Before first use, traces of oil may appear on the product, as the cast iron pans have been pre-treated with food grade oil to prevent corrosion during transport. The visible traces of oil are harmless and do not affect the functionality of the frying pan. They will disappear after seasoning the cookware, which should be done before you use the product for the first time, please follow the instructions below.

Before first use

• Before you use this product for the first time, wash it by hand and dry thoroughly. Any leftover pre-treated food grade oil will aid in the seasoning process.

• In order for the product to resist corrosion and food sticking, this cookware needs to go through a seasoning process. By seasoning, the pores of the pan are filled with oil that forms a protective coating.

• To season a cast iron pan, a small amount of oil is rubbed on to all surfaces of the pan and then it is heated in the oven or on the cooker to max. 150°C (300°F) for minimum one hour. Leave the pan to cool off and wipe off excess oil. This treatment should be repeated three times when the pan is new, but once it has been seasoned it only needs to be treated in this way once in a while.

Care and cleaning

• Clean the pan after use by washing it by hand in water using a brush. If you wash the cookware while it is still warm, it will be easier to clean. Carefully wipe dry after cleaning.

• Only use hot water for cleaning. Do not use washing-up liquid since it dries out the material and removing the necessary layer of fat that is needed for cast iron surfaces.

• Stains from cooked food can be removed by sprinkling some salt in the pan and then wiping it clean. Salt absorbs excess fat but leaves just enough fat to prevent the pan from drying out.

• If corrosion or food stains occur, or if the food gets burnt and stuck, it can be cleaned with steel wool or an abrasive sponge and then re-seasoned.

• Untreated cast iron can corrode if it is not treated properly. It is therefore important to wipe the cookware dry directly after washing-up and to oil it regularly.

How to use

• The pan is suitable for use on all types of hobs and is oven-safe.

• When food is cooked in a cast iron pan, the frying fat collects in the small pores in the cast iron surface. This means that the food to be fried or browned is not directly in contact with the cast iron, but rather with a layer of fat, which

adds a nice, brown surface to what you're cooking. This also prevents the food from burning easily.

• Please note that the material for cast iron pans is reactive and not suitable to be in contact with strong acidic foodstuffs (e.g. lemons and tomatoes) as the food can become discoloured or end up with a slight taste of metal. The pan itself can also become discoloured by salts and acidic foodstuffs.

• Iron which flakes off from the pan during cooking is harmless since it is the same kind of iron that is normally, and should be, found in the human body.

• Keep in mind that the handles get hot when the pan is used on a hob or in an oven. Always use pot holders when moving it.

• Always lift the pan when moving it on a glass or ceramic hob. To avoid the risk of scratching, do not pull it across the hob.

• Do not expose the pan to great and sudden temperature changes, e.g. by pouring cold water into the hot pan, the bottom of the pan might deform.