

Cast-Iron Cookware Use & Care

Important Safeguards:

- Select low to medium heat for best results.
- Do not preheat Chantal pot empty and never let liquids boil dry. Extreme temperatures by boiling dry can cause irreparable damage to your pot.
- Overheating or allowing gas flames to come up the sides of pot can cause brown/blue discoloration. A low to medium heat setting is all you need for most cooking applications (except for boiling water).
- For best results, use a burner smaller in diameter than the pot.
- Steam escaping from the lid can burn you. Open the lid carefully so that rising steam does not come in contact with your face or hands, and wear an oven mitt to protect your hand.
- Oven safe to 400 F/204 C, with lid oven safe up to 375 F/190 C, but avoid direct exposure to a hot burner or flame, and avoid extreme temperature changes. Do not use the lid if you notice a crack in it.
- **ALWAYS** use a pot holder or oven glove to lift hot pots from stove top or oven. Do not place hot pot in direct contact with counter or table.
- To protect all kitchen surfaces from scratches, always lift up pots while transferring. Do not slide.
- When using your cast-iron pot in the oven, **always** wear an oven mitt to remove it as the knob and handle will be hot.



Wear Oven Mitts
when Pot is Hot!

Care and Cleaning:

Before first use, thoroughly wash your pot with hot soapy water, rinse and towel dry. Keep your pot looking beautiful by soaking in hot soapy water after use, then rinse and towel dry. Chantal cast-iron pot is hand washing only and drying are recommended for a spotless shine.

- **NEVER** use metal cleaning pads on the enamel surface.
- **NEVER** add cold water, cold or frozen foods to a hot or pre-heated pot. **NOTE:** sudden or extreme temperature changes may cause thermal shock damage to the enamel, such as cracking or chipping. We do not recommend this pot to make the NY Times "no knead bread" recipe.
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Cooking Tips:

- Ideal for **ALL** cooktops, especially magnetic induction.
- To prevent sticking on cooking surface, use a small amount of cooking oil or butter to a heating pot. Heat on medium temperature for one to two minutes before adding food.
- Sticking may also be caused by high heat. When fats or oils smoke, the heat is too high.

Note: Everyday use may result in minor scratching; this will not interfere with cooking performance.

- Clean pot thoroughly after each use. Wiping a still-warm pot with a paper towel can help remove food residue. Food films cause sticking and discoloration on the pot when pot is reheated.
- Do not use steel wool, scouring pads, oven cleaners, bleach, or strong abrasive cleaners.
- Occasionally buff with an Enamel cleaner for a "like new" luster.
- It is okay to use your metal utensils on the pot surface, but do not use knives or electric beaters.
- For the occasional dried-on or burnt food, sprinkle with baking soda and allow oils to absorb and then simmer with water for 10 minutes before scrubbing.
- To avoid salt damage (small white dots or pits), add salt after food begins to cook or after liquids begin to boil. Pitting does not interfere with cooking performance, but it can diminish the beauty of the stainless steel.
- Do not store foods seasoned with salt in pot.
- High iron content in water can cause rust spots to appear in cookware. Use an Enamel cleaner to remove these types of spots.

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