



# Fact or fiction?

**B**romsgrove-based AK Fitted Interiors sheds some light on the most common kitchen maintenance myths.

**The myth: *It's best to open the dishwasher door immediately after a cycle.***

A common misconception that we often come across is the idea that the dishwasher door should be opened immediately after a cycle in order to dry the dishes faster. However, manufacturers recommend holding off for 15 to 30 minutes. Why? Steam will escape whilst the appliance is still hot, potentially causing swelling on painted furniture and delamination on foil doors. Worktops and cupboards directly above kettles can also be affected by excess steam.

To keep your dishwasher in top condition, remember to remove as much food waste as possible by scraping into the bin (rinsing is not necessary, that's a myth for another day!). The filter should be removed and rinsed at least once a week as well as door edges wiped down to prevent build-up of grime, odours, and reduced water flow.

**The myth: *You don't need any heat protection with stone worktops.***

Stone worktops such as granite and quartz come with so many benefits for the modern home that it's no surprise these durable materials are chosen in the majority of new kitchens. With the melting point of granite at around 1260°C you would be forgiven for thinking that it is pretty much invincible. However, while placing a hot pan on granite momentarily should not cause an issue, leaving it there for an

extended period does carry the risk (albeit small) that the granite will crack.

Quartz is a manmade material created with 90% quartz plus pigments and resin. This composition means that it can withstand temperatures of up to 150°C. Cups of tea and coffee are no problem but dishes from the oven need to be placed on a trivet or similar to avoid permanent damage.

The key here is that these worktops are heat resistant, not heat proof. We always advise our clients to use heat protection regardless of the worktop chosen.

**The myth: *Keeping old appliances will save money.***

Absolutely, in the short term. However, efficiency in home appliances has seen significant developments over the last few years. Replacing older appliances with newer, more energy efficient versions can help make sure your kitchen starts life with high performing products that also lower your energy bills and reduce your household carbon emissions.

It goes without saying that investing in better quality appliances will result in longer life spans, but as a general rule, expect well-maintained hobs and ovens to last 10 to 15 years, fridges and freezers 10 to 12 years and a microwave 10 years.

AK Fitted Interiors is a kitchen specialist retailer with more than 40 years' experience. For showroom locations and further information, visit [www.akfittedinteriors.co.uk](http://www.akfittedinteriors.co.uk)