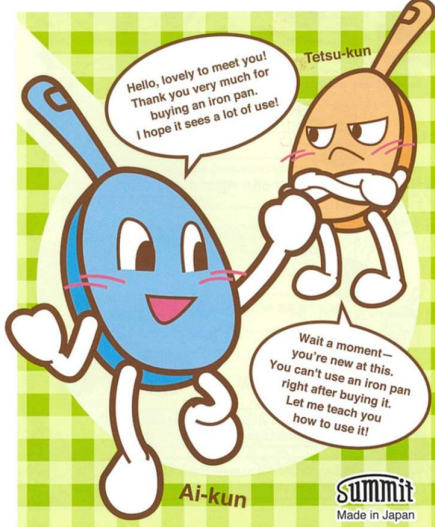


Your First Iron Pan

Making better use of your iron pan

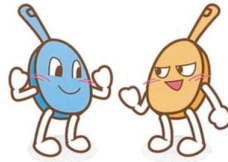


Ai-kun

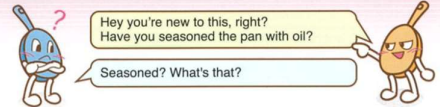
Summit
Made in Japan

1 Before use

- This iron pan does not need to be heat seasoned, so it can be used right away.
- This product is a pan made of iron. The surface is coated with "transparent silicone baking finish" to ensure that rusting does not occur before the pan reaches the customer.
- This "transparent silicone baking finish" will peel or flake off during use. Also, this "transparent silicone baking finish" is compliant with the Food Sanitation Act, so even if it peels or flakes off and enters the body, it will not affect your health.
- Even if this finish peels or flakes off, it does not mean the pan is defective. Once it starts to peel or flake off, use a scrubbing brush to remove it all. After this, the iron's texture will appear and oil will season the pan as you keep using it.
- Until seasoned with oil, the iron surface will tend to scorch easily, so take care when applying heat. After several uses, the oil will properly season the iron pan and it will become easy to use.
- After use, it is important to wash the pan with water using a scrubbing brush, and then dry it well. If water remains in the pan, it can cause rusting. Applying a thin layer of oil to the inside of the pan before storing is more effective for preventing rust from forming.
- By repeating this care, the oil will gradually penetrate the iron's surface, making it less likely to scorch or burn and allowing your iron pan to demonstrate its essential qualities.

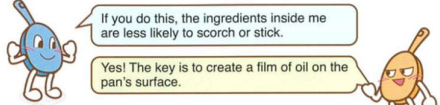


2 Let's actually use it!



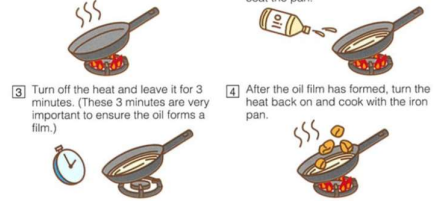
What is seasoning?

This is the process of soaking the surface of an iron pan with oil to make it more compatible with oil.

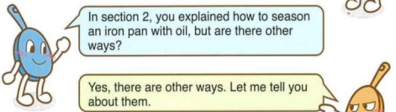
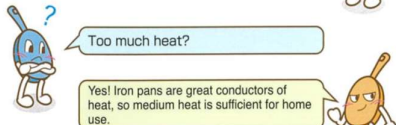
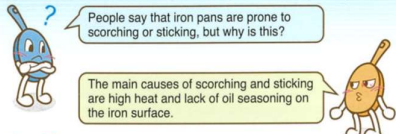


How to season with oil — Method 1

- 1 Bring the pan to a moderate heat.
- 2 Add oil to the pan, and allow it to coat the pan.
- 3 Turn off the heat and leave it for 3 minutes. (These 3 minutes are very important to ensure the oil forms a film.)
- 4 After the oil film has formed, turn the heat back on and cook with the iron pan.



3 How to prevent scorching and sticking



How to season with oil — Method 2

- 1 Bring the pan to a moderate heat.
- 2 Add oil to the pan, and allow it to coat the pan.



- 3 Turn off the heat, and place the pan onto a wet cloth prepared in advance.
- 4 Let it sizzle. Leave it for 2 minutes.
- 5 Return the pan to the stove, turn on the heat, and now the film of oil has formed, cook food in the iron pan.



How to season with oil — Method 3

- 1 Bring the pan to a moderate heat.
- 2 Add a good amount of oil to the pan, and allow it to coat the pan.
- 3 Return the oil to the oil pot.
- 4 Next, add the required amount of oil and start cooking.



So you need to adjust the heat and form a film of oil to prevent scorching or sticking, right? It's important not to rush! Even if it takes a little while, you need to let the oil film form.

4 Daily maintenance

Precautions when washing
After use, the pan's surface will be coated with oil. It is important to wash it with water and a scrubbing brush, and then dry it well.



Cleaning when rusty
Scrub the rusty areas well with dish cleanser and a scrubbing brush. Rinse off the cleanser, dry the pan, and finally, apply a thin layer of oil to the pan.



Cleaning scorch or burn marks
Add hot water and bring it to a boil to loosen scorched or burned parts. When the scorched parts are loosened, remove them with a scrubbing brush.



Long-term storage method
After thoroughly removing any dirt with a scrubbing brush, etc., dry the pan well. Then, to prevent rust from forming, apply a thin coat of oil to the inside of the pan.



5 Advantages of iron pans

Advantages of iron

Iron has excellent heat resistance and good thermal conductivity, so it can concentrate flavor in a short time. It's durable and will last for years.



Iron replenishment

Iron ions (divalent iron), which are highly absorbable, adhere to food during cooking. It's an efficient way to replenish your bodily iron.



The secret to improving flavor

Iron has good thermal conductivity, so heat is quickly conveyed to the food. Stir-fried dishes will be crisp, and fried rice will be fluffy.



And Ai-kun's new life begins.

