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**nutri**chef™  
**THE CARE & KEEPING GUIDE**  
ENAMELED CAST-IRON COOKWARE

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**ENAMELED  
CAST-IRON  
COOKWARE**  
THE CARE & KEEPING GUIDE



# TAKING CARE OF ENAMELED COOKWARE

## Handle with Care

Enameled Cookware is a heavy-duty cookware used for boiling, searing, frying, braising and baking food and sous vide cooking. However, this type of cookware requires extra care; it has to be dried and oiled immediately after washing particularly when weighed down with stew or quarts of frying oil.



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## Wash and Dry Immediately

Simply hand wash with warm soapy water and immediately hand dry the enamel cast-iron cookware before first use.

Be careful though, because even though porcelain enamel is hard, it can be chipped if dropped.

◀ *To prolong the beauty of the cookware, we recommend that you use nylon or wood kitchen utensils.*

## Stove and Oven Safe

Use on gas, electric, ceramic and induction cook-tops. Bake or boil in any conventional or convection oven. Oven safe to 450F.

The heat retention of cast-iron and the benefits of porcelain combine to perform many cooking techniques, including sauteing, frying, searing, braising, stewing, roasting, broiling and baking.



*Tips: Always lift cookware to move so to not scratch th stove or counter tops.*

## Preheat and Cool your Cookware Gradually

Always allow your cookware to cool down before washing. Remember, never boil dry and never use in microwave.



Porcelain enamel is resistant to acidic and alkaline foods and can be used to marinate and refrigerate.

◀ *Dry cookware thoroughly before storing.*

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## The Basics

- Use oven mitts to protect hands from hot cookware and knobs. Protect counter tops/tables by on trivets or heavy cloths.
- Always wash cookware with warm soapy water to preserve its original appearance. Do not use metal pads or utensils as they will scratch or chip porcelain.



## Tips and Tricks:

### Best way to clean enameled cookware

This cookware is prone to staining, and can be problematic if the bottom of the pot darkens so much that we can't monitor browning. Here's the best way to remove stains.

**Boil Water** Fill it halfway with tap water and put the pan on the stovetop, uncovered. Bring to a boil and boil briskly for two or three minutes, then turn off the burner.

**Scrape Off Residue** Then scrape the pan with a wooden spatula, pour off the water, and let the pan sit briefly. Residue will start to flake off as the pan dries. Wash the cookware with hot water and dishwashing liquid, and dry.



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