

## What to do before YOU BEGIN?

Welcome to healthy cooking!

Pat yourself for making a wise decision in choosing healthy & clean cookware. I am just a piece of paper, but I got you. Every superhero needs a faithful sidekick, you've got me.

- 1 Clean your vessel with warm water and mild soap solution.
- 2 Drain all the water and wipe it off with any soft kitchen cloth before storing.

### Tips before starting

- 1 Wash the cookware thoroughly.
- 2 Use cloth/towel to dry the cookware.
- 3 Do not allow the utensil to air dry. It can also be dried by mildly heating it on the stove.
- 4 Once dry, spread an adequate amount of cooking oil across the surface before every use.

### Step 1:



### Step 2:



### Step 3:



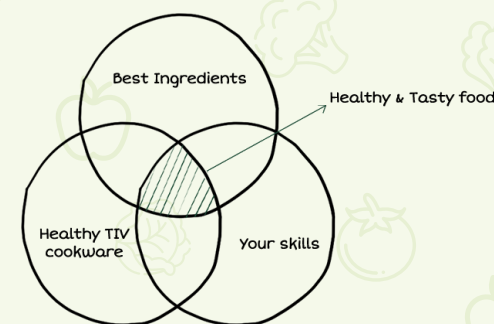
### Step 4:



## What to do while COOKING?

Life is hard, cooking shouldn't be. Cooking with The Indus Valley's cast iron and iron cookware are really easy and here are some tips for you:

- 1 Cast iron and iron cookware perform best when heated and cooled gradually. So give it a few minutes to preheat before adding the food.
- 2 The cookware retains heat well. So cooking on a low flame or using a lower heat setting can prevent food from sticking.
- 3 Don't forget to use a hot handle mitt. Keep your fingers safe from burns!
- 4 Cookware can be used on gas stove and induction top (only flat-based ones).



## Cooking Necessity

FReSh IngrEdienTs + AprOn to sTAY TO COOK. StaInFRee.

A PlayList to enJOY cooking.



I'm bOth meTAl & wOoden ladle fFrienDLY



Use My friEnd siLicon hANdle



## How to clean CAST IRON/IRON COOKWARE?

**Burrrp! Well, done with the cooking, absolutely yummy! Washing dishes is not the best feeling. But this is easy with 5 simple steps.**

- 1 To remove stuck food, simmer a little water for 1 minute. Then use a scraper once cooled.
- 2 Use mild soap water, only in case of stickiness.
- 3 Wash the cookware by hand using a nylon bristle scrub pad.
- 4 Rinse and towel dry.
- 5 Once dry, apply a layer of cooking oil - preferably, when the cookware is still warm. Store it in a dry place until next use.

### Care & Seasoning

- 1 The cookware surface when treated with oil gives a natural, non-sticky finish. It helps prevent rusting too.
- 2 All the cast iron and iron cookware of The Indus Valley come pre-seasoned.
- 3 Any edible cooking oil will maintain your cast iron/iron cookware - preferably vegetable oil.
- 4 If your cookware becomes dull, grey or rusty, re-seasoning it will do wonders.
- 5 Do not leave cast iron/iron cookware soaked in water too long. It will attract rust, since it is made from the highest quality natural material.

## Do It The Right Way

### Step 1:

LeT your Cookware COOL foR a bIT



### Step 2:

Transfer your food in a pretty looking serveware.

### Step 3:

Soak the cookware for a little while. But not for long.

### Step 4:

Wash the cookware immediately after you dine.

### Step 5:

Mildly heat cookware, apply little oil & store.



HEY YOU DID GREAT TODAY

I will miss you until next meal. Have a healthy and tasty day ahead!

Before The First Use

Notes For Cooking

After You Are Done

# How to Care for Your The Indus Valley Cast Iron/Iron Cookware



Chemical-free



Recommended by Experts



Perfection



ISO 9001 Certified



Long Lasting

## Why You Should Trust THE INDUS VALLEY?

We are crazy about healthy cookware! Each one of us at The Indus Valley is devoted to delivering the finest possible kitchenware.

- ☑ **100% No Chemicals:** Totally healthy cookware that has no PFOA, PTFE or chemical coatings.
- ☑ **Recommended by Experts:** Doctors, nutritionists, fitness gurus, chefs - all stand by the health benefits yielded by our cookware.
- ☑ **Perfection:** From prototyping model to testing, every product undergoes nearly 500 hours of independent quality check.
- ☑ **Certified:** Quality assurance with ISO 9001 certification.
- ☑ **Lasting Impression:** The best quality kitchenware that is sure to last for a lifetime.

P.S. - We told you we are crazy about healthy cookware!



Dutch Oven



Paniyaram pan



skillet



Kadai



Tawa.



Grill pan

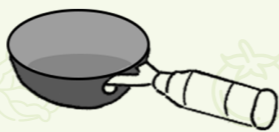
## Natural Cookware by THE INDUS VALLEY

The perfect choice for serious cooks, because:

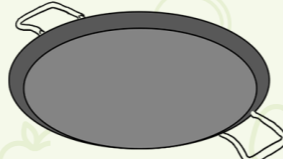
- ☑ **Healthy Cookware** - We have worked hard to bring the best quality cookware. Made from 100% natural material, our cast iron and iron products are totally chemical-free and food-safe.
- ☑ **Great Cooking Experience** - Naturally non-stick finish for smooth cooking, super results and iron-rich food!
- ☑ **Compatible with all cooktops** - Both cast iron and iron products work on stove, oven, induction (only if flat base), grills, and even on campfires.
- ☑ **Heirloom Quality** - You can pass on your lovely cast iron/iron cookware to the next generations, just like your family recipes.



Iron Pan



Iron Tadka pan



Iron tawa



Iron kadai

## Mission of The Indus Valley: COOKWARE AS SAFE AS HOME FOOD.

We started The Indus Valley because we could not find reliable healthy cookware. We go to great lengths to ensure the material and products are perfect. The utensils you use matters as much as the ingredients. You deserve only clean, healthy and non-toxic cookware. We get deep into the science of cookware to make it safe for your family!

Love,  
**Madhumitha & Jagadeesh**  
- Co-founders and life partners



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