



Cookware for healthy living

Neoflam Australia Pty Ltd
Unit 2, 13 Towers Dr.
Mullumbimby, NSW 2482
Phone: 1300 507 330
Web: www.neoflam.com.au

NEOFLAM USE & CARE

Welcome to the colourful world of Neoflam and The Healthy Kitchen Revolution!

We trust your experience cooking with our award winning cookware will be an enjoyable one and we congratulate you for taking one more important step towards a healthy life.

Using my Neoflam cookware

- ALWAYS refer to the cook top manufacturer's instructions prior to using your cookware.
- Ensure the base of the cookware and the surface of the cook-top are clean before every use, otherwise the cook-top may be permanently marked.
- Avoid dragging or sliding cookware over the cook-top surface as this may damage the cook-top surface and base of the cookware.
- Avoid prolonged high heat when parts of the pan are not covered with food. Wipe off any spills, which may occur during cooking, carefully and immediately for easier clean up later.
- Do not leave utensils in the cookware during cooking.
- Do not make a double boiler out of the cookware, as it is not designed for this purpose.
- **When cooking with a lid**, it is important that the lid fits snugly, thereby trapping steam and creating a "self-basting" environment, locking in nutrients and preserving flavours. The glass lid may fog at the start of cooking but will clear once they become warm.

The Four Golden Rules of cooking:

1. Cooking Temperatures

Neoflam Ecolon™ non-stick coating is durable, toxin free and can stand high heat when required!

Proper cooking temperatures prevent sticking. Preheat your pan to the desired temperature according to your recipe. Don't be afraid to use high heat when needed. Certain types of food such as high protein require high heat otherwise when placed in a cold pan on a cold burner, they may stick.



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Don't be confused by other brands of toxic PTFE (Teflon) non-stick cookware recommendations. They normally recommend using only low to medium heat to prevent their cookware from omitting toxins when overheated. However, Neoflam Ecolon™ non-stick coating is toxic free so don't be afraid to lift up the flames when needed!

2. Use a bit of cooking oil:

The Ecolon coating is made of natural materials and requires a bit of oil every time you cook to create a natural barrier between the food and the pan.

3. Right size pan

It is important to use the right size pan for the amount of food being cooked, otherwise this allows the heat to concentrate on the area of the pan not cooking the food eventually overheating and diminishing the effectiveness of the non-stick surface.

4. Cleaning

Don't forget to give your pan a good clean after every use. The way you clean your pan can have a major impact on your cookware longevity.

Using oils with my Neoflam Cookware

- The oil helps to form a natural barrier that prevents food from sticking. Thanks to the Neoflam Ecolon™ Natural Non-stick surface, you can cut down on fat quantities without compromising the flavours.
- Don't use cooking sprays on Neoflam cookware, as they contain micro-particles of sugar, which naturally caramelize causing a sticky surface and gradually baking onto your cookware.

* We recommend avoiding low heat oils, as they burn at extremely low heat.

Cleaning my Neoflam Cookware

Most non-stick problems are related to a build-up of visible and/or invisible layer of cooking residue on the non-stick surface. That is why it is very important to always clean your pan thoroughly after every use to remove all traces of food or grease.

- Non-stick cookware can be very deceiving. You may wipe your pan with a paper towel or soft sponge and it may look clean, however, there will still be



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oil residue on your pan, which will result in baked-on grease that will build up more and more each time you use it. By the time you can see the baked-on grease, it's too late, and the damage to the surface of the cookware has already been done.

- To clean your pan, use dishwashing detergent, warm water and a non-scratch scourer to remove all traces of food or grease particles after every use.
- Always allow cookware to cool down after use before cleaning. Do not pour cold water into hot cookware as this may result in personal injury.
- Do not use steel wool, coarse scouring pads or harsh abrasives to clean cookware and do not gouge the non-stick coating. Do not use oven cleaners to clean cookware, as these are not designed for this purpose and will ruin the cookware.
- The exterior surface of your Neoflam can stain if grease is allowed to burn on to it. This can be very difficult to remove. Making a paste of baking soda and water and then applying it to the stain and rubbing will dull it and sometimes remove it completely.
- When cleaning a glass lid do not use metal utensils, sharp instruments or harsh abrasives that may scratch and weaken the glass.
- Do not use coarse scouring pads or harsh abrasives.

Storing my Neoflam Cookware

- The cookware must always be completely clean and dry before storing away.
- Cookware and Midas sets must be stacked with a protective layer, such as a dishcloth or other soft cloth, in between pans to prevent damage to the surface.

Cookware Safety Tips

When cooking:

- Position cookware so that handles are not over other hot burners and do not allow handles to extend beyond the edge of the cook top, as these may be in easy reach of children or knocked off the cook top; causing personal injury and damage to the cookware and flooring.
- When using a gas cook top, always ensure the flame does not extend up the side of the cookware as this may damage the cookware.



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- Do not leave unattended cookware on a hot cook top; this is particularly important when using oil, as this may ignite causing a fire. Unattended cookware may become extremely hot and cause personal injury and damage to the cookware and cook top.
- Do not allow cookware to boil dry and never leave empty cookware on a hot burner, as this may become extremely hot and cause personal injury and damage the cookware and cook top. In the event of cookware boiling dry do not add liquids as these may splatter which could cause personal injury and damage to the cookware. Do not attempt to move the cookware from the cook top; turn off the heat source and allow the cookware to cool down.
- Do not make a double boiler out of cookware, as it is not designed for this purpose.
- Do not place empty cookware in a hot oven.

Lids:

- Do not use lids when deep-frying.
- When removing lids always tilt the lid so steam is directed away from you.
- Do not place lids directly on a hot burner as they may warp and lose their lustre.
- Allow hot lids to cool on a heat resistant surface or trivet. Placing hot lids on some surfaces may cause scorch marks.
- Do not place glass lids directly on a hot burner as they may lose their break resistant quality.
- Do not place hot glass lids on cold surfaces or under cold water as the extreme change in temperature may cause lids to shatter.
- Do not use glass lids that have cracks or scratches.

Handles and Knobs:

- Do not use cookware with loose handles or knobs as this may cause personal injury and damage to the cookware.
- Handles and knobs may become very hot under some conditions. In some ranges the casserole and the handles are one piece and gets hot. Please use silicon pot grabbers or oven mitts.
- Detachable handles should not be left attached to pans while cooking on stovetops.