

## **Smart Living Ceramic Cookware – Care Instructions**

### **Qualities:**

Healthy Family/Healthy Environment- PFDA & PTFE FREE

Heavy Gauge construction- durable, even heat distribution, efficient cooking,

*Energy Saving* - avoiding high heat reduces the cost per use and ensures oils are used as intended

Quality Ceramic non-stick interior –low fat cooking, healthy living

Easy to Clean - easy to use!

### **Care Instructions:**

Before first use, rinse with hot, soapy water.

Wash by hand to protect the surface coating and extend the life of your pan. *Do not cut food in the pan or use any metal kitchen utensils, abrasives, steel wool or oven cleaner.* **Use of a smaller pan on a large gas burner will result in pan handle damage.**

Safe for multiple cook tops including induction. Pans are oven safe up to 355°F. Do not stack pans on top of each other, as this will scratch the Ceramic surface.

### **Warranty:**

The ceramic pans are covered for a period of one year, in material and workmanship, from the date of purchase. The warranty does not cover damage due to neglect or abuse such as overheating, commercial use or abnormal wear and tear.

To ensure the longevity of the pan, be aware of the smoke point for the oil you are using and turn down the heat to prevent food from burning.

### **Examples of common cooking oils and smoke points:**

Butter 250–300°F

Canola oil [Refined] 400°F / Canola oil [Unrefined] 225°F

Coconut oil 350°F

Corn oil [Refined] 450°F / Corn oil [Unrefined] 350°F

Flax seed oil 430°F

Ghee [Clarified Butter] 485°F

Grapeseed oil 420°F

Lard 390°F

Olive oil [Virgin] 390°F / Olive oil [Extra Virgin] 375°F

Sunflower oil [Refined] 440°F / Sunflower oil [Unrefined] 225°F

Vegetable shortening 360°F

Avocado Oil 520°F

### **Cleaning Residue Instructions:**

A buildup of oil residue, may in time, cause the ceramic to lose some of its non-stick properties, if the residue cannot be removed with a nylon scouring pad, please fill the pan with water add a Dishwasher Pod and simmer the solution for at least 30 minutes. This will aid in removing the overheated oil and once this is completed you will need to wash the pan with warm soapy water to remove the Pod residue.

To prevent having to do this step, please follow the above care guide.

Like our Pans?

You will love the matching Pots, lids and more! Shows, Tips and Specials,  
Like and Follow Soup Maker Canada Face Book

Unidem Sales Inc., 8-1288 Ritson Rd. N. Box 240, Oshawa, ON, L1G 8B2  
905-438-8645