



About your Judge Cast Iron Pan

- This is a great performing pan on all hob types, especially induction.
- It has the ability to heat to very high temperature, ideal for searing meats and fish.

Before Use

- Remove packaging, soak the grill pan in hot soapy water for at least 5 minutes.
- Wash, rinse and dry thoroughly. Follow the seasoning instructions below.

Seasoning

- Before seasoning your pan ensure the cooking surface is bone dry.
- Wipe the interior cooking surface of the pan evenly with a little good quality vegetable oil.
- For optimum performance turn on your hob, and heat gently until smoke starts to appear.
- Turn off your hob, and allow to cool to room temperature.
- Wipe off any excess oil before use/storage.

Cooking

- Always match the size of the pan base to the size of the heating area.
- Never use full power when you first heat your pan, always start at a lower power setting and gradually increase to the desired level.
- Do not pour cold water into a hot pan, as this may cause warping.
- Never allow a gas flame to extend up the sides of a pan, as it can cause overheating and damage handles.
- Do not store food in the pan.
- The pan is not suitable for microwave use.
- Always use oven gloves or similar when moving hot pans around the hob.
- Never leave a pan unattended on a hob.

Cleaning & Maintenance

- When necessary the interior can be scrubbed with a scrubbing brush or cleaning cloth to remove stubborn stains.
- For best performance it is important to apply a layer of oil on the cooking surface after every wash. Follow the earlier seasoning instructions.
- This pan is not suitable for dishwasher use.

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