

Lagostina

## HOW TO USE YOUR BLUE CARBON STEEL PAN TO MAKE THE MOST OUT OF IT!

## THE BEST OF ALL MATERIALS IN ONE PAN

## LAGOSTINA BLUE CARBON STEEL PAN GETS BETTER OVER TIME

### DID YOU KNOW?





For best results, you need to season your Blue Carbon Steel pan while you're cooking. Seasoning is an accumulation of thin layers of oil that have transformed through heat into a solid polymer surface, filling the small pores of the pan's surface, becoming a stick-resistant coating.

## 1 FIRST USE

First, start by cleaning your pan with hot water and soap, scrub off the coating of the new pan. Why? The Blue Carbon Steel pan comes with a protective layer to prevent it from rusting. Give the wet pan a quick towel-dry.

Then, start seasoning to prepare a stick-resistant coating.

### HOW TO SEASON YOUR BLUE CARBON STEEL PAN

-  Start by lightly greasing a kitchen towel with a neutral oil (vegetable oil, grapeseed oil, canola oil, etc.).
-  Apply the oil to the pan inside. The layer needs to be thin, don't apply too much oil.
-  Now heat the oiled pan for 30 minutes in a 450°F oven or 10 minutes on the stovetop over medium heat. The pan will smoke during the process, so open your windows! The oil will set into a solid brown coating. This is the seasoning!
-  Let the pan cool down. The seasoning is done, your pan is ready to be used!

## 2 WHEN YOU COOK



1 More searing, less stirring – when you add your ingredients, let the food sear without moving it around. This will avoid the food sticking to the pan.



2 If your ingredients stick, deglaze the pan. Add a drizzle of wine or water and scrape it with a spatula, it will help the food to release.

## 3 WHEN YOU'RE DONE



1 The easiest way to clean your pan is when it's still warm. Clean it gently with your usual sponge but do not soak it. Never wash your pan in the dishwasher, this will damage the seasoning.



2 Once the pan is washed, dry it, inside and out with a clean paper towel.



3 For an optimal seasoning, you can sometimes heat the pan over medium heat for a few minutes to get the pan bone dry.



4 Pour a few drops of neutral oil onto a few layers of paper towel and wipe it over the pan.

If you feel your pan is sticking, redo the above process to continue building the seasoning.



Lagostina Blue Carbon Steel is a hybrid between cast iron, stainless steel and non-stick cookware – a staple in European kitchens, this innovation combines the best of these surfaces, and has been used in professional kitchens for centuries.



High heat resistance like cast iron, but lightweight.



Heats evenly like stainless steel, but easy release.



Food releases like non-stick, but lasts longer.



INDUCTION

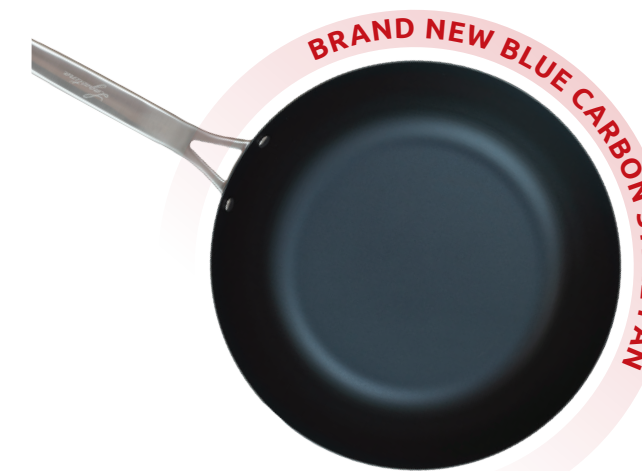
GAS

ELECTRIC

CERAMIC

OVEN

204°C • 400°F



THE MORE YOU USE IT, THE BETTER IT PERFORMS.



THANK YOU FOR YOUR ORDER