

**ALDA**



Inspired Cooking

In today's world of health consciousness we all are concerned about eating healthy food and make our best efforts towards this...

...Buying the freshest vegetables, using healthy cooking oil and a lot lot more.

But we hardly take note of the  
most important thing.

The **cookware used to cook**  
these healthy foods.

Most people are aware of air pollution,  
water pollution and the  
dangers of household chemicals.

But we hardly know how  
**traditional cookware  
can be hazardous**  
to us and our family's health.

The cookware commonly being used today is made up of either **aluminum or stainless steel**. In fact over 50% cookware sold today is made of aluminum.

**Aluminium** is a very soft metal and highly reactive to food being cooked.

All vegetables cooked in Aluminum produce **hydroxide poison** which neutralizes digestive juices, producing **stomach ulcers and colitis.**

**Source :**

Dr. A. McGuigan's Report on Findings for the Federal Trade Commission  
In Docket Case No. 540 Washington, D.C

Aluminum has been identified as a **toxin** for the **human nervous system** (neurotoxicity), **immune system** (immunotoxicity), and **genetic system** (genotoxicity).

The sale of aluminum cookware is prohibited in Germany, France, Belgium, Gr. Britain, Switzerland, Brazil, Hungary and many more European nations.

**Source :**

Dr. A. McGuigan's Report on Findings for the Federal Trade Commission  
In Docket Case No. 540 Washington, D.C

**Non Stick cookware** can scratch, chip and flake and may release little bits of inert plastic into the food.

Exposure to Teflon resins at temperatures above 200°C may produce **polymer fume fever** characterized by flu-like symptoms such as chills, fever, body aches, nausea and occasional vomiting.

A **chemical, C-8**, used in non-stick coated pans has been **linked to birth defects** in humans to cancer in laboratory animals.

**Source :**

Tests commissioned by  
Environmental Working Group (EWG), California, USA

PFOA is a synthetic chemical used to give Teflon its essential non-stickiness.  
A study by 3M Company in 2001, found that PFOA was present in the blood of 96 percent of 598 children tested in 23 states and the District of Columbia.



In two to five minutes on conventional stoves cookware coated with non-stick surfaces can exceed temperatures at which the coating breaks and emits at least six toxic gases and particles, including two carcinogens and gases linked to an unknown number of human illnesses each year.

Surely non-stick cooking is not safe for Indian high temperature cookings.

**Source :**

Tests commissioned by  
Environmental Working Group (EWG), California, USA

Therefore **stainless steel** is one of the **most hygienic surfaces** for the preparation of foods and very easy to clean, as its unique surface has no pores or cracks to harbor dirt, grime or bacteria.

However there are many grades of stainless steel. Regular stainless steel cookware is made from low nickel or recycled steel.

Most stainless steel utensils sold in stores allow chrome, **the most cancer causing (carcinogenic) metal to react with the foods.**

For cleanliness and safety reasons, food should always be cooked only on stainless steel utensils made from grade 304 or higher .

**Source :**

Dr. Shelton's Hygienic Review Division of Science, Engineering and Technology,  
The Pennsylvania State University at Erie, The Behrend College, 16563 Erie, Pennsylvania, USA

Most of these cookware are **not of the right thickness** so the food gets burnt or doesn't cook evenly and also develops hot spots while cooking.

Moreover these stainless steel cookware **do not support induction** cooking.

So the big question is –

**What is the solution  
to all these?**

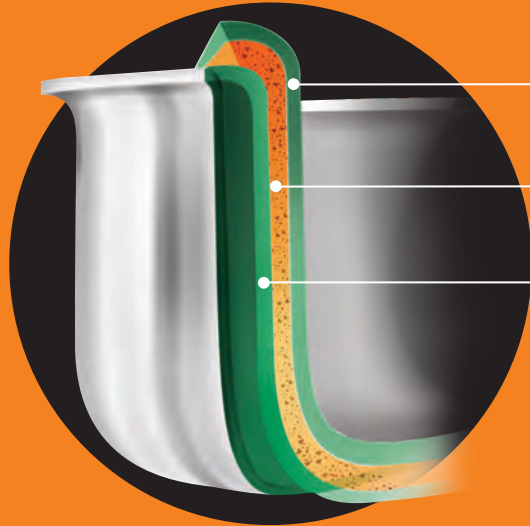
**ALDA**

brings you the solution !

**T R I P L Y**

**STAINLESS STEEL COOKWARE**

# T R I P L Y



SS 304  
Stainless Steel

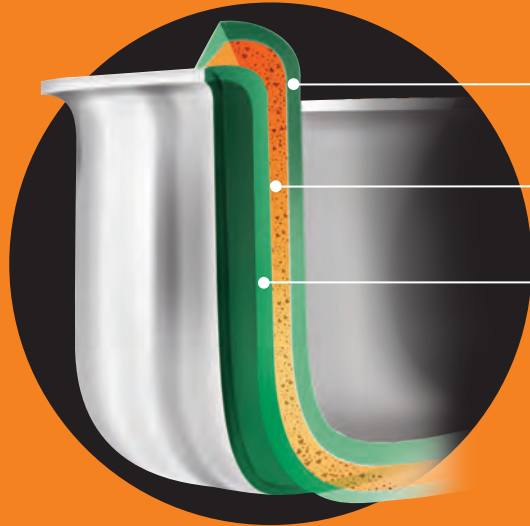
Aluminum

SS 430  
Stainless Steel

**Inner surface  
made of  
Food Grade  
SS 304  
stainless steel**

**ALDA**

# T R I P L Y



SS 304  
Stainless Steel

Aluminum

SS 430  
Stainless Steel

**Outer surface  
made with magnetic  
SS 430 stainless steel,  
supports Induction  
cooking and  
prevents hot spots  
when used for  
conventional cooking**

**ALDA**



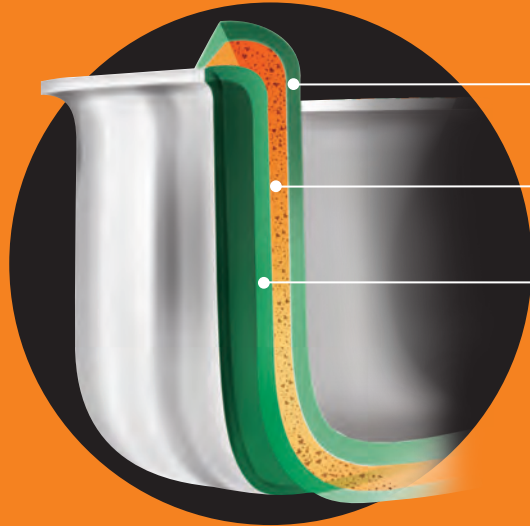
# T R I P L Y

## Encapsulated third layer

made of heat-diffusing  
Aluminum

highly heat conductive,  
maximizes the even  
spreading of heat

minimizes sticking, and  
gives tastier, more  
evenly cooked food with  
less stirring.



SS 304  
Stainless Steel

Aluminum

SS 430  
Stainless Steel

# T R I P L Y

Total thickness of 2.5 mm therefore food doesn't get burnt and is cooked evenly

Strong die-cast Stainless Steel handles riveted firmly to the cookware.

All rivets used are also in Stainless Steel

# T R I P L Y

Lids also made of Food Grade SS  
304 Stainless Steel

Suitable for All Types of Cooking  
including Induction



**T R I P L Y**

**the range**

**for all the cooking needs**

**ALDA**

# TRIPLY

SS Fry Pan



**FOOD  
GRADE**

Stainless Steel

<b>Size</b>	18 cm	20 cm
<b>MRP</b>	₹ 1490/-	₹ 1690/-

**ALDA**

# TRIPLY

SS Fry Pan with Lid



**FOOD  
GRADE**  
Stainless Steel

<b>Size</b>	24 cm	26 cm	28 cm
<b>MRP</b>	₹ 2390/-	₹ 2590/-	₹ 2790/-

**ALDA**

# TRIPLY

SS Saute Pan with Lid



**FOOD  
GRADE**  
Stainless Steel

<b>Size</b>	22 cm	26 cm
<b>MRP</b>	₹ 2390/-	₹ 2790/-

**ALDA**

# T R I P L Y

## SS Milk Pan Glass Lid



<b>Size</b>	14 cm	14 cm with Lid
<b>MRP</b>	₹ 1790/-	₹ 1990/-

**ALDA**



# TRIPLY

SS Wok Pan with Lid



**FOOD  
GRADE**  
Stainless Steel

<b>Size</b>	20 cm	24 cm	28 cm
<b>MRP</b>	₹ 2190/-	₹ 2590/-	₹ 2990/-

**ALDA**

# TRIPLY

SS Wok Pan with Lid



WOK  
WITH  
LONG  
HANDLE

Size	30 cm
MRP	₹ 3690/-

**ALDA**

# TRIPLY

## SS Casserole with Lid

**FOOD  
GRADE**  
Stainless Steel



<b>Size</b>	20 cm	22 cm	24 cm
<b>MRP</b>	₹ 2390/-	₹ 2590/-	₹ 2790/-

**ALDA**

# TRIPLY

SS Sauce Pan with Lid



<b>Size</b>	14 cm	16 cm	18 cm	20 cm
<b>MRP</b>	₹ 1790/-	₹ 1990/-	₹ 2290/-	₹ 2490/-

**ALDA**

And we all know, our traditional Patilas  
are a necessity in every Indian kitchen,  
and no good quality patilas are available in  
the market.

**ALDA**

So Alda brings you a range of  
Food Grade stainless steel patilas  
in 5 different sizes

With a sandwiched layer of aluminium  
for fast and uniform heating (no more hot spots)  
with a thickness of 2mm so that  
the food does not get burnt.

Even the lids are made of food grade SS 304  
No Handles, no sharp edges

**ALDA**

Available as a single unit or as a set of five  
for the whole kitchen.

Surely a must for every health conscious  
Indian woman!

**ALDA**

# SS Patila with Lid



**FOOD  
GRADE**

Stainless Steel

<b>Size</b>	14 cm	16 cm	18 cm	20 cm	22 cm	5 pcs set
<b>MRP</b>	₹ 1330/-	₹ 1490/-	₹ 1790/-	₹ 1990/-	₹ 2390/-	₹ 8990/-

**ALDA**



And to make your cookware set complete

Alda brings you multi purpose  
Food Grade Mixing Bowls

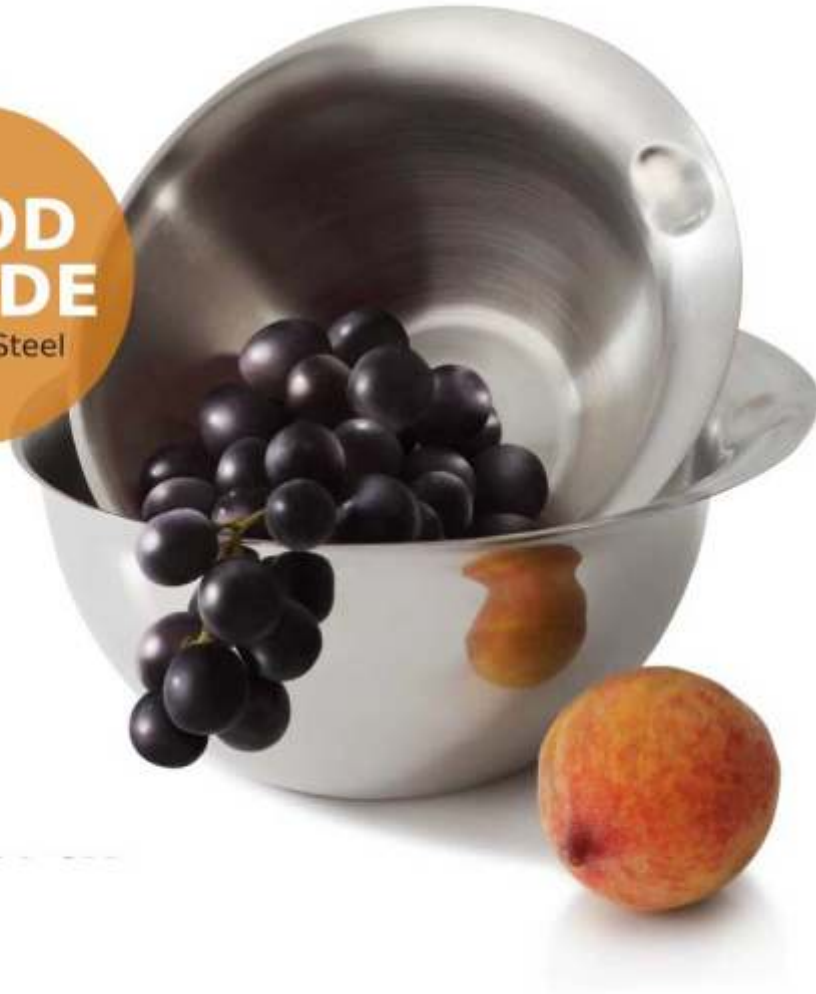
Now Prepare, Serve & Store  
in a safe and hygienic way

**ALDA**

# TRIPLY

## SS Mixing Bowl Set

**FOOD  
GRADE**  
Stainless Steel



<b>Size</b>	18, 21 cm
<b>MRP</b>	₹ 1990/-

**ALDA**



**Prepare | Store | Serve**

**ALDA**

Two beautiful, stainless steel mixing bowls, kitchen essentials for mixing batters, salad dressings or marinades; for storing leftovers; for whipping up eggs and for serving salads and pastas.

An extended rim with indent to hold while beating the mixture. Also deep sides so bakers and cooks have ample working room to stir, mix and whisk.

And to make the healthy steam  
cooking even better

Alda brings you a food grade steamer

**ALDA**

# T R I P L Y

## SS Steamer Attachment



Size	20 cm
MRP	₹ 1290/-

**ALDA**

## **Steaming - A subtle, moist and healthy way to cook**

Steam cooking retains the maximum nutrients, vitamins and minerals found in food, as compared to any other method of cooking. It is oil-free cooking, it also helps reduce weight, and protects the heart by lowering cholesterol and blood pressure. Oil-free cooking is also easier on the digestive system and therefore improves energy levels.



# Alda Stainless Steel Steamer

- Made from food grade SS 304 stainless steel.
- Strong die-cast stainless steel handles riveted firmly to the cookware. All rivets used are also in stainless steel.
- Rust resistant and corrosion free.
- Dishwasher safe.
- Easy to manage and easily washable.

# TRIPLY

5 Pcs. Gift Set



MRP ₹ 5990/-

**ALDA**

Although aluminum is reactive to food it is one of the best conductors of heat.

To overcome the difficulty of reactions with food, scientists have developed a new material known as **Anodized aluminum**.

The electro-chemical anodizing process locks in the cookware's base metal, aluminum, so that it can't react with food, and makes for what many cooks consider an ideal inert and scratch-resistant cooking surface.

**Anodized aluminum** cookware doesn't react even to acidic foods, so these pots and pans are top choices for cooking rhubarb and sauces with tomato, wine or lemon juice.

It's twice as hard as stainless steel, it conducts heat 28 times faster than glass, and it is stick resistant for life.

This new material is one of the many new inventions that have revolutionized the cookware industry in recent time.

These days, most health conscious cooks are turning to anodized aluminum cookware as a safe alternative.

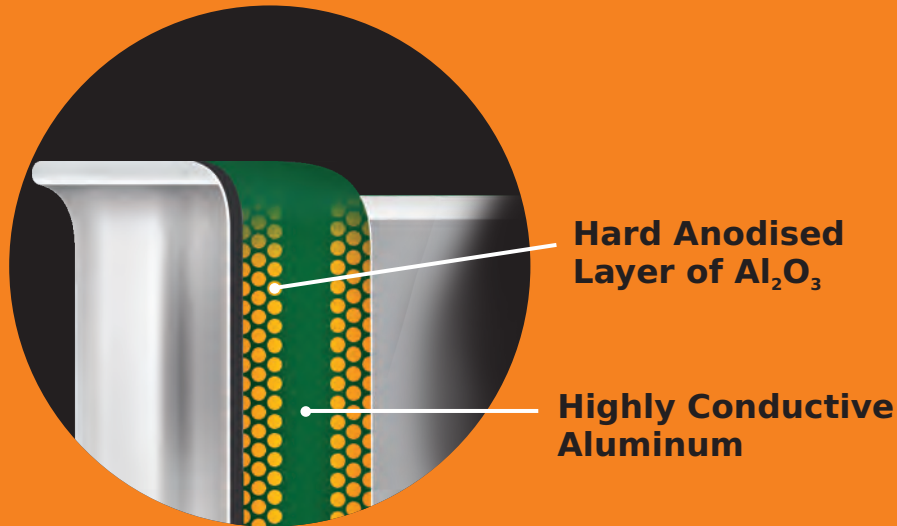
**ALDA**

**HARD ANODISED**  
COOKWARE

# HARD ANODISED

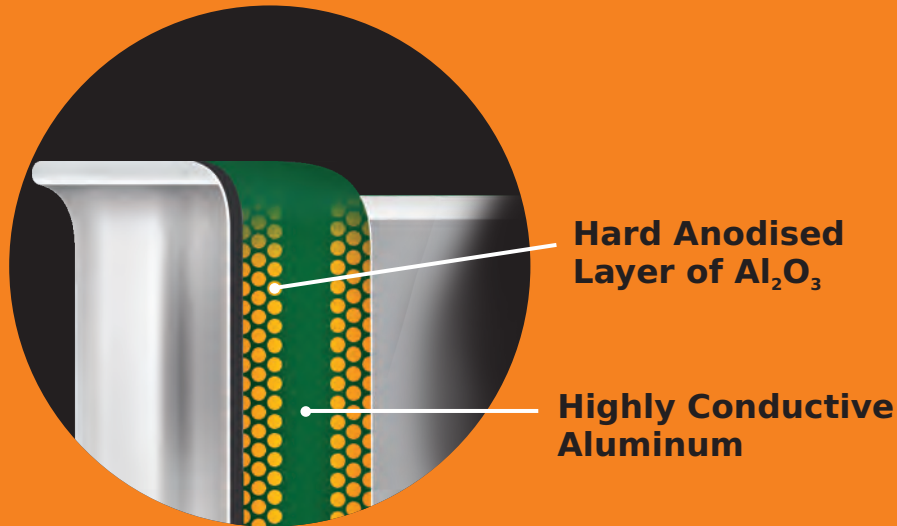
**Hard-Anodised aluminum cookware is matte gray, modern, and very attractive.**

**Using an electro-chemical process, aluminum is converted into a hard, non-reactive, scratch-resistant surface.**





# HARD ANODISED



**Designed to add years of cookware life, hard-anodised pans are**

**twice as hard as stainless steel**

**but still retain the wonderful cooking property of fast, even-heating.**

**Hard-Anodised cookware is a great choice for beautiful, durable cookware.**

**ALDA**

# HARD ANODISED

Hard Anodised cookware has the dual advantages, durability of hard metal cookware & conductivity of aluminum, as aluminum is known to be an excellent conductor of heat.

## HARD ANODISED

Hard anodising makes cookware safe to use as the finish is chemically stable, will not decompose, is absolutely non-toxic and since it will not chip and wear exposing the aluminum beneath,  
**it is much safer than standard non-stick cookware.**

**ALDA**

## HARD ANODISED

As the core of the pan is still soft aluminum, there will be **no hot spots** in the pan.

Stainless steel lid fitted with riveted stainless steel handle.

**ALDA**

## HARD ANODISED

The cookware has a **metal disc** fused to the base **for better heat distribution**, anti sagging & making it **induction friendly**.

The cookware is fitted with strong stainless steel handles with silicone rubber for soft cool grip.

**ALDA**

## **HARD ANODISED**

The cookware is stick resistant and not non-stick and should not be confused with non-stick.

It needs some oil or water to prevent sticking.

**HARD ANODISED**

**the range**  
**for all the cooking needs**

**ALDA**

# HARD ANODISED

## Fry Pan



<b>Size</b>	18 cm	20 cm
<b>MRP</b>	₹ 650/-	₹ 690/-

**ALDA**



# HARD ANODISED

Fry Pan with SS Lid



<b>Size</b>	24 cm	26 cm	28 cm
<b>MRP</b>	₹ 1190/-	₹ 1390/-	₹ 1590/-

**ALDA**

# HARD ANODISED

Wok with SS Lid



Size	26 cm	30 cm
MRP	₹ 1490/-	₹ 1690/-

**ALDA**

# HARD ANODISED

WOK with Dome Lid



NEW DOME LID  
PRESERVES  
FOOD JUICES,  
COOKS BETTER

Size	34 cm
MRP	₹ 1990/-

**ALDA**

# HARD ANODISED

WOK with Dome Lid



PFOA FREE  
LEAD FREE  
CADMIUM FREE

Size	30 cm
MRP	₹ 1990/-

**ALDA**

# HARD ANODISED

Casserole with SS Lid



<b>Size</b>	20 cm	22 cm	24 cm	26 cm
<b>MRP</b>	₹ 1190/-	₹ 1390/-	₹ 1590/-	₹ 1790/-

**ALDA**

# HARD ANODISED

## Crepe Pan



Size	26 cm
MRP	₹ 890/-

**ALDA**

# HARD ANODISED

Tawa



<b>Size</b>	26 cm	26 cm thick
<b>MRP</b>	₹ 790/-	₹ 990/-

**ALDA**

# HARD ANODISED

## Non Stick Tawa



Size	30 cm
MRP	₹ 990/-

**ALDA**



# HARD ANODISED

Sauce Pan with SS Lid



<b>Size</b>	14 cm	16 cm	18 cm
<b>MRP</b>	₹ 890/-	₹ 990/-	₹ 1090/-

**ALDA**

# HARD ANODISED

## Milk Pan



Size	16 cm
MRP	₹ 790/-

**ALDA**

**HARD ANODISED**

**6 pcs Gift Set**



**MRP** ₹ 3990/- |

**ALDA**

Although non stick cookware is not recommended for high temperature cooking, it is an effective cookware for sticky dishes like dosa, omelettes and western style sim cooking.

Modern methods of induction cooking with perfect temperature control also make non stick user friendly.

**ALDA**

**NON STICK COOKWARE**

GIFT SET

# N O N S T I C K

In today's world of low fat cooking, nonstick pans are a necessity, since they require little or no oil for cooking.

It's the perfect cookware for people who are watching their weight or cholesterol levels or who are following a heart-healthy menu.

**ALDA**

**N O N S T I C K**

Nonstick cookware can produce  
chef-quality results without being left  
with a huge sticky clean-up  
afterwards.

**ALDA**

**ALDA**  
NONSTICK

**COOKWARE**   
— inspired cooking

Special  
Anti-Distortion  
Metal Disc  
Base



GIFT SET 6 Pcs

M.R.P. ₹ 2290/-



# NONSTICK



**24 cm Wok Pan  
with Lid**



**Two  
Nylon Spatula**



**24 cm Fry Pan**



**26 cm Flat Tawa**

**ALDA**

# NONSTICK

Daikin non-stick coating  
from Japan with ultra hard minerals assuring the  
most resistant non-stick.

Strong and sturdy cool touch  
Bakelite handles.

A special anti-distortion metal disc  
fused to the base for better heat distribution, anti  
sagging & making it induction friendly.

**ALDA**

# N O N S T I C K

Special extra strong high temperature enameled exterior for longer life.

Stainless steel lid fitted with sturdy bakelite handle.

Suitable for all types of cooking including induction cooking

The cookware is fully warranted against any defect arising out of defective materials or faulty workmanship for a period of 6 months from the date of purchase.

**ALDA**

# NONSTICK



**ALDA**

**NON STICK**

**Wok Pan with SS Lid**



<b>Size</b>	24 cm
<b>MRP</b>	₹ 990/-

**ALDA**

N O N S T I C K



### **Special Anti-Distortion Metal Disc**

A special anti-distortion metal disc fused to the base for better heat distribution, anti sagging & making it induction friendly.

**ALDA**

N O N S T I C K

Suitable for all types of cooking including induction.



**ALDA**

To upgrade & make your cooking  
experience complete

Alda brings you a range of  
induction cookers

**ALDA**



A technology that offers all the  
benefits of gas  
with none of the drawbacks.

**ALDA**

## Induction Cooking is

- Faster
- Safer
- Cleaner
- Cooler
- Cheaper

# Induction Cooker

SAA 370



- Scratch & stain resistant ceramic plate
- Digital display
- 240 minute timer
- 60° to 280°C temperature settings
- Auto cut off
- 2000 W

MRP ₹. 3590/-

**FREE**

non stick wok pan



MRP ₹. 990/-

**ALDA**

# Induction Cooker

SAA 371



- Scratch & stain resistant ceramic plate
- Four digit digital display
- 240 minute timer for different dishes
- 60° to 280°C temperature settings
- Auto cut off for convenient cooking
- 2000 W

MRP ₹. 4590/-

**FREE**

non stick 6 pcs gift set



MRP ₹. 2290/-

**ALDA**

