



- **3-Ply Stainless Steel Care Guide**

Le Creuset 3-ply stainless steel pans are made using a high technology, triple-layer system. An aluminium core is sandwiched between two layers of premium quality stainless steel which includes special magnetic steel making the pans suitable for use on induction hobs.

The multi-layering continues throughout the whole pan ensuring excellent heat conduction performance from base to rim preventing hot-spots.

Some items have a tough, PFOA-free, reinforced non-stick coating. This provides a long-lasting, easy to use, durable cooking surface. When used correctly on MEDIUM and LOW heats it will provide excellent performance, releasing foods and residues easily. It is an ideal surface for healthier cooking with very little oil or fat.

The rim of each pan has a specially designed “all-round” lip for drip-free pouring.

Suitable for left and right handed use.

The close-fitting lids make the pans suitable for “reduced-water” cooking helping to retain vitamins and nutrients – see later section for details.

Handles are secured with stainless steel rivets.

Before First Use

Remove all packaging and labels, wash pans in hot soapy water, rinse and dry thoroughly.

For items with a non-stick coating we recommend conditioning the non-stick surface before using for the first time. Rub a film of vegetable or corn oil over the entire cooking surface using a pad of kitchen paper towels. Rinse with hot water, dry thoroughly. The pan is now ready for use. Occasional re-conditioning after this will help to protect the surface and promote longer life.

When frying in an uncoated pan for the first time or whenever the pan has been cleaned in the dishwasher prepare the pan as follows:

- Add some vegetable or corn oil so that the base is covered.

- Heat the oil gently and turn the pan to coat the inner side walls.
- Remove the pan from the heat, let it cool and clean with kitchen paper.
- Add some further oil, fat or butter and begin cooking as normal.
- Season the food only after sealing on the hot surface.
- Turn food only when the surface has sealed and it is easily released.
- Reduce the temperature after sealing.

Usage

Heat Zones & Sources

Le Creuset 3-ply stainless steel pans are:

- Suitable for use on all hobs, including induction. They can also be used in all types of conventional oven and, for shallow shapes, under the grill.
- The 3-ply construction of the pans means you do not need to cook on high heat settings. Only MEDIUM to LOW heat is needed for most cooking, including frying and searing.
- ALWAYS match the pan base size to the hob heat zone it is to be used on. Gas flames must always be confined to the base area and NEVER extend up around the side walls of the pan
- On any glass-topped hob always lift the pan on and off, or across the surface. Never slide the pan as this may cause damage to the pan base as well as to the glass.
- NEVER heat an empty pan
- If using salt, always add to the hot cooking liquid or food so that it can dissolve thoroughly. Never pour directly onto the stainless steel surface as it may cause pitting.

N.B. Non-stick pans - to protect and prevent damage to the surface, use only MEDIUM and LOW heats for all cooking. NEVER use high heats.

Induction Hob Cooking

Always match the diameter of the pan base to the induction hob cooking zone

Using a pan with a small base diameter on too large a cooking zone may result in a weaker magnetic field being created and reduced heat output. In some cases the hob may not "recognise" the pan and no heat will be generated.

DO NOT use the boost function for longer than is required to bring the pan's contents to a boil. The boost function should only be used for rapid heating of large quantities of water e.g. for boiling pasta or vegetables.

During cooking, you may notice some slight noise being generated in the pan by the induction hob. This will not damage the pan or affect cooking performance

Fat-free Cooking (Non-stick pans only)

When cooking with no added fat or oil, pre-heat the pan on a medium setting for approximately 2 minutes before adding the food.

DO NOT leave the pan unattended during this time or allow the dry non-stick surface to overheat as permanent damage may occur.

Reduced-Water Cooking

The close-fitting lids, even heat distribution and excellent heat retention qualities of Le Creuset 3-ply Stainless Steel cookware allows cooking with very little liquid. This method is ideal for vegetables and fruit where flavour can be concentrated and nutrients retained.

Place the food and liquid into a cold pan. In 16-20cm pans allow 100ml water for a 20-30 minute cook. In a 24cm pan allow 150ml water.

Put on the lid and bring to a simmer when steam will be seen escaping around it. As soon as this happens reduce the heat to very low, so that no steam loss is visible.

Cook for the required time. Do not lift the lid during the cooking period as steam will be lost and more liquid will be required to replace it.

N.B. Reduced-water cooking is not suitable when using a steamer insert or with the Pasta Pot when it is used with its pasta insert.

Food storage and marinating

Do not store raw, marinating or cooked foods in the pans. Ingredients may cause damage to the surface.

Tools to use

To protect your pans we recommend using silicone, heat-resistant plastic or wooden tools in both uncoated and non-stick coated pans.

However, metal tools, spoons or balloon whisks may be used with care, but should not be used harshly or scraped over the surface.

Never knock metal tools on the top rim of the pan

Knives or utensils with sharp edges should never be used to cut foods on the surface of a non-stick pan. Hand-held electric or battery operated beaters or blenders should not be used on a non-stick surface.

Oven use

Suitable for use in all types of conventional oven (not suitable for microwave ovens).

Oven safe to 260°C/500°F/Gas Mark 7.

Grill Use

Shallow shapes can be used under the grill.

When using a non-stick pan under a hot grill there should be a minimum distance of 5cm between the heat source and the top rim of the pan.

Handles

Handles are secured to each pan with stainless steel rivets.

Always use a dry oven glove or cloth when handling hot pans during and after cooking.

Cleaning and Storage

Cool pans for a few minutes before washing in hot soapy water, rinse and dry thoroughly or clean in the dishwasher.

For more stubborn residues fill the pan with warm water and leave to soak for 10-15 minutes.

Do not fill hot pans with or plunge into cold water.

Use only soft, nylon pads or brushes for removing stubborn residues. Do not use any harsh abrasive pads or cleaning agents on any of the surfaces as they may cause damage.

A proprietary stainless steel cleaner can be used to remove hard water lime scale deposits and other marks. It can also be used to condition, polish and protect the inner and outer surfaces (do not use on non-stick surfaces).

Cleaning non-stick pans

After each use, cool the pan for a few minutes before cleaning then wash thoroughly.

The tough, reinforced non-stick coating offers excellent food release and is

therefore very easy to clean. To maintain the appearance and performance of the non-stick coating, we recommend washing by hand in hot soapy water rather than cleaning in the dishwasher. This will prolong the life of the non-stick surface and enhance cooking performance.

If the non-stick pan is cleaned in the dishwasher:

- use only domestic strength dishwashing detergent (we recommend non-lemon varieties)
- the cooking surface should be re-conditioned with vegetable or corn oil before each subsequent use.
- Please note, prolonged, regular dishwashing may eventually mark or discolour any item of cookware and affect the release properties of non-stick surfaces. This regarded as normal wear and tear and is not covered by the Lifetime Guarantee.

Mis-use

Overheating

Damage from overheating is instantly recognisable as the stainless steel surface may change colour producing a golden/brown/blue appearance. This is not reversible and cannot be cleaned off. However it will not alter performance in any way.

Items with a non-stick surface may also become discoloured and in severe cases the coating may detach from the pan in the form of blistering or peeling.

Scratching

Score marks or severe scratching by heavy use of metal utensils is not covered by the guarantee. Such damage is permanent and will result in the reduction of release performance on the non-stick surface.