

Welcome to the family! You have made a wise decision in choosing to equip your kitchen with the Professional Platinum Cooking System. Your investment will in turn pay lifelong dividends in healthy, flavorful and cost-effective meals for you and your family. Please take a few minutes to read through use and care of your cookware.

## HOW TO USE

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### ① UNBOXING

Once you receive your cookware, register your lifetime warranty by visiting [www.platinumcookware.com/warranty](http://www.platinumcookware.com/warranty), so we can continue to make sure you have an exceptional cookware experience for generations to come.

Before first use, remove all packaging and tighten all TempAlert Knobs to make them “snug”. Do not over tighten. **Wash your new cookware with warm soapy water and a few cups of vinegar using a soft sponge or cloth, to remove any trace amounts of manufacturing oils.** Snap a picture and tag us on social with [#platinumcooking](https://twitter.com/platinumcooking), too. We love seeing our customers improve their family’s health with our innovative cooking systems!

### ② COOKING

The TempAlert Knob takes all the guesswork out of cooking. Turn the heat to medium, wait for the TempAlert to reach between 40 & 60 degrees Celsius, then reduce to low. This causes the air to shrink, creating a semi-vacuum that locks in aroma, moisture and most importantly, heat inside your cooking unit. By keeping energy and moisture locked in, your foods will cook faster and naturally be juicier and tender!

Skip the water, grease, fats or oils that steal your food’s nutrients. Conveniently cook without these add-ons. Your food will now retain up to 10x more nutrients than traditional preparation because you’re not boiling, steaming or microwaving away that goodness.

### ③ CLEANING & CARE

All cookware is dishwasher safe upon removal of TempAlert knobs. Simply unscrew knobs before placing into dishwasher and screw back on when clean. Make sure your knobs are snug, but do not over-tighten them.

To maintain a beautiful finish of your cookware and avoid unnecessary scratches, we recommend hand washing with hot soapy water and a soft blue scour scrub sponge to clean the inside. Never use a steel wool sponge as it will mar your cookware. If you see any burnt spots from heat, use Professional Platinum Shine or Bar Keeper’s Friend cleanser to keep your Cookware looking like new.

## FAQs

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### Q: WHY AM I BURNING MY FOOD?

A: Your new Professional Platinum stainless steel cookware retains more heat. Your heat may be too high or you missed the TempAlert between 40 and 60 degrees. Cook on medium heat and watch the TempAlert Knob. When the temperature reaches between 40 and 60 Celsius degrees, reduce the heat to low.

### Q: HOW DO I GET MY REPLACEMENT PARTS?

A: TempAlert Knobs and side handles are covered under the lifetime warranty. You are only responsible for the shipping cost of the replacement knob or side handle. To order replacements, please visit [www.platinumcookware.com/warranty](http://www.platinumcookware.com/warranty).

### Q: HOW DO I PREPARE FRESH OR FROZEN VEGETABLES?

A: Fill your unit at least 2/3 full with veggies then rinse well in cold water, pour off water and cover unit. When cooking, set unit on a similar sized burner. When your TempAlert Knob reaches 40-60 Celsius, reduce heat to low. Most vegetables will take approximately 8-10 minutes per quart after reducing heat. See our cooking chart on back.

### Q: HOW DO I PREPARE MEATS WITHOUT OIL?

A: Preheat covered unit on medium until TempAlert Knob reaches 40. Place meat/poultry into unit, press firmly, leaving the lid cracked open for approx. 4-6 mins. Keep at medium. Meat/poultry will adhere to skillet. Lift cover and turn meat with fork/spatula and press down. Most chops, chicken, burgers, etc. need to cook for about 4-8 minutes per side. When cooking steaks, the average rule is 6 minutes per side.

## DETERMINING THE CORRECT COOKING TEMPERATURES:

Platinum water-free cooking is a low-temperature method which can be used on any type of stove. Since the degree of heat will vary on different stoves follow the TempAlert Knob. Remember, water-free cooking is a low-temperature method and requires lower heat than ordinary cooking methods.

### MEDIUM HEAT

1. For Heating Cookware to brown or sear roasts.
2. For steaming dried foods over water until water boils.
3. For pan broiling thick steaks or chops (3/4" and thicker).

### LOW HEAT (OR SIMMER)

1. For cooking roasts after browning.
2. For cooking fresh vegetables and fruits after TempAlert Knob reaches 40-60.

## MEAT PREPARATION AND COOKING

Always preheat the skillet or grill pan until TempAlert Knob reached 40-60. Pat the meat dry with a paper towel to prevent sticking. Place the meat in the pan and let fry for 5-8 minutes depending on the thickness of the meat. Turn the meat and continue to fry until desired preference is reached. Add seasonings or sauces before serving.

## VEGETABLE PREPARATION AND COOKING

Wash vegetables. Do not peel unless recipe calls for it, doing so may cause a loss in nutritional value. Place vegetables in unit at least 2/3 full. Cover and cook over medium heat until TempAlert Knob reaches 40-60 Celsius, then turn heat to low. See cooking chart for temperature guidance.

FRESH VEGETABLES: COOKING TIME IN MINUTES ON LOW HEAT			
Asparagus	5 - 10	Onions (whole)	5 - 10
Beans, green or wax	10 - 15	Parsnips (sliced)	15 - 20
Beans, lima	35 - 39	Peas	10 - 15
Beets, whole	15 - 20	Potatoes, white (quartered)	20 - 25
Broccoli	10 - 15	Potatoes, sweet (top stove baked)	20 - 25
Brussel Sprouts	15 - 20	Potatoes, (baked) medium	50 - 55
Cabbage (shredded)	10 - 15	Spinach	5 - 8
Carrots (sliced)	15 - 20	Potatoes, summer (cubed)	15 - 20

## RECIPE FEATURE: LEMON GARLIC CHICKEN WITH VEGETABLES



- 3-4 chicken breasts
- 30-40 garlic cloves (or 2 whole bulbs)
- Vegetable Medley (Fresh Carrots, Baby Potatoes, Asparagus, Zucchini, Cherry Tomato)
- 1 lemon
- Salt, Pepper, and other seasoning to taste, if desired

### DIRECTIONS:

Using the Large Skillet or Grill Pan, place garlic cloves on the bottom. Add chicken breasts on top of garlic, then add vegetables. Slice lemon on top. Season to taste if desired. Place the lid on, turn unit to medium heat. When unit reaches 40-60 degrees, reduce heat to low and let cook for 20-25 minutes. Enjoy!