports from Carbon Trust and Energy Savings Trust.
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