



Non-Stick

How to keep non-stick alive

Most types of non-stick coating, regardless of the cost, are made using an elaborate form of plastic. This means it's not bomb proof.

Oils & Fats...

We suggest avoiding olive oil and 1 calorie sprays which have a low flash point, so burn easily, around 180°C. When it burns, it becomes a type of sticky laminate inside the pan. This is tricky to spot when the coating is dark. Then when you re-heat the pan, the it becomes tacky again and attracts more oil and so a build-up occurs. The problem with oils is that it's difficult to tell when they are burning (unlike butter, which goes brown). So to be on the safe side, use high temperature oils like vegetable oil, rapeseed oil, sunflower or corn oil.

Cleaning...

Try to avoid popping coated pots and pans in the dishwasher. This tends to dry out the coating and makes it brittle over time and causes flaking. Frustratingly, hand-washing can often be too gentle. Best course is to use a good quality non-scratch scourer and hot soapy water. We recommend Silver Lady non-scratch miracle cleaner.

Heat...

The reality is any coated pan doesn't like being on too high a heat. I know...it's a pan! Coated pans are great for a lot of cooking jobs; however **they're not the best type of pan to sear steak or high fry with***. For best results when frying and avoiding a premature death of your pan - select an appropriate sized hob ring to the size of pan, gently heat your pan on a medium heat for a full 2 minutes. This can be done with or without fat.

Dos	Don'ts
✓ Heat up gently	✗ Don't use olive oil for frying
✓ Use wood, silicone or heat resistant plastic tools	✗ Dishwasher cleaning will reduce the life of the coating
✓ Hand wash is best	✗ Metal utensils and knives can scratch coated pans
✓ Minimum 2.5 inch gap under a grill	✗ Don't use abrasive cleaning products or harsh metal pads
	✗ Don't 'boost' on induction (it should only be used to heat large volumes of water quickly)

*If having read this, you feel that you've bought the wrong pan, please don't worry, we will always take it back and refund you or you can exchange it for a more appropriate one.



Cast Iron with Enamel Glaze

- Don't heat up too quickly
- Don't cool down quickly (under a cold tap)
- Don't bleach

How to get the best out of your new cast iron pan...

We want to share our knowledge, just as we would in our shops. Enamelled cast-iron pans are fantastic retainers of heat, this is why they are a favourite choice for low, slow simmering. Also skillets are great for high temperature cooking because you can sear without worrying about wrecking the coating. Because of the density of cast iron, it needs heat introduced gently; it won't thank you for blasting too much heat in all at once. More importantly avoid cooling a hot pan quickly, don't run it under a cold tap.

Thermal Shock...

Introducing a rapid change in temperature to your pan will cause the enamel to come away from the cast iron. This doesn't show itself immediately, but will do in subsequent use. Symptoms show as little craters or chips, often inside on the bottom.

Oils & Fats...

We suggest avoiding olive oil and 1 calorie sprays which have a low flash point, so burn easily, around 180°C. When it burns, it becomes a type of sticky laminate inside the pan. This is tricky to spot on black enamel. Then when you re-heat the pan, the it becomes tacky again and attracts more oil and so a build-up occurs. So use high heat tolerant oils i.e. vegetable oil, rapeseed oil, sunflower, even butter is good because as it burns it changes colour.

Dos

- ✓ Heat up gradually
- ✓ Cooking on a medium or low heat gets the best results, even for frying and searing
- ✓ Use wood, silicone or heat resistant plastic tools
- ✓ Hand wash is best. Dry well after cleaning

Don'ts

- ✗ Avoid temperature shocks
- ✗ Metal utensils and knives can mark enamel
- ✗ Don't use olive oil when high frying
- ✗ Don't use abrasive cleaning products or harsh metal pads or brushes

Glazed Stoneware



Le Creuset Stoneware &

How to Avoid Cracking Up...

Le Creuset's stoneware products are fantastic retainers of heat. Because of the density of the clay used in stoneware, but it needs any heat to be introduced gently; it won't thank you for blasting too much heat in all at once. This means it's not always as bomb proof as we might hope. Equally, don't cool a hot dish quickly, by running it under a cold tap for example it will crack.

Cleaning...

- Let your stoneware cool down naturally before washing up.
- All stoneware products are fine to visit the dishwasher. If you've got stubborn, burnt on food to deal with, fill the dish with warm soapy water and let it sit for about 15 minutes. Then wash as usual.
- Avoid plunging for long periods because the stoneware part that is unglazed can absorb water, this can expand when heated and cause cracking.

Thermal Shock...

Extreme temperature changes can cause cracking, sometimes in a spectacular fashion!

How to decide which action to take with a dish going in the oven...

Room temperature dish = can go in a preheated oven.

Fridge = leave out for 1 hour to bring to room temperature or put in a cold oven, then switch on.

Freezer temperature = defrost overnight in the fridge or put in a cold oven, then let oven and dish come to temperature together.

Dos	Don'ts
✓ Suitable for use in fridge, freezer, microwave, oven and under a grill (minimum 2.5inch from heat source)	✗ Avoid temperature shocks
✓ Heat up gradually	✗ Don't put a frozen dish in a pre-heated oven
✓ Wash and dry by hand or pop in the dishwasher for a full cycle	✗ Don't plunge soak, just fill to remove burnt on food
✓ Use wood, silicone or heat resistant plastic tools	✗ Metal utensils and knives can mark glazed stoneware