

BergHOFF[®]
Yes, you're right!



MANUAL

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EarthChef® PANS WITH CERAMIC COATING

Some tips to enhance and maintain the qualities of the product:

Before first time use

- after unpacking your cookware, wash the item in warm, soapy water with a soft sponge. Rinse thoroughly and dry completely with a soft cloth.
- before heating your new cookware for the first time, apply a little vegetable oil to the inside of the pan or pot with a paper towel. This will lightly season the surface and enhance the properties of the all-natural ceramic coating. You might consider doing this each time before you put away the cookware for a longer time.

Cooking with your new Ceramic coated cook ware

- be sure that you always start with a clean pan
 - take the food from the refrigerator at least 10 minutes before cooking.
 - if you use oil for taste or texture, allow the oil to warm for a minute or two over low to medium heat before adding food to the pan. Experiment a bit to find the best setting.
 - never allow a pan to boil dry. Never let your pan heat up too long.
 - your pan and coating has fast and even heat transfer so food and oil chare very quickly. Always cook using low to medium heat. Only use high heat when the pot is filled with a liquid for boiling your food (like for instance pasta) or for deep-frying
 - even though the Ceramic coating is 6 times stronger than the traditional coating, metal utensils will cause scratching of the surface. Scratches are not covered in the warranty. We recommend using bamboo, silicone, nylon or wood utensils to protect and extend the life of your cookware.
 - never cut food while in the pan as this will damage the surface.
 - casseroles and pans can be put in the oven up to 240 °C. The handles will get hot though. Use potholders. The handles can discolor when used in the oven. This can be easily removed with the BergHOFF cleanser.
 - we recommend using oil or butter while cooking. Please note that some of the oils and fats burn even at lower temperatures. Fats and oils are suitable for cooking only until a certain temperature. We recommend the refined (not cold pressed) olive oil or coconut oil; they are healthy and fit for using at higher baking temperatures.
 - do not drop the pan on the floor, save the pan from dents and ceramic coat from scratches, those can affect the nonstick attribute to fall.
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Note: The ceramic coating can maintain short-term accidental heating to 450 ° C and is completely safe. This means that if you accidentally (over) heat, no toxic fumes will be released. Moreover, the surface is not damaged, it will not blister or flake off.

Recommendations for energy saving

- cook on a burner that is approximately similar in base diameter to that of the pan you have selected.
- when cooking on gas, adjust the flame so it does not flare up the sides of the pan.
- use low heat to warm foods, simmer or prepare delicate sauces.
- heat settings are very important. Lower heat settings are not only good for energy-saving but also avoids the pan becoming too hot. The nature of ceramics is to hold and distribute the heat more effectively, helping some protein-rich foods cook more quickly.

Care and Cleaning

- remember to cool down your pan before cleaning as the cooler water will cause the hot pan to warp
- although your coated pan is dishwasher safe, we don't recommend cleaning the cookware in the dishwasher. The high heat will deteriorate the qualities of the coating
- clean after each use by hand with a dish detergent especially made for hand washing. Be sure that you do not use a harsh cleaning product that is based on citric acids or that contains chlorine bleach. Use warm, soapy water and sponge or a dishcloth. Do not use steel wool or nylon scrubbing pads, oven cleaner or any cleaner that is abrasive, is a citrus based cleanser or contains chlorine bleach. Rinse in warm water and dry immediately with a soft cloth.
- always clean your cookware thoroughly since, the next time you use it, any food residue will cook into the surface causing food to stick
- if you have remains of food stuck to the cookware, they can easily be removed by covering the bottom of the pan with water and letting it soak off while gently heating it at low temperature (no need to let the water cook). Do not use a metal utensil.
- additional to the cleaning method describe above, you might consider this tip:
- after cleaning and on a dry surface, rub a little (olive) oil with a soft kitchen paper during a minute. The oil will remove all surface impurities.
- wash away the remaining oil. Do this by hand in water with a dish detergent. Dry immediately with a soft towel.
- if you store your pots and pans by stacking them, put, for instance, a dish towel between them avoiding parts of the upper item to scratch the surface of the lower element.



