

# Aluminum Foil for Reducing Stove Flame

## Reduce Stove Flame



Aluminum foil can create a buffer between a burner and a pot to maintain a gentle, low level of heat at the barest simmer for a long time by elevating your pot.

[Link for more detail](#)

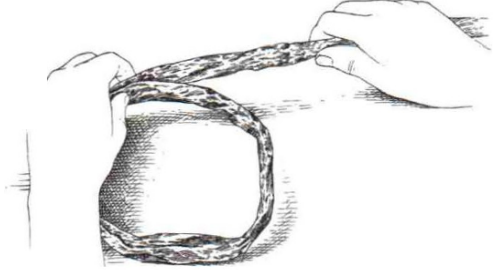
---

## How to Use

1. Cut a 3-foot length of foil and squeeze it into a 3/4 inch thick rope



2. Roll one end to form a ring the size of a burner.



3. Twist the remaining foil rope around the ring to form a flame tamer. set the ring on the burner, then place the pot on top.



## Notes

- Limitation
  - Your rope needs to be thick enough to support your pot without getting compressed.

## Substitution

- This is an improvised Heat Diffuser/Flame Reducer Simmer Plate