



**L'ATELIER**  
Paris Haute Design

# PROFESSIONAL GAS LAVA ROCK GRILLS USE AND CARE

For Household Residential Use Only

Household Cooking Gas Appliances [CSA/ANSI Z21.1/CSA 1.1:2018 Ed.2+E2019]  
Electrical Features Of Fuel-Burning Equipment (R2014) [CSA C22.2#3:1988 Ed.7+G1;G2]  
Standard for Safety Household Electric Ranges [UL 858:2014 Ed.16+R:18Apr2022]  
Household Cooking Ranges (R2021) [CSA C22.2#61:2016 Ed.9+U1]

# ABOUT THIS GUIDE

## Description of the User

This manual has been compiled to provide the most recent technical service and user information about the L'Atelier Paris ranges and cooking equipment. This information will enable a service technician to install, troubleshoot , and service the range and enable users to operate the range. Service technicians should read the complete instructions contained in this manual before initiating any installation, service, or repairs. Users should read this manual before operating the range.

## Retaining Instructions

Ensure that each person who uses the product has read and understood this guide and its safety instructions before using this product.

Keep all safety information and instructions for future reference and pass them on to subsequent users of the product.

The manufacturer is not liable for cases of material damage or personal injury caused by incorrect handling or non-compliance with the safety instructions. In such cases, the warranty shall be voided.



## **Use and Care - Professional Gas Lava Rock Grills**

Preheat your grill 25 to 35 minutes before you start cooking to make sure it reaches the right temperature (and to kill any bacteria). Your grill should be 400-450°F for high, 350-400°F for medium-high, 300-350°F for medium and 250-300°F for low heat. Use a good quality surface thermometer to check the desired temperature before placing the food in the grill.

A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking. While searing doesn't "seal in" the juices, it does create improved flavors through caramelization.

The lava rocks will retain heat, so the temperature won't plunge when you lift the lid. After several uses, the rocks will eventually get coated in rendered fat—flip them over when you need to. You'll probably need to replace the lava rocks every few months, depending on how often you grill.

The lava rocks bed helps increase its temperature and help spread the heat evenly throughout the entire grill so that everything cooks evenly.

### **What to cook in high heat:**

Lava Rock grills can hit temperatures as high as 450-to well over 600°F (230-316°C) and this level of searing heat should be reserved for searing! We're talking about foods that need color more than cooking – rare steaks are an example but also ingredients you prefer al dente, such as well-marinated vegetables and fruit. Turn quickly and frequently, using long tongs.

### **What to cook on medium-high heat:**

Go for 375-450°F (190-230°C) to achieve food that's a little more cooked in the middle but nicely browned on the outside, without scorching. Think medium-rare steaks and burgers, tender-stem broccoli, and small shellfish-like langoustines. High-moisture ingredients like tofu, halloumi and pineapple also benefit from quick cooking over medium-high heat to prevent drying out.

### **What to cook on medium heat:**

The most flexible temperature for grilling a wide range of ingredients is a good medium heat of around 350-375°F (175-190°C). Ideal for bone-in chicken, perfectly browned sausages and most seafood. Thicker meats, like duck breast and pork loins, will retain moistness in the middle but still brown nicely. For vegetables, aubergine, corn (in foil) and peppers will roast perfectly on a medium heat.



## **What to cook on medium-low heat:**

For foods that need longer, gentler cooking, like baked potatoes, chicken breasts, and sea bass, aim for a temperature around 325°F (160°C). This is also a good heat for soft fruit and vegetables like mushrooms, courgettes, peaches and strawberries. With a closed lid, this is the ideal temperature for roasting whole joints of meat, like lamb and beef, as well as whole poultry.

## **What to cook on low heat:**

Anything lower than 325°F (160°C) is moving into a slow cooker and smoker-style barbecuing, which requires a lot more time and patience – as well as a grill with a lid and vents for controlling the airflow. Pulled pork and other meats that benefit from slow cooking, like brisket, can be barbecued on indirect heat, at temperatures as low as 225-275°F (105-135°C) for as long as it takes for the meat to easily pull apart – allow around one hour per pound as a rough guide.

## **Warning**

Never remove the lava rocks before grilling removing will affect the performance of the unit and could also void warranty . Do not soak lava rocks in any solution, not even water, in order to clean them. Lava rocks are porous and can absorb liquids. When heated, the moisture will expand and crack the rocks.

For any other questions please do not hesitate to contact us.



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