

# How to Best Use Your Cookware

**When your cookware arrives, wash it first before using!** Add about 1 cup of vinegar to hot soapy water, wash, rinse, and dry. **Vinegar is used on the initial cleaning** to remove any traces of manufacturing oils or polishing compounds used at the factory. Remember, don't use anything that scratches on the outside (shiny surfaces) of the cookware. You can use Saladmaster's Surface Master Cleaner on the inside of the cookware.

## 4 QUICK TIPS:

**1. Which Pan to Use?** To use the MEDIUM-CLICK-LOW, the pan must be at least  $\frac{3}{4}$ -full to full. If the pan is not full enough you will find the cooking times will be longer.

**2. Getting the seal every time.** As you learn to cook the MEDIUM-CLICK-LOW method, we recommend that you place a small amount of water in the lip of the pan to form a seal. This will help you as you learn where medium is on your stove and help you burn less food as you find it. This will assist you if you start with a heat that is too hot which will not create the condensation in the lid which creates the seal. Once you have found medium on your stove, you do not need to do this, but some always do.

**3. Right Temperature... Why did my food burn?** 1) Your medium may be too high; just start with a lower temperature. 2) Your low isn't low enough meaning your vapo-valve continues to click long after you've turned it to low. When you turn your stove to low, the vapo-valve must stop clicking within approximately 30 seconds. If the vapo-valve continues to click, the heat is still too high and must be lowered. 3) The vapo-valve clicks for a very long period of time; this will allow the temperature inside the pan to approach/reach medium heat.

**4. Easy Clean Up... Never put cold water in a hot pan.** You can put hot water in a hot pan which helps with clean-up of your cookware, but refrain from putting cold water in a hot pan. Doing so could cause warping and is considered abuse of your cookware, and will not fall under the warranty.

## Other Tips:

- Cooking times in the cookbook begin after you have turned your cookware to LOW. So MEDIUM-CLICK-LOW, then set the timer. The cookbook assumes you know to turn the cookware to LOW when the Vapo-Valve clicks. See cookbook *Introduction: Using Your New Versa Tec Cookware, Easy as 1-2-3.* (circa p. 7).
- You may bake in the oven up to 450 degrees with or without the lid. We recommend you remove the knobs on the lid and the handles (or legs) so they don't lose their luster. The same holds true for the dishwasher.
- Cleaning with Saladmaster's Surface Master Cleaner: Surface Master Cleaner is great for cleaning residue or burned food from your cookware. Sprinkle Surface Master Cleaner on the inside of your cookware and rub in a circular motion (grain is circular) with a wet paper towel (use a heavy-duty scrub sponge for tough, baked-on food). When the powder becomes a paste you may use it on the outside of the cookware at this point, but remember, the outside is polished and this is an abrasive cleaner. I use oven cleaner on the outside for unusual stains; don't forget to remove the knobs, handles, and legs (any black material) otherwise they'll get ruined.
- Electric Oil Core (EOC) Skillet or Multi-Purpose 5-Quart (MP5):  
**450 is High, 400 is Medium-High, 350 is Medium, 265 is Medium-Low, and 175 is Low.**
- 3-Qt with Inset - When using inset, always start by placing  $\frac{3}{4}$  inch to  $1\frac{1}{4}$  inches of water in the bottom of the 3-Qt regardless of what you're cooking; but don't let the water touch the inset.
- On new handles the button may seem stiff. Using a non-stick spray, spray it inside the opening and around the button. Now exercise the button several times and wipe off excess. This will ease the stiffness and will continue to loosen up with increased use.
- Cookie Sheets: Do not spray. This bakes oil onto sheet. Cookies contain enough butter to lift off easily!

## **Frozen-To-Finish:**

- 1) To get your vegetables looking vibrant on the Frozen-To-Finish meals, place the vegetables in last.
- 2) The fastest way to do Frozen-To-Finish meals is Chicken Tenders, then your sauce, then vegetables.
- 3) If you want a more even distribution of Chicken and have about 5 extra minutes to make your Frozen-To-Finish meal, you can cook only the Chicken Tenders until the vapo-valve clicks. Then lift each piece and cut it (I use a scissor) into smaller bite-size pieces. (Optional: Drain any excess liquid.) Now add your sauce and then the vegetables.

## **Degreasing Hamburger Meat:**

- 1) Place hamburger meat in 3-Quart Inset (thawed or frozen) and place the Inset on top of (inside) the 3-Quart (place about one inch of water in the 3 Quart) and set to MEDIUM heat.
- 2) When the Vapo-Valve clicks steadily, remove the lid and break up (crumble) the meat. Put the lid back on. [MEDIUM heat is still set on the stove]
- 3) When the Vapo-Valve clicks steadily, set the heat so the clicking just stops. In 15-20 minutes the semi-vacuum sucks the grease into the water of the 3-Quart, leaving you with cooked, browned, degreased meat!

## **AUTOMATIC RICE SETTINGS USING THE MP5 INSET (MPI)**

<b><u>RICE COOKING GUIDE</u></b>			
<b><u>Water in Oil Core</u></b>	<b><u>Rice in Inset</u></b>	<b><u>Water in Inset</u></b>	<b><u>Setting</u></b>
1 cup	1 cup	1 ½ cups	RIC1
1 ½ cups	2 cups	2 ½ cups	RIC2
2 cups	3 cups	4 cups	RIC2
2 ½ cups	4 cups	5 cups	RIC2

<b><u>VEGETABLE HEATING GUIDE</u></b>		
<b><u>Water in Oil Core</u></b>	<b><u>Vegetables in Inset</u></b>	<b><u>Setting</u></b>
1 cup	1 pound, thin cuts	RIC1
1 ½ cups	1 pound, thick cuts	RIC2

**RIC1:** 1-2 Cups of White Rice: Press “Temp” button, and press down arrow once (will read RIC1)

**RIC2:** 2 or more Cups of White Rice: Press “Temp” button, and press down arrow twice (will read RIC2)

**Brown Rice:** Press “Temp” button, and press down arrow twice; after rice cooking countdown finishes, turn off and repeat the process for a 2<sup>nd</sup> round of cooking, which will be shorter than the first round.

<b><u>Type Oil</u></b>	<b><u>Breakdown Temperature</u></b>
Almond	495
Sunflower	460
Avocado	450
Canola	450
Safflower	450
Grapeseed	425
Walnut	400
Peanut	390
Coconut	365
Sesame	350
Ex. Virgin Olive	325
Virgin Coconut	280