

Read before use.

① first use: pot with a brush will be a simple cleaning of the pot, small fire dry beads of water (do not use detergent to brush the pot, will affect the pot to absorb the speed of grease)

② method of opening the pot: heat on low heat, and use a large piece of fat in the pot rotating smear, smear on low heat for 3-5 minutes and then turn off the heat, the fat will harden, and so the pot cools down, rinse with hot water, and then dry the beads of water on low heat. (Please operate the method more than 3 times to use the effect will be better, after the opening of the pot prohibit the use of detergent)

Steps: ① Wash the pot and wipe off the water.

① pot cleaning and drying water beads, do not open fire, first pour cooking oil; (new pot appropriate more oil)

② medium heat heating about 20 seconds; pot hot, immediately turn the fire; (small fire means scattered small flame, do not use the middle of the fire core, the gas knob 11 point position is scattered small flame)

③Add ingredients and cook on low heat until ready to cook. (When frying fish/steak: dry the surface with paper towel first, then cook according to the method, it will have better non-stick effect.

Note: ①Non-coated cast iron cookware.

①Uncoated cast iron skillet, be sure to bake dry after brushing the skillet. If long time storage of water or food overnight, may cause cast iron rust, do not worry, steel ball brush off the rust, baked and coated with a layer of vegetable oil can be restored.

② cast iron skillet will be coated with vegetable oil and baked at high temperatures before leaving the factory, to play a role in pre-opening and prevent transport rust, and the new pan is the same principle of opening the new pan, the new pan at the beginning of the black spots such as black shavings, is only a high-temperature baking of the vegetable oil, harmless, no need to care.

③ non-coating non-stick instructions: this section does not have any chemical coating, according to the instructions method, first open the pot and then with the [first pouring oil, and then open fire] method, you can achieve the effect of non-stick pan, the iron pot needs more maintenance, the longer the maintenance time, the better the effect of non-stick.

Cast iron pan characteristics.

Cast iron pan using the casting process, was frosted texture, the surface will have large and small cast iron pores, according to the method of maintenance for a period of time will be more and more lubricated; when the cast iron pores together, after polishing there will be a casting shallow pits, is a casting process characteristics, can not be avoided, is not a quality problem.