

# The Rock Cast Iron Fry Pan 30 cm (12")

Before using your new cookware, wash it thoroughly in hot, soapy water using a soft cloth or sponge. Dry completely.

To increase the performance of the non-stick coating, it is recommended to add a teaspoon of oil before each use.

Never heat an empty utensil. Make sure there is always fat, liquid or food before placing your cookware on the heat.

Always use low to medium heat. This cookware should NEVER be used on high heat.

maximum both for preheating and during cooking since excessive temperatures risk irreversibly damaging the non-stick surface.

In order not to pierce the non-stick coating, never cut anything in the cooking utensil or use sharp utensils.

Always add salt to water when it has started to boil. When the grains of salt settle on the bottom of the utensil, they attack the metal when the heat melts them.

It is not recommended to use a metal scouring pad to clean the non-stick surface.

Never pour cold water into your hot cookware. Always leave to cool empty or in boiling water. warm soapy.

If you are using a ceramic hob, lift the cookware instead of sliding it.

This cookware is oven safe up to 450°F / 230°C. In the case of prolonged cooking or in the oven, knobs and handles may become hot. Always use oven gloves or mitts.

After use, clean the cookware in warm soapy water using a soft cloth.

Do not use a metal scouring pad to clean the nonstick surface and/or handle.

Not dishwasher safe.