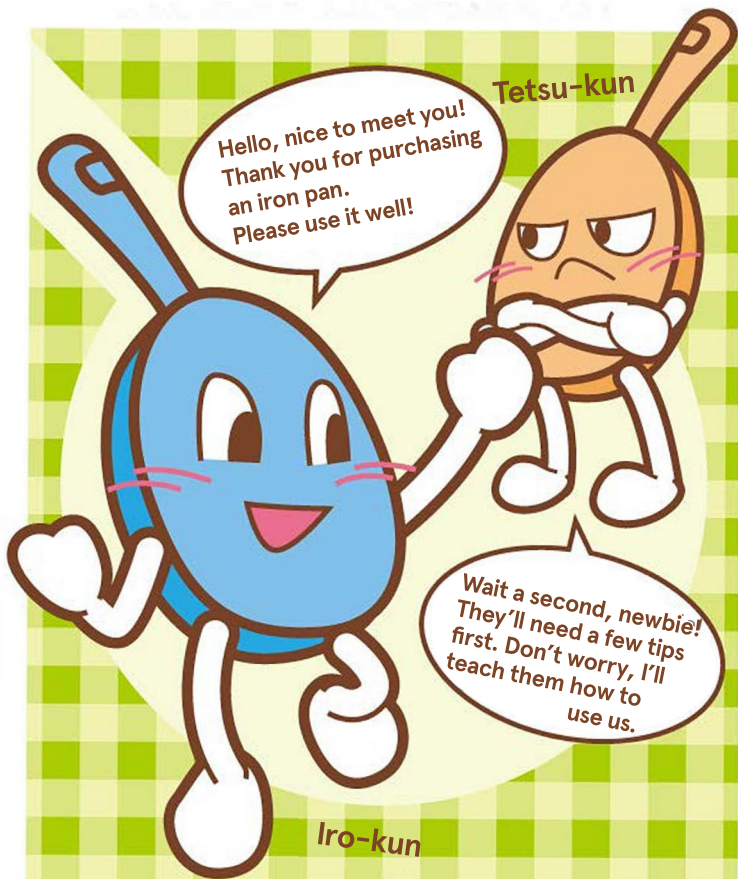


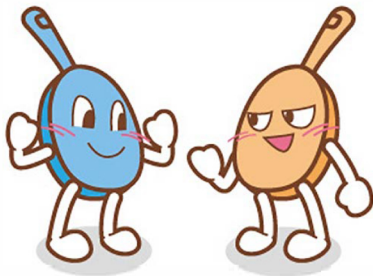
YOUR FIRST IRON COOKWARE

HOW TO BEST USE YOUR IRON PAN



1 Before use

- You do not need to pre-season the pan.
- This iron pan has been coated with a clear silicon coating.
- This silicon coat will gradually wear off with use. The coating is food grade and is not harmful if ingested. The wearing of the clear silicon is normal and not a flaw of the pan. As the coating wears, you can use a tawashi scrubbing brush to clean the pan. Using the pan will encourage oil to seep into your iron pan. Until the oil completely seasons the pan, it will be susceptible to burning, so please use care with the level of heat you use. The more you use the pan, the better it will become.
- After use, wash with water. Make sure it is fully dry. Any residual water will promote rusting. Once dry, coat with a thin layer of oil and then store. This will further prevent rusting.
- By following these steps of care and continual usage, oil will continue to coat the pan and improve over time. Then the true greatness of iron will be revealed.



2

Let's get started



Hey, Newbie!
Have you "seasoned" your pan yet?

What do you mean by "seasoned"?



What is seasoning?

Coating the inside of pan with a thin layer oil to create a protective coating.



By doing this, ingredients won't burn or stick to my surface.

That's right! Because you've created a protective oil layer.



How to season your pan. Method 1

1 Heat up the pan.



2 Add oil to the pan and coat the entire surface.



3 Turn off heat and let sit on stovetop for 3 minutes.
(These 3 minutes are crucial to creating the protective oil coating)



4 Turn on the heat again and your pan is ready to use!



3

How to prevent burning and sticking



They say that food sticks and burns easily in iron pans, do you know why?

The reason why it burns and sticks to the pan is that the heat is set too high and the pan hasn't been properly seasoned with oil.



The heat is too high?

Right! Because iron conducts heat so well, you only need to use medium heat.



Is there any other way to season the pan with oil other than what you mentioned in section 2?

There are other ways. Let me teach you!



How to season your pan. Method 2

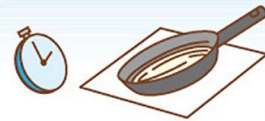
1 Warm pan slightly over medium low heat.



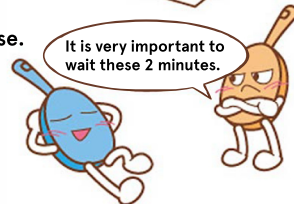
2 Add oil to pan, make sure the surface is properly coated.



3 Prepare a wet towel in advance. 4 Let rest for 2 minutes. Turn off heat and place pan on top of towel.



5 Return pan to stovetop, heat and use.



How to season your pan. Method 3 2 Add a heavy amount of oil into the pan so the surface is sufficiently coated.

1 Heat up your pan.



3 Pour out excess oil into an oil pot and reserve for later use.



4 Then add fresh oil and begin cooking.



To prevent burning and sticking, the heat needs to be adjusted and forming a protective oil coating is important.

It's also important not to panic! It may take some time but developing this oil coating is vital.



4 Everyday care

■ Washing instructions

After using, the iron pan is well oiled. Simply wash with water and tawashi scrubbing brush. Be sure to dry completely.



■ If your iron rusts

If your pan rusts, use dish soap and tawashi scrubbing brush to remove the rust. Wash off all the soap and dry completely. Then rub a thin layer of oil on the surface of the pan.



■ If your iron burns

Pour hot water into pan and bring to a boil. Soak and loosen the burnt bits until they begin to float to the surface. Then scrub with tawashi.



■ Long term storage

Use tawashi or similar scrubbing brush to clean surface. Dry completely. In order to prevent rusting, rub a thin layer of oil on the surface on the pan.



5 The benefits of iron

■ The benefits of iron

Iron can withstand high temperatures, conducts heat well, and allows any flavoring to permeate quickly into the food. It is durable and will last a long time.



Good heat conduction



Durable



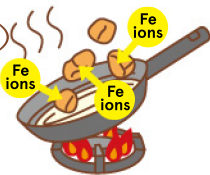
Long lasting!

■ Supplement of iron

While cooking, iron ions are absorbed into the food. This helps your body efficiently supplement iron.



Keep on absorbing that iron!



■ Secret to improving deliciousness

It has such good heat conductivity that food can be cooked in a short time. You can improve all your dishes from crispy sauteed vegetables to fluffy fried rice.



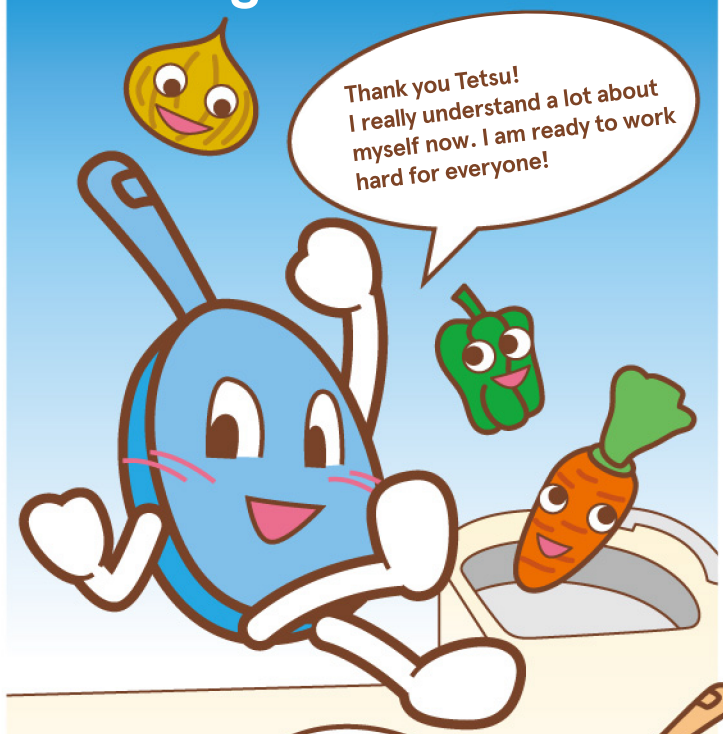
Leave it to me!




Fried rice

Stir fried vegetables

Thus begins the life of Iro.



Thank you Tetsu!
I really understand a lot about myself now. I am ready to work hard for everyone!



Well, this is the start of your journey.
Good luck, Newbie!