

## Cast Iron cookware care guide:

Thank you for choosing a Lifespace Cast Iron Cookware Product. Our goal is to make cooking fun, easy and tasty. We hope you will be satisfied with your cast iron cookware, and we promise it will last a long time if you take care of it properly. In this leaflet you will find information about your product, how to use it & care instructions.

### Important Safeguards:

- Do not use this cookware in a microwave.
- Before first use remove all packaging materials and labels
- Before first use wash cookware in warm soapy water, see "Cleaning "
- Close supervision is necessary when using this cookware near children.
- Never leave cookware unattended while cooking.
- Always use oven mitts when handling hot food or cookware
- Do not touch hot cookware with a wet cloth or oven mitts as this will cause steam which will burn you.
- Do not put hot cookware on a wet surface.
- Hot cookware should be placed on a heat-resistant surface only.
- Never leave an empty piece of cookware on a heat source
- Do not add cold water, ice or frozen foods to a hot pan, as the steam eruption could cause burns or other injury. Be especially cautious when the pan contains hot oil.
- Avoid extreme temperature change to the cookware.
- Never cut food directly on the cookware
- Do not attempt to repair damaged cookware.

### Oven use:

This cookware is oven safe to 260 degrees Celsius.

Always use potholders when moving cookware into and out of the oven. Best results are achieved on a low/medium heat. Food will stick if the griddle is used for too long on high heat.

### Stovetop Use:

This cookware is compatible with gas, electric, ceramic, halogen, glass and induction stovetops. It can also be used on a gas or charcoal grill.

Select a proper burner size so the heat touches only the bottom of the cookware.

When cooking with gas, ensure the flame does not climb up the side walls of the cookware.

Do not slide or drag cookware across the stovetop, as this may cause damage to both the cookware and the stovetop.

This item should be pre-heated on a low to medium setting for 3-4 minutes WITHOUT cooking oil.

Never position handles over hot burners.

Best results are achieved on a low to medium heat. Food will stick if the griddle is used for too long on high heat.

### Cleaning:

Hand-wash only. Do not clean this cookware in a dishwasher.

Always wait for your cookware to completely cool before cleaning.

Use warm, soapy water or Lifespace Cast iron Cleaner with a cloth, chainmail or sponge.

Do not immerse hot cookware in cold water.

Never use abrasive cleaners or pads on this cookware.

Never use oven cleaner

Stubborn spots can be removed with gentle cleaner or by pre-soaking

Hand dry after cleaning to prevent rust

Apply light coating of Lifespace conditioning oil or any oil that can handle high heat to the cookware after cleaning.

### Re-seasoning:

If cookware becomes dull, or if rust appears, it will need to be re-seasoned:

- Wash and dry cookware as directed.
- Apply a thin coat of vegetable oil or canola oil inside and outside the cookware.
- Place cookware upside down in an oven (use foil or a drip pan below), and heat at 200 degrees Celsius.
- Turn off the oven and let the cookware cool in the oven.
- When completely cooled, wipe off any excess oil with a paper towel and store cookware in a dry area.