

## Enamelled Cast Iron Cookware Care Instructions

### INTRODUCTION

Each piece of the enamelled cast iron cookware is of premium quality, individually designed for ease and versatility of use and fitting in with all types of cooking appliances.

### BEFORE FIRST USE

Remove all labels. Wash the pan in hot soapy water, rinse and dry thoroughly. Pans with enamelled cooking surfaces are now ready for use and require no further preparation.

### HEAT SOURCES

Cast iron cookware can be used on all stovetops, including induction. When using on glass stovetops, never drag pans across the glass, always lift up to move from one heat zone to another.

The enamel surfaces (except for black enamel on grills or products with a non-stick inner coating) are not suitable for dry cooking. Your choice of liquid, oil, fat or butter should completely cover the base before heating begins. Non-stick surfaces may be used dry, but special care must be taken not to overheat the surface and the pan must not be left unattended at any time.

### HEAT SETTINGS

Medium and low heat will provide the best results for the majority of cooking, including frying and searing. Allow the pan to heat gradually and thoroughly, as this will give the most even and efficient cooking results. Once the pan is hot almost all cooking can be continued on lower settings.

High heat should only be used for boiling water for vegetables or pasta, or for reducing the consistency of stocks and sauces. High heat should never be used to preheat a pan before lowering the heat for cooking. Cast iron retains heat so well that if a pan is overheated in this way it will contribute to poor cooking results, sticking and discolouration of cooking surfaces.

Match the pan base to the heat zone. Do this to maximise efficiency and prevent overheating of pan sides or damage to handles. Long handles should be positioned safely so that they do not overhang the front of your stovetop or over other heat zones.

### OVEN TEMPERATURES

Integral cast iron handles or stainless steel knobs can be used at any oven temperature.

### RANGE STOVES WITH CAST IRON OVEN LININGS

Do not place any cookware on the floor of these ovens. Cook only on the racks provided.

### CAST IRON HANDLES AND STAINLESS STEEL KNOBS

These will become hot during use (stovetop as well as oven). Use a dry, thick cloth, or oven mitts, for handling these at all times.



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## **DO NOT**

- Do not heat an empty pan or allow a pan to boil dry. Either may cause permanent damage to the enamel and pan.
- Do not cut foods directly on any enamel or non-stick surface.
- Electric hand-held beaters or mixers should not be used in any cookware. Permanent damage to all surfaces will be caused.

## **FOR STIRRING COMFORT**

Use heat-resistant silicone utensils, heat-resistant plastic or wooden tools. Occasional use of metal utensils may leave silver trail marks over the surface. Do not knock metal utensils on the rims of pots & pans, this will eventually damage the enamel.

## **FOR SURFACE PROTECTION**

Place hot pans on silicone mats, wooden boards, or trivets. Never place a hot pan directly on an unprotected surface.

## **AFTER USE**

- Always cool a pan for a few minutes before washing it in hot soapy water. Rinse and dry thoroughly.
- Do not fill a hot pan with cold water or plunge into cold water as thermal shock damage to the enamel may occur.
- If there are food residues fill the pan with warm water and leave to soak for 15 – 20 minutes, then wash in the usual way. Nylon or soft pads or brushes can be used to remove stubborn residues. Do not use metallic pads, or harsh abrasive cleaning agents as these will damage the enamel and polished trims.
- Black enamel cooking surfaces will, over time, produce a patina (a brownish film). Do not attempt to clean this off as it enhances the cooking performance and food release from this surface.

## **CLEANING AND CARE**


All pans with integral cast iron handles, or stainless steel lid knobs, can be washed in the dishwasher, but constant dishwashing may lead to some dulling of the enamel finish. This is not harmful and will not impair performance. When using the dishwasher always allow the cycle to complete before opening the door. This will ensure the pans are dried thoroughly.

Never store away pans when they are still damp. Store pans in a dry cupboard or airy space away from kitchen steam. Maintain the tightness of knobs by checking and retightening them regularly.

Enamelled cast iron is extremely durable, but it may be damaged if accidentally dropped or knocked against a hard surface.

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