

VINGA  
SWEDEN



**CARE & USE**  
CAST IRON



Thank you,

for choosing Vinga. Our goal is to make cooking fun, easy and tasty. We hope you will be satisfied with your cast iron pan and we promise that it will last a lifetime if you take care of it properly. In this leaflet you will find information about your pan, how to use it, care instructions and a tasty recipe. We wish you good luck with your new pan and hope that this tool helps you succeed in the kitchen.

## Important Safeguards

- Do not use this cookware in a microwave.
- Before first use, remove all packaging materials and labels.
- Before first use, wash all cookware in warm, soapy water. See "Cleaning."
- Close supervision is necessary when using this cookware near children.
- Never leave cookware unattended while cooking.
- Always use oven mitts when handling hot food or cookware.
- Do not touch hot cookware with a wet cloth or oven mitt.
- Do not put hot cook-ware on a wet surface.
- Hot cookware should be placed on heat-resistant surfaces only.
- Never let cookware boil dry.
- Never leave an empty piece of cookware on a heated burner.
- Do not add cold water, ice or frozen foods to a hot pan, as the steam eruption could cause burns or other injury. Be especially cautious when the pan contains hot oil!
- Avoid extreme temperature changes to the cookware.
- Do not attempt to repair damaged cookware.

## Enamel Coating

If properly maintained, the enamel coating will provide years of great cooking performance and easy cleaning. Preventing damage to the coating will help to maximize product performance:

- Cast iron cookware needs to be pre-heated slowly. If it is heated too quickly on high heat, the cast iron expands faster than the enamel, which can cause the enamel to crack or chip.
- If the item is knocked against a hard surface or is dropped, it may crack, chip or break.
- Never cut food directly in the cookware.
- Over time, the coating may become slightly darker. This will not impair its performance.
- With daily use, slight surface marks and abrasions may occur, but should not impair the performance of the cookware.
- The use of cooking sprays may cause a build-up over time. This may affect the coating performance.
- Use only wooden or heat-resistant plastic utensils.
- Do not use metal utensils.
- Do not use harsh cleaners or abrasive pads as these may damage the coating.

## Oven Use

This cookware is oven safe to 260°C. Always use potholders when moving cook-ware into and out of the oven.

Best results are achieved on a low/medium heat. Food will stick if the griddle is used for too long on high heat.

## Stovetop Use

This cookware is compatible with gas, electric, ceramic, halogen, glass and induction stovetops. It also can be used on a gas or charcoal grill.

Select a proper burner size so the heat touches only the bottom of the cookware. When cooking with gas, ensure the flame does not climb up the side walls of the cookware.

Do not slide or drag cookware across the stovetop, as this may cause damage to both the cookware and the stovetop.

This item should be pre-heated on a low to medium setting for 3-4 minutes WITHOUT cooking oil.

Never position handles over hot burners.

Best results are achieved on a low to medium heat. Food will stick if the griddle is used for too long on high heat.

## Cleaning

- Hand-wash only. Do not clean this cookware in a dishwasher.
- Always wait for your cookware to completely cool before cleaning.
- Use warm, soapy water with a cloth or sponge.
- Do not immerse hot cookware in cold water.
- Never use abrasive cleaners or pads on this
- cookware. Never use oven cleaner.

- Stubborn spots can be removed with gentle cleaners or by pre-soaking.
- Hand dry after cleaning to prevent rusting.
- Apply a light coating of vegetable oil to any non-enameled areas after cleaning.

## Grilled Chicken with Mustard-Tarragon Sauce

### Ingredients

4 skinless, boneless chicken breast halves

1/2 teaspoon salt divided

1/4 teaspoon black pepper, divided

Cooking spray

3 tablespoons minced shallots

3 tablespoons Dijon mustard

2 tablespoons red wine vinegar

2 tablespoons water

1 tablespoon extra-virgin olive oil

1 teaspoon chopped fresh tarragon

1/2 teaspoon sugar

1 L gourmet salad greens

Heat your cast iron pan over medium-high heat. Sprinkle chicken evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.

Coat pan with cooking spray. Place chicken in pan; cook 6 minutes on each side or until done.

Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, shallots, and next 6 ingredients (through sugar) in a bowl, stirring well with a whisk. Serve chicken over greens with sauce.

Creating memories

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