



Important! Please follow the seasoning instructions below to get the best non-stick performance out of your Pan.

Safety: Cast iron pans can get very hot in all areas including the handles. Always use a pan holder, oven mitt or glove to handle the hot pan. After use, the pan may remain hot for a long time. Allow sufficient time for the pan to cool before handling with bare hands. Keep away from children due to risk of burn or falling of heavy objects.

Congratulations on the ownership of your Panache pan. We would like to thank you for choosing Panache for its quality and performance. We wish you many years of cooking pleasure with your Panache.

Panache is a well-designed, high quality, rust-free, metal utensil friendly enameled cast iron flat pan. With your Panache, you can explore the world of flat pancakes, breads and grills from across the world. From Dosa to Crepes, from Tortillas to Roti and from Parata to Pancakes. With its satin enameled cooking surface, the pan is safe to use with acidic foods and does not give a metallic taste to the food unlike traditional cast iron.

Like all good things in life, Panache needs a bit of love, attention and care. In return, your pan will pay you back with excellent cooking performance and durability. Please read this user manual carefully before the first use. You can get a copy of the user manual online by visiting our website trfl.nl

Seasoning your Panache Pan:

The satin black cooking surface of your Panache is designed to be seasoned easily and retain that seasoning. Seasoned cast iron is naturally non-stick without using any of the harmful and less durable chemicals. Follow these steps to season your Panache pan.

1. Wash your pan with warm soapy water and dry it completely with a kitchen towel. Ensure no moisture or soap residue remains on the pan.
2. Take 1-2 teaspoon of vegetable oil (refined sunflower oil or flax seed oil) and spread it across the cooking surface with a kitchen towel. Avoid oiling non-cooking surfaces. Wipe with a dry towel so that only a thin layer remains and the surface glistens without pooled oil.
3. Place the pan in the middle shelf of your oven. There is no need to pre-heat the oven. Ensure kitchen is well ventilated since some amount of smoke is normal in this process.
4. Bake the pan **at 230 C / 450 F** for **1 hour** and afterwards, let the pan cool completely to room temperature in the oven. This may take further 1-2 hours. Your pan is now seasoned and ready for use.

For a more sturdy and non-stick seasoning, repeat steps 2 to 4 one more time before the first use.

A well-seasoned pan should have a dark brown or black layer of fat that does not feel sticky to touch. If you have sticky spots on the pan, continue to bake the pan until there are no more sticky spots.

Write to us! As a small family owned company, we love to hear from our community of users. Drop us a line if you have comment or a question about your Panache pan. Or just to say hello and share your experience with Panache.

To keep the seasoning intact, always cook with fat/oil and clean any food debris from the pan after each use.

Using your Panache pan: When used according to instructions, Panache provides an excellent non-stick performance similar to classic cast iron.

You can use Panache pan on all domestic heat sources except microwave. You can use it on all kinds of electric ranges including induction, on gas fire or on wood/charcoal grill. The pan can be used in a gas or electric oven. The pan and its lifting area get very hot during use. Always use a pan holder, oven mitt or oven glove for handling a hot Panache pan.

For a good non-stick performance please ensure you season your pan using the instructions in this manual. Exact usage depends on the recipe but in general, we recommend the following:

1. Heat the pan for at least 5 minutes (preferably 10 minutes) on a medium flame before starting to cook. This allows cast iron to heat up and store heat for excellent cooking performance.
2. During cooking, use adequate amount of oil and use a pan oiler (for pancakes, dosas etc.). An improvised oiler can be made with a piece of vegetable (potato, carrot) dipped in a small pool of oil before each application.

Cleaning: After each use, wipe your Panache with dry kitchen towel to remove excess oil. If there are food debris or strong flavors on the pan, you can soak the pan in warm soapy water for about 10 minutes and wash with regular dishwashing soap. Use non-scratching nylon scrubbers or dish brush to maintain the seasoning and finish of your pan. Do not use metal scrubbers. Panache can be washed in a dishwasher if you wish.

However, dishwashers will remove the seasoning layer and your pan needs to be re-seasoned after dishwashing.

In the un-enameled ring area, a few spots of rust may appear after washing, especially if the pan is left moist for extended time. This is perfectly normal and the pan is safe to use if this happens. Just apply a thin layer of cooking oil to prevent further rusting.

Care: When cared properly, your Panache pan will last many years as a work horse in your kitchen. Your Panache pan is coated with glass enamel. To prevent cracking or chipping of enamel, avoid bumping your pan against other objects in the kitchen. Always place your pan gently on the cooktop. Metal utensils like spatulas, spoons or tongs can be used on your Panache pan. However, take care not to bang metal utensils on to the pan or apply excessive force.

Do not heat the pan on high heat (especially on induction cooktops) since it may lead to cracking of the enamel or in the worst case cracking of the pan.

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