cook's essentials®

Cast Iron Non-Stick Cookware

Teflon™ quality tested nonstick coatings

For Cast Iron
Metal Utensil Safe
Easy Clean
Maximum Life

SCRATCHGUARD ULTRA

Use and Care

Cook's Essentials® non-stick enameled cast iron is coated with the world's best known and respected non-stick surface, Teflon™ ScratchGuard® ULTRA coating for cast iron; now made without the use of PFOA.

BEFORE USING

Remove all packaging and labels. Hand wash in warm, soapy water. Rinse and dry.

COOKING

Medium to low heat provides the best cooking results, as cast iron retains heat so efficiently. DO NOT USE HIGH HEAT. Overheating may damage your pan.

Allow the pan to heat gradually for best cooking results. Add the fat to the pan before heating and adding food. Once the pan is heated, most cooking can be continued on lower settings. NEVER overheat an empty pan or leave unattended.

Select the burner size that most closely matches the bottom diameter of the pan. This provides maximum heat conductivity and prevents damage to the sides and handles. Gas flames should NEVER extend past the bottom of the pan. Do not allow handles and cookware to extend over the edge of the range.

Cast iron pans, handles, and knobs will become hot during stovetop and oven use. ALWAYS use oven mitts when lifting. DO NOT place hot cookware directly on your countertops, ONLY heat protected surfaces.

DO NOT use in microwave ovens, outdoor grills, or open campfires.

Cast iron cookware is compatible with gas, electric, ceramic, halogen, and induction heat sources. Refer to your oven/stovetop manufacturer's guidelines before using cast iron. Never slide cast iron across surfaces. Lift to remove.

Oven safe to 500°F (260°C)

NON-STICK COOKING SPRAYS AND OILS & FATS

Non-Stick cooking sprays are not recommended. Sprays burn at a very low temperature, creating a sticky surface residue. If you would like to flavor your pan before cooking, use butter, lard or oil. Add the fat to the pan before heating and adding food.

COOKING UTENSILS

To protect your non-stick; silicone, heat resistant plastic, and wooden tools are recommended. Metal spatulas, spoons, and whisks can be used but do not scrape them over the non-stick surface. DO NOT USE other metal tools, appliances, knives, and sharp instruments as they will damage the non-stick and void the warranty.

Occasionally, approved utensils can leave superficial marks on the non-stick interior. This is due to normal use and does not affect the food release performance of the pan.

DO NOT bang or tap utensils on the edges of the cast iron. This may damage pan.

CLEANING

ALWAYS cool a hot pan before washing.

DO NOT plunge a hot pan into water as thermal shock may occur causing cracking and damage to your pan.

To remove food residue and stains, soak and if necessary use plastic or sponge scourers only. DO NOT use abrasive cleaners as this may damage the enamel finish and non-stick interior.

Cook's Essentials® non-stick cast iron pans have been tested for use in the dishwasher. However, high heat and harsh dishwasher detergents can damage your cookware finish over time. Handwashing will extend the life of your cookware.

Follow your dishwasher manufacturer's guidelines for proper loading and unloading, detergent levels, and wash strengths/drying/heat cycles to insure optimum cleaning and care.

CAUTION: Dropping or hitting the cookware against a hard surface may cause the cookware to chip or break.

Warning: Birds are sensitive to cooking fumes, although most household pets do not appear to be adversely affected by fumes from overheated nonstick cookware. PTFE (Polytetrafluoroethylene) coated cookware heated to temperatures exceeding 500°F (260°C), can emit fumes which are hazardous or fatal to birds. Never keep pet birds in your kitchen.

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