

# FRYING SCHOOL



With this leaflet we want to help you to a successful result when frying in your new **Ultra Light Original** light weight cast iron pan.

The information is gathered from different sources, and from our own long experience from many years in the cast iron cookware business.

Cast iron is the, next to clay pots, oldest cookware material. Most Chefs agree that cast iron makes the best fry pans and casseroles, inspite of all "fabulous" artificial materials invented recently.

To fry "the right way" is somewhat an art. You have to practise a little to get the right feeling for temperatures and cooking time, especially now with the modern and very rapid induction hobs are getting more and more common even in a household kitchen. Frying a steak or a fish filet gives delicious food, and it is a quick way of cooking. But sometimes we encounter some undesired difficulties like f.i that a steak is sticking to the pan, or the food tastes burnt. Not to mention the beef gets hard and dry. Using our small tips can help you to find the right frying method.

The most common problem is that "it sticks in the pan". This is almost always a result of too high temperature in the pan. Lower the heat, more than you think you need, and increase the heat slowly if needed. The optimal temperature for frying meat is appr 185°C, fish 170°C and for eggs it is no higher than appr 160°C. These temperatures are very easily reached in a thin cast iron pan such as Ultra Light. Especially if you are using only f.i rapeseed oil, without butter mixed in.

Butter (and good quality margarine) gives a clear sound and colour signal for when it has reached the right temperature. When it has silenced, it is ready. Use of oil is more tricky since it does not give any signals. It is silent, and when it starts to

"smoke" it is allready too hot. If you use oil, add a little butter in it and it will help you see when it is ready.

## To fry a beef steak:

The beef should be "room tempered". Cut some incisions in the fat rim, don't cut it off until the meat is fried. Heat up the pan, let the butter be silent and getting brownish, place the steaks into the pan and reduce the heat. Let the steaks fry 3-5 minutes on each side depending on thickness and how "well done" you want it cooked, increase the heat slowly if needed.



## To fry fish:

Heat up the pan, let the butter be silent and only start browning, place the spiced fish in the pan and then reduce the heat. If needed, increase the heat slowly, but be careful not to burn the fish. Start to fry the side with the skin appr. 2 minutes, and then just turn the fish to give the other side a short "browning".

## To fry an egg:

Heat up the pan, add some butter but do not let it be brown. Reduce the temperature, and place the egg in the pan when the butter start to foam. Remember to place the egg at the right spot, since it directly sticks to the pan, do not try to adjust with spatula once it is in the pan.



Slowly increase the heat if needed. When the egg surface is done, after appr 2-3 minutes, it will loosen from the pan and you can turn it if you want to fry both sides.

## Cleaning:

**Never clean a cast iron pan in the dish washer machine!** Only use warm water and a dish brush, that's usually enough. If having used very aromatic spices, it is possible to add a drop of detergent, BUT be very careful to rinse it off good, wipe it dry with a paper towel and then rub some cooking oil into the surface.



Avoid storing pots with the lid tight on, since this may cause some unpleasant scent if the pot is not used for some time.

Our cast iron cookware comes with a 30 year "cast iron" warranty agains faulty material or faulty craftsmanship. Rust or any other defect caused by wrong handling is not subject to this warranty. To claim the warranty, go to the dealer where the purchase was done, and explain the problem. You need a receipt or other proof of purchase to claim the warranty. If the product is proved to be faulty, the warranty entitles you to a new product without costs.

## ULTRA LIGHT ORIGINAL Articles.

102080 Fry pan Ø20 cm

102480 Fry pan Ø24 cm

102680 Fry pan Ø26 cm

102880 Fry pan Ø28 cm

103080 Fry pan Ø30 cm

103680 Grill pan Ø30 cm

104180 Sauté pan/deep fry pan with glass lid Ø26 cm

104280 Sauté pan/deep fry pan with glass lid Ø28 cm

109080 Wok pan / stir fry pan Ø30cm

109180 Wok pan / stir fry pan Ø34cm

100880 Sauce pan with glass lid 1,3 L / 18 cm

100180 Casserole with glass lid, 4 L / 24 cm

100280 Casserole with glass lid, 5 L / 26 cm

100380 Casserole with glass lid, 7 L / 28 cm



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