

# TIPS & TRICKS GREENGRILL



CERAMIC  
COATING



HEALTHY  
COOKING



EXCELLENT  
NON-STICK



EASY  
CLEAN



ENVIRONMENT  
FRIENDLY



PFOA FREE



PTFE FREE

## PREPARATION & USE

- ‘Seasoning’: before using the cooking surface for the first time, you can season it to give the cooking surface a thin protective layer that prevents food from sticking. It is not required but we do recommend it. It’s very easy: lightly rub cooking oil on the surface and then place over medium heat for 2 - 3 minutes. When it cools, wash the pan and rinse clean. It’s ready to go!
- Wash the cooking surface with soapy water before use and grease it lightly with some (sunflower) oil. Your CADAC cooking surface is ready to use!
- **Note: GreenGrill coating conducts heat better than products with a regular (PTFE) non-stick coating. We therefore recommend using only 75% of the power of what you are used to.**
- Never leave the cooking surface on the heat source without oil. Apply a thin layer of sunflower oil with some kitchen paper towel or a brush before placing the cooking surface on the heat source. Make sure you have greased all parts, so with a BBQ grid the raised edges as well.
- We recommend frying in sunflower oil or Rapeseed Oil because of the high burning point. Olive oil can have a relatively low burning point, which can cause the ingredients to stick to the pan or burn. We therefore do not recommend using olive oil. **Tip: bring meat or fish to room temperature before frying. This will prevent sticking to the cooking surface.**
- **Always** use silicone and/or wooden utensils so that the GreenGrill coating is not damaged. **Never** use metal utensils as this can damage the coating.

## CLEANING

- Let the cooking surface cool down before cleaning. Extreme temperature changes can cause deformation

of the cooking surface.

- The GreenGrill coating is ‘Easy Clean’. Warm soapy water with a soft sponge is sufficient for cleaning the cooking surfaces with GreenGrill coating. **Avoid scouring pads or steel wool.**
- If the cooking surface has food particles remaining from a previous use they can adhere to the coating, which can lead to brown spots. In these places, ingredients can stick to the cooking surface because the coating is no longer reached. Make sure that these spots are properly removed before use.
- For stubborn stains or residues, you can try soaking overnight in hot soapy water or use the ‘vinegar method’ for the paella pan or chef pan: pour a layer of vinegar into the pan and heat the pan slightly. The vinegar does not have to boil and should certainly not evaporate completely. Pour the vinegar out of the pan, clean the pan with soapy water and the pan is as good as new. **Note: heating vinegar can give off an unpleasant smell.**
- Dry with a soft cloth and you’re done!

## MAINTENANCE

- We recommend adding a little oil to the cooking surface after cleaning and spread it with some kitchen paper. The oil seals the surface from the outside air and moisture. It also ensures that the food does not burn into the surface.
- Place the cooking surface in a plastic bag before you put it into its storage bag so you are ensured the storage bag remains clean.
- The storage bag prevents damage to the GreenGrill coating.

*“We wish you a lot of Braai-fun with your CADAC PRODUCT!”*

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GREENGRILL GUARANTEES HEALTHIER COOKING!

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## CITI CHEF 50 SURFACE QUICK GUIDE



[www.cadacuk.com](http://www.cadacuk.com)

THE ILLUSTRATIONS BELOW SHOW THE SEQUENCE TO PLACE SURFACES TO AVOID DAMAGE

BBQ 2 PLANCHA 50



LID USAGE IS OPTIONAL



SKOTTEL TOP 50



LID USAGE IS OPTIONAL



CHEF PAN 50



LID USAGE IS OPTIONAL



ROAST PAN 50



GRILL 2 BRAAI 50



LID USAGE IS OPTIONAL



BBQ GRID 50



LID USAGE IS OPTIONAL



PIZZA STONE PRO 50



PAELLA PAN 50



LID USAGE IS OPTIONAL



\* FOR BEST RESULTS USE THE COOKING SURFACES IN CORRECT ORDER AS SHOWN ABOVE