

CARE INSTRUCTIONS FOR ENAMELLED CAST IRON.

The classic enamelled cast iron casserole or frying pan is manufactured from a natural material, with the trade skill gathered through generations of artisans. Cast iron is the best material for producing cooking pots and pans. Unsurpassed when it comes to the smooth heat distribution in the material, as to the supreme ability to maintain the right temperature.

Our enamelled pots and pans are made in two versions.

The first is with glossy coloured enamel on both inside and outside. It has strong enamel with an even and well-sealed surface, and doesn't need any seasoning before use. This kind of surface should not be subject to hasty temperature changes, since it's like a glass surface might crackle in that case. If, by accident, you happen to cook an enamelled pot dry, put it aside and let it cool off slowly. Any discolouring or unwanted coating from cooking can be boiled away with a mild solution made of water and dishwasher powder.

The other one is with glossy coloured enamel on the outside and a porous matt black enamel on the inside. It should be rinsed with lukewarm water and dried off. Then the inside is to be prepared with cooking oil, margarine or butter. Then slowly heat the pot/pan until the fat begin to give away some light smoke. Dry off the surface of the pot/pan, and once again rinse with lukewarm water. Now it's ready to be used.

You can use oil, margarine or butter when you're frying. Oil is a little bit more difficult, since it doesn't give any "temperature-signals" such as changes in color or sound. Below we give some "basic" recipes for beef, fish and eggs. Do not use diet margarine or spread, use real good margarine or butter. Remember, the meat cannot enrich itself with more fat than it has from the beginning. The additional fat on the surface, you can easily remove by letting it drip off before serving.

Cleaning is best done with warm water only, and a good brush. It's easier to clean the pan if it's done immediately after cooking, while the pan is still hot. **Dishwasher is never to be used on cast iron, since the pan will easily get rusty. If you have to use any detergent, just dry the surface well and then treat it with some cooking oil if it has a dry look on the surface.** Cast iron pans and casseroles are very suitable to use in an oven. Just avoid using a pan with wooden handle in the oven, since the wood might crack due to the heat. Stains on the outside are usually easy to remove directly after use, but if they wont come off use carefully some enamel cleanser.

Enamelled pots and pans are very good for:

- Casseroles with meat, fish, vegetables etc.
- Steaks.
- Chicken, soups etc.
- Cooking in the oven, as well as on a stove.
- Serving as well as cooking.
- Boiling, frying and roasting.

Cast iron lasts long! It gets better and more beautiful, the more it's used. Treat it right, and it will be something for your children and grandchildren to inherit and cherish.