



## CARE AND USE INSTRUCTIONS



1

Preheat your pan for a few seconds on low to medium heat before adding a little oil or butter for optimal frying.



2

Always use heat settings appropriate for your ingredients. Avoid overheating to prevent food or oil from burning onto the pan. Never let your oil smoke or burn.



3

We recommend hand washing to maximize the lifetime of your coating, but your cookware is dishwasher safe (except in case of a wooden handle).



4

To keep your non-stick cookware in excellent condition, store your cookware with GreenPan pan protectors.

### 1. Important safeguards

**Read all safety information carefully and thoroughly before using this product!**

- Do not allow children near the hob while cooking.
- To avoid injury, always use caution when handling hot cookware.
- For safety reasons, never leave cookware unattended while in use and make sure the handles do not extend over the edge of a hot burner or flame.
- Lids and handles may become hot during prolonged cooking. Use caution when removing lids or lifting with the handles. If necessary, always use dry oven gloves or cold holders.
- Always check the instructions before using cookware that has Bakelite handles, silicone-wrapped handles, or glass lids in an oven.
- Stainless steel handles can discolour when used in an oven, but that does not affect the safety or performance of your cookware.
- Do not use in a microwave.
- Do not submerge a hot lid in cold water.

**If your stainless steel cookware has the Evershine™ Technology:**

- Evershine™ Technology will avoid discoloration of your stainless steel cookware during normal use on your hob and in your oven up to 300°C. However stainless steel handles have no Evershine™ Technology so when using in oven, the handles can discolour, but that does not affect the performance of your cookware.

### 2. Usage guide

**Before first use:**

- Remove all packaging materials and labels. Please recycle waste properly.
- Wash in warm soapy water; rinse and dry thoroughly with a soft cloth.

**Cooking:**

**Recommendations to prevent the warping of your GreenPan™ product:**

- Never leave empty cookware on a hot burner—doing so can permanently damage your cookware and hob.
- Do not allow the cookware to boil or cook dry.

**Recommendations for energy-saving and best cooking and frying results:**

- Cook on a burner that is similar in base diameter to the pan you have selected.
- When cooking on gas, adjust the flame so it does not flare up the sides of the pan.
- The patented Thermolon™ coating distributes heat very efficiently, so heat settings are important. Lower heat settings conserve energy and minimize carbonization of food and oils.
- Always use appropriate heat settings for your ingredients.

**Recommendations for oven use:**

Cookware / Glass lid with:

<b>Stainless steel handle</b>	<b>Wood-Be handle</b>	<b>Bakelite handle</b>	<b>Stainless steel handle wrapped in silicone</b>	<b>Wooden handle</b>
oven safe (glass lid up to 220°C)	NOT oven safe	oven safe up to 160°C	oven safe up to 200°C	NOT oven safe, NOT dishwasher safe

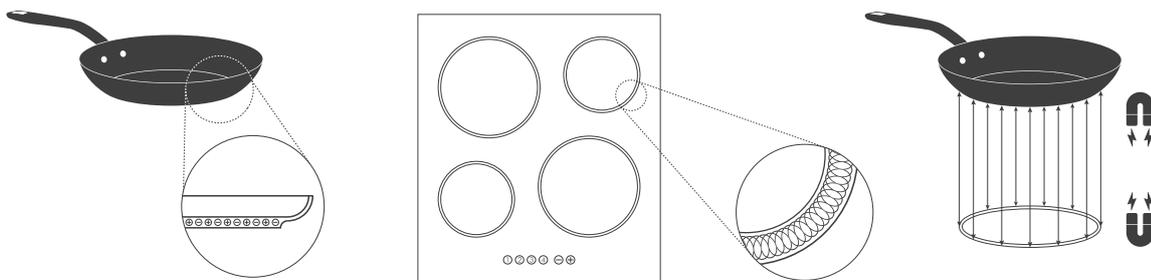
**Recommendations for the use of your cookware on an induction hob**

Unlike electric or ceramic hobs, induction hobs only detect a pot or pan on the outer edge by means of electromagnets. For pots or pans with induction technology to be detected by a burner, the bottom of the pot or pan must come into contact with the outer edge of the burner.

In the exceptional case that your pan is not recognised by your hob, try the following tips:

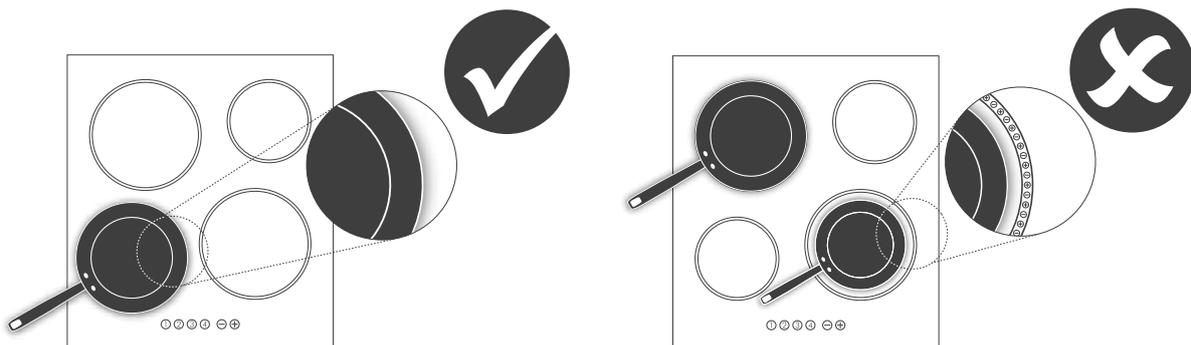
**1. Place the cookware on an appropriately sized burner**

Induction technology only works effectively if the base of the cookware suitable for induction matches the size of the coil beneath the glass plate of the induction hob (see illustration). If a burner is used that is larger than the cookware, the cookware may not be recognised and so will not heat up.



**2. Place the cookware on a smaller burner**

If you do not have a burner that matches the base of your cookware, select a smaller burner.



### 3. Do not place the cookware exactly in the centre of the burner

If you do not have a burner that is smaller than the base of your cookware, we advise you not to position the cookware directly in the centre of the burner. This will allow contact between the outermost points of the base and the induction coil.

### 4. Always consult the instructions and maintenance manual for your induction hob

Check which diameter of pot or pan is suitable for which burner.

#### Recommendations for best food release:

- Always start with a clean pan.
- Let your food warm to room temperature before cooking.
- Preheat your pan for a few seconds on low to medium heat before adding a little oil or butter for optimal frying.
- Wear and tear of your cookware and its ceramic non-stick coating is normal. Over time there is a natural reduction of your pan's non-stick properties. This process is accelerated by prolonged exposure of the non-stick surface to high heat, which causes carbonization of food and oil. The patented Thermolon™ non-stick technology can withstand accidental overheating up to 450°C for short periods, which is a safety feature. This means that if your cookware is accidentally overheated, no toxic fumes will be released. In addition, the coating itself will not blister or peel.
- This durable cookware can still be used if your cookware's non-stick properties have worn off completely, but you will have to use more butter or oil.

#### Cooking oils and fats:

- We recommend using oil or butter, suitable for baking and frying (i.e. oils with a high smoke point).
- Check the label of your butter or oil to see make sure it's suitable for cooking.
- Do not use any type of oil sprays, including aerosols, mist, and pump sprays.

#### Utensils:

- You can use metal utensils on your cookware's durable Thermolon™ ceramic non-stick coating, but nylon, silicone or wooden utensils are recommended to prolong the life of your pan. The coating, however cannot withstand sharp objects or cutting (e.g. with forks and knives).

### 3. Care and cleaning:

- Allow the cookware to cool and then clean it thoroughly after each use.
- With the Thermolon™ ceramic non-stick coating, GreenPan™ products are very easy to clean and are dishwasher safe (except in case of a wooden handle). To preserve the non-stick performance of your cookware, however, it's recommended to wash it in warm soapy water, rinse and then dry with a towel. Ceramic non-stick coatings can break down in the dishwasher due to the high salt content, bleach and phosphates of some dishwashing detergents.
- Bare aluminum rims or rivets can discolor in the dishwasher, but this will not affect the performance of your pan.
- Do not use sharp steel wool or nylon scrubbing pads.
- Deposits (called carbonization) can form on the non-stick coating as a result of prolonged exposure to high heat while cooking with fats and oils. High heat can carbonize oil and fat, which may accelerate the loss of non-stick performance. If this happens, empty any loose food, partly fill the pan with warm water and let it come to a quick boil, the food should be easily wiped away with a soapy sponge.
- For tougher burns, we recommend a melamine foam sponge, available in most grocery, department and hardware stores.
- Do not use oven cleaner, abrasive cleaners, or products containing chlorine bleach. Do not gouge the non-stick coating.
- Take care to ensure that your hob and your GreenPan™ product is kept free from debris so as not to scratch the hob.

#### Storing Pans:

Storing pans alongside sharp metal implements can cause scratches or chipping in the surface of the non-stick coating and the cookware's edges. Always nest your non-stick cookware carefully, and don't put lids with thin sharp edges inside your cookware. We recommend GreenPan pan protectors.

Happy cooking!

Our customer service is here to help if you have any questions about your GreenPan product.

**Customer Service:** [info@cookware-co.com](mailto:info@cookware-co.com)

**WWW.GREENPAN.COM**