



Stanley Rogers

Use & Care Instructions Lightweight Cast Iron Frypan

How to season your pan to create a non-stick surface

Oven method – for best results

- Thoroughly scrub the pan in hot soapy water and dry thoroughly.
- Ensure ample ventilation.
- Prepare the oven by positioning a rack in centre of the oven. Line a second rack below with foil to catch any drips. Preheat to 250°C.
- Apply a thin layer of high smoke point oil (peanut, sesame or rice bran oil but not olive oil) all over the cooking surface with paper towel or a lint free cloth. The layer should only be a light polish so wipe off any excess.
- Place the pan upside down on the rack in the centre of the oven.
- Bake the pan for 1.5 hours. Allow to cool in the oven.
- Repeat 1-3 times.

Stove top method – this will give a light seasoning or can be used to top up an oven seasoned pan

- Ensure ample ventilation as this process creates a lot of smoke.
- Heat approximately one teaspoon of cooking oil in the pan until it starts smoking. Adjust the mount according to the size of pan.
- Use tongs and a lint free cloth or paper towel to carefully rub the oil all over the cooking surface for 20-30 seconds. CAUTION: the oil will be very hot.
- Allow to cool for 1 minute.
- Repeat 10-15 times until the base of the pan is black.

Recommended cleaning of seasoned pans

- Never use soap which will damage the seasoning.
- To clean, use a stiff dish brush or plastic scrubber under running water while the pan is still warm but safe to handle.
- Salt can be used as a good scrubbing agent for baked on stains.



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Use & Care Instructions

- **Before first use** remove all packaging, stickers, labels and tags. Wash in warm, soapy water. Rinse and dry thoroughly with a soft cloth before storing or using.
- Always use a burner the same diameter or smaller than the base of the cookware, particularly on gas cooktops. This is also the most energy efficient.
- **Always use a low to medium heat for cooking to obtain optimum energy efficiency.**
- Do not allow cookware to boil dry and never leave empty cookware on a hot burner.
- Handles or knobs (including if indicated as 'Cool Touch', 'Stay Cool' or similar), can become hot if cookware is used on too high a heat for prolonged periods or the burner is too large for the pan, particularly on gas cooktops or when placed in an oven. Use protection such as an oven mitt, pan holder or dry towel when handling.
- Never put cold water into a hot pan or a hot pan into water as it may result in warping and/or damage to non-stick coatings.
- Lift cookware off cooktops. Never slide the cookware, particularly on glass cooktops, as this may mark or damage the cooktop surface.
- Never use cookware in a microwave oven.
- Hand washing is recommended. Dry thoroughly immediately. Do not allow to air dry or dry in the dishwasher. If seasoned wipe clean with a damp cloth.

Guarantee Exclusions

- Damage or defects to the product caused by normal wear and tear.
- The product has been on-sold or assigned by the original purchaser.
- The product has been used for non-domestic purposes.
- The product has been used for purposes other than the purpose for which it was intended.
- The product has been modified in any way.
- The product has been subject to abnormal conditions, whether of temperature, water, humidity, pressure, stress or similar.
- Corrosive or abrasive matter has been applied to the product.
- Damage or defects resulting from a lack of proper maintenance or regular care in accordance with the Use and Care Instructions enclosed with the product.
- Damage or defects resulting from misuse, abuse, neglect or involved in an accident.
- Scratches, stains, discoloration or damage caused by overheating, including cumulative damage.