TIPS & TRICKS
GREENGRILL

Most of the CADAC cooking surfaces have our GreenGrill coating. This ceramic coating is completely PFOA-free and therefore contains no toxic substances. GreenGrill guarantees healthier cooking!

PREPARATION

1. Before using the cooking surface for the first time, you can season it to give the cooking surface a thin protective layer that prevents food from sticking. Grease it lightly with some (sunflower) oil on the surface and then place over medium heat for 2 - 3 minutes.
2. When it cools, wash the pan and rinse clean.
3. It's ready to go!

USE

1. Apply a thin layer of sunflower oil with some kitchen paper towel or a brush before placing the cooking surface on the heat source. Make sure you have greased all parts, so with a BBQ grid the raised edges as well. Never leave the cooking surface on the heat source without oil.
2. Note: GreenGrill coating conducts heat better than products with a regular (PTFE) non-stick coating. We therefore recommend using only 75% of the power of what you are used to.

Tip: Bring meat or fish to room temperature before frying. This will prevent sticking to the cooking surface.

Tip: We recommend frying in sunflower oil or Rapeseed Oil because of the high burning point. Olive oil can have a relatively low burning point, which can cause the ingredients to stick to the pan or burn. We therefore do not recommend using olive oil.

Tip: Always use silicone and/or wooden utensils so that the GreenGrill coating is not damaged. Never use metal utensils as this can damage the coating.

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CLEANING

1. Let the cooking surface cool down before cleaning. Extreme temperature changes can cause deformation of the cooking surface.
2. The GreenGrill coating is 'Easy Clean'. Warm soapy water with a soft sponge is sufficient for cleaning the cooking surfaces with GreenGrill coating. Avoid scouring pads or steel wool.
3. For stubborn stains or residues, you can try soaking overnight in hot soapy water or use the 'vinegar method' for the paella pan or chef pan: pour a layer of vinegar into the pan and heat the pan slightly. The vinegar does not have to boil and should certainly not evaporate completely. Pour the vinegar out of the pan, clean the pan with soapy water and the pan is as good as new. Note: heating vinegar can give off an unpleasant smell.
4. Dry with a soft cloth and you're done!

If the cooking surface has food particles remaining from a previous use they can adhere to the coating, which can lead to brown spots. In these places, ingredients can stick to the cooking surface because the coating is no longer reached. Make sure that these spots are properly removed before use.

MAINTENANCE

1. We recommend to add a little oil to the cooking surface after cleaning and spread it with some kitchen paper. The oil seals the surface from the outside air and moisture. It also ensures that the food does not burn into the surface.
2. The storage bag prevents damage to the GreenGrill coating.

Check our website for more information:
cadacinternational.com

GREENGRILL · HEALTHY COOKING · NON-STICK · EASY CLEAN · ENVIRONMENT FRIENDLY · PFOA · PTFE

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