



SELF-STIRRING SAUCEPAN COOKS MORE EFFICIENTLY

● WORK & LIFESTYLE

Kuru-Kuru Nabe is a new saucepan design with spirally molded sides that not only allow contents to cook more efficiently, but they also enable the pan to “stir” itself.

It’s been a few months since we’ve covered a new innovation from the world of cooking, but recently a particularly intriguing one caught our eye. [Kuru-Kuru Nabe](#) is a new saucepan design with spirally molded sides that not only allow contents to cook more efficiently, but they also enable the pan to “stir” itself. The brainchild of Japanese dentist Hideki Watanabe, Kuru-Kuru Nabe – which means roughly “round and round pot” – features diagonal grooves on its inside surface, causing a vortex convection when liquid is heated. Heat is used more efficiently and liquids boil more rapidly as a result; there’s also apparently less likelihood that the contents of the pot will boil over. Perhaps most interesting of all, however, is that the vortex that’s created during heating serves to stir the contents of the pot as well, effectively allowing the pot to “stir” itself and prevent pastas or other contents from sticking to its sides. The video below demonstrates the pot in action:

With both fuel efficiency and convenience among its benefits, the Kuru-Kuru Nabe is now [being prepared for commercialization](#). Culinary entrepreneurs the world over: one to get involved in?

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