

Le Creuset Cast Iron Wok Care Instructions

INTRODUCTION

Each piece of the Le Creuset enamelled cast iron cookware is of premium quality, individually designed for ease and versatility of use and fitting in with all types of cooking appliance.

BEFORE FIRST USE

Remove all labels. Wash the pan in hot soapy water, rinse and dry thoroughly. Pans with enamelled cooking surfaces are now ready for use and require no further preparation.

HEAT SOURCES

Le Creuset cast iron cookware can be used on all heat sources. Gas, electric solid or radiant plates, vitroc ceramic glass, induction, and ranges fired by gas, oil, coal or wood. When using on any glass stovetops always follow the manufacturer's guidance for use of your cookware. Never drag pans across the glass, but lift on and off, or from one heat zone to another.

The enamel surfaces (except for black enamel on grills or products with a non-stick inner coating) are not suitable for drycooking. Your choice of liquid, oil, fat or butter should completely cover the base before heating begins. Non-stick surfaces may be used dry, but special care must be taken not to overheat the surface and the pan must not be left unattended at any time.

HEAT SETTINGS

Medium and low heats will provide the best results for the majority of cooking, including frying and searing. Allow the pan to heat gradually and thoroughly, as this will give the most even and efficient cooking results. Once the pan is hot almost all cooking can be continued on lower settings.

High heats should only be used for boiling water for vegetables or pasta, or for reducing the consistency of stocks and sauces. High heats should never be used to pre-heat a pan before lowering the heat for cooking. Cast iron retains heat so well that if a pan is overheated in this way it will contribute to poor cooking results, sticking and discolouration of cooking surfaces.

Match the pan base to the heat zone. Do this to maximise efficiency and prevent overheating of pan sides or damage to handles. Long handles should be positioned safely so that they do not overhang the front of your stovetop, or over other heat zones.

OVEN TEMPERATURES

Integral cast iron handles or stainless steel knobs can be used at any oven temperature.

RANGE STOVES WITH CAST IRON OVEN LININGS

Do not place any cookware on the floor of these ovens. Cook only on the racks provided.

CAST IRON OR STAINLESS STEEL KNOBS

Black phenolic lid knobs and handles. Maximum use temperature 190°C / 375°F/Gas 5 (Europe gas setting 6). Integral castiron handles or stainless steel knobs can be used at any oven temperature. Wooden handles must not be placed in the oven.

DO NOT

- Do not heat an empty pan or allow a pan to boil dry. Either may cause permanent damage to the enamel and pan.
- Do not cut foods directly on any enamel or non-stick surface.
- Electric hand held beaters or mixers should not be used in any cookware. Permanent damage to all surfaces will be caused.

FOR STIRRING COMFORT

Use Le Creuset heat resistant silicone utensils, heat resistant plastic or wooden tools. Occasional use of metal utensils may leave silver trail marks over the surface. Do not knock metal utensil on the rims of cookware, this will eventually damage the enamel.

FOR SURFACE PROTECTION

Place hot pans on Le Creuset silicone mats, wooden boards, or trivets. Never place a hot pan directly on an unprotected surface.

AFTER USE

- Always cool a pan for a few minutes before washing in hot soapy water. Rinse and dry thoroughly.
- Do not fill a hot pan with cold water or plunge into cold water as thermal shock damage to the enamel may occur.
- If there are food residues fill the pan with warm water and leave to soak for 15 – 20 minutes, then wash in the usual way. Nylon or soft abrasive pads or brushes can be used to remove stubborn residues. Do not use metallic pads, or harsh abrasive cleaning agents as these will damage the enamel and polished trims.
- Black enamel cooking surfaces will, over time, produce a patina (a brownish film). Do not attempt to clean this off as it enhances the cooking performance and food release from this surface.
- Light stains or metal trail marks (caused by metal tools) can be removed with Le Creuset Cookware cleaner. An occasional conditioning clean with this product will also retain the new appearance and polish of your pans.

CLEANING AND CARE

- All pans with integral cast iron, phenolic handles, or stainless steel lid knobs, can be washed in the dishwasher, but constant dishwashing may lead to some dulling of the enamel finish. This is not harmful and will not impair performance. When using the dishwasher always allow the cycle to complete before opening the door. This will ensure the pans are dried thoroughly.
- Never store away pans when they are still damp. Store pans in a dry cupboard or airy space away from kitchen steam.
- Maintain the tightness of all handles and knobs by checking and re-tightening them regularly.
- Le Creuset enamelled cast iron is extremely durable, but it may be damaged if accidentally dropped or knocked against a hard surface.