

SCANPAN®

CERAMIC TITANIUM



User Guide

Important information on how to use and care for your SCANPAN

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SCANPAN

From one single pan series in 1956, SCANPAN's range has grown to become the innovative, non-stick cookware brand chosen by professionals and discerning consumers alike.

Whilst many of our competitors produce their non-stick ranges elsewhere, we continue to support the quality and know-how that only our Danish team in our Danish factory can provide.

-  100% Danish owned
-  Made in Denmark
-  Designed in Denmark
-  Exclusive Ceramic Titanium



100% Recycled Aluminium

Oven Proof to 260 C

Our non-stick exclusive ceramic titanium cookware range includes:

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SCANPAN®
CERAMIC TITANIUM
IQ

SCANPAN®
CERAMIC TITANIUM
CTX

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Looking after your SCANPAN

It is important that you read the information below to ensure you protect your investment and extend the useful life of your cookware. It has been devised to help you understand the materials that have been used to manufacture this cookware, how to care for and maintain your cookware, and some useful general information to assist you in your culinary pursuits.

Cleaning

Before first use

- Remove any labels.
- Wash in hot soapy water with a nylon brush or scourer, cloth or sponge and then dry.
- Never use a metal or other harsh scourer nor harsh powder to clean your cookware.
- Ensure the cookware is completely dried before storage.

Routine Cleaning

- Vigorous cleaning can be applied as SCANPAN Ceramic Titanium non-stick cookware is 10 times stronger than steel.
- The non-stick surface will give you years of great service as long as it is cleaned thoroughly.
- To remove all carbon build up and have your pan ready for the next time you use it, please follow these simple instructions.
 1. Immediately after use (and all food has been removed) place pan under tap and fill with approx 5cm of cold water and place it on a heat resistant surface. SCANPAN Ceramic Titanium will not warp, so don't worry!
This will create some steam and sizzle and is the first stage of removing the fat residue.
 2. Empty the pan from step 1. Using hot soapy water and a nylon scourer (not steel) scrub hard. Remembering that the surface is tough, and that it is very important that all residue is removed.
 3. Rinse.
 4. Dry thoroughly and store.

Removing food/oil residue build-up

Sometimes it may appear that the non-stick surface is not working the way it should. If this occurs, it is probably due to a food/oil residue build-up, which is generally easy to remove.

1. Mix up some bi-carb soda and water to a paste.
2. Apply with a nylon scourer and scrub hard.
3. Rinse and wash normally (see routine cleaning above)



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If this is unsuccessful, it probably means it requires more attention

1. Mix up bi-carb soda and water to a thick liquid. Cover all the surface of the pan with the liquid.
2. Place on cooktop over a low-moderate heat.
3. Allow to simmer for a few minutes, in which time you will see particles coming loose from the surface.
This is what you are looking for!
4. Rinse and wash normally (see routine cleaning above)

Dishwasher Use

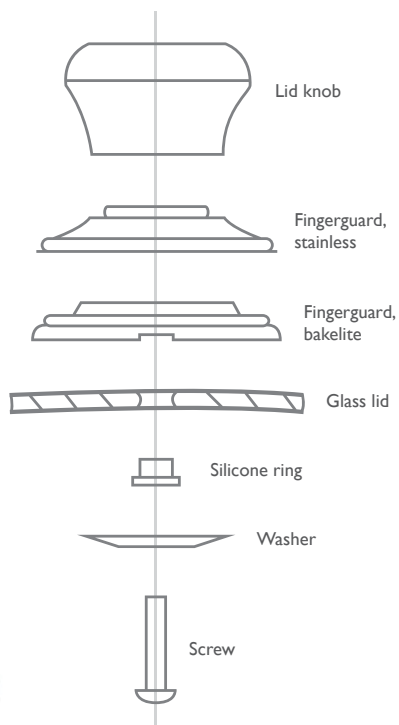
Whilst dishwasher safe, SCANPAN will always recommend hand washing to extend the useful life of the product.

Storage

To prevent scratching and general damage use paper towels in between, or spare cotton pillow cases as a cover to protect both the external and internal surface from other objects in the cupboard.

Lids, Handles, Knobs

- SCANPAN lids are made using quality tempered glass designed to withstand high temperatures - together with the bases, they are oven proof to 260°C
- Your SCANPAN cookware may come with a lid that requires assembly (see diagram). Ensure you follow these simple directions, paying particular attention to the washer and ensuring it is fitted with its widest side on the glass lid (if screwed upside down, it will leave a sharp edge exposed) - fitted correctly, the washer will sit flush against the under side of the lid.



Cooktops

- **Always refer to your cooktop manufacturer's instructions before using this cookware.**
- Please refer to the packaging of your SCANPAN cookware piece(s) for cooktop suitability.
- Not all SCANPAN Ceramic Titanium non-stick cookware is suitable for induction technology. Refer to product packaging.

Gas

- Always ensure the flame does not extend up the side wall of the cookware, as this could cause damage and/or excessive heat on the handles themselves. This would also indicate excessive heat which is not recommended.
- Gas cooktops may have uneven surfaces and should never be left unattended.

Electric

- Ceramic/halogen cooktops - always make sure both the surface of the cooktop and the base of the cookware are clean before each use.
- Permanent marks may result if this is not done.

Induction cooktops

- Induction cooktops - always make sure both the surface of the cooktop and the base of the cookware are clean before each use.
- Permanent marks may result if this is not done.
- Not all SCANPAN Ceramic Titanium non-stick cookware is suitable for induction technology. Refer to product packaging.
- **This is a fast and efficient cooking technology and very different to standard electricity. Please read cooktop instructions before use.**



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General Use

Choose the right size cookware for your cooktop. Not only will this ensure you have the right tool for the job, you will ensure maximum energy efficiency.

- Never leave cookware unattended.
- Always ensure handles are well away from the edge of the cooktop to prevent accident and personal injury.
- Do not allow the cookware to boil dry nor leave an empty cookware piece on a hot cooktop.
- Do not leave utensils in the cookware whilst cooking - use spoon rests, trivets and other accessories.
- This cookware is not designed as a food storage device. Remove all food from cookware and then store appropriately, thoroughly washing and drying your cookware before correct storage.
- Splatter guards, steamers and some other stainless steel and other accessories should never be placed directly on the cooktop
- Lift cookware off cooktops. Do not slide.

Microwave Ovens

Not suitable for microwave ovens

Ovens

SCANPAN Ceramic Titanium non-stick cookware is oven safe to 260°C (including lid). Refer to packaging of your SCANPAN cookware purchase for specific details.

Cooking Tips - using Ceramic Titanium Non-Stick

- SCANPAN's patented Ceramic Titanium surface is tough. You can use stainless steel tools, and whilst scuff marks will appear over time, this will not affect the performance of your pan.
- The key to successful cooking with SCANPAN non-stick Ceramic Titanium is low to moderate heat. Avoid excessive high heat.
- It is important to follow the care instructions above to ensure the non-stick surface remains 'carbon-free'.

DO NOT USE EXCESSIVE HIGH HEAT:

1. Setting cooktop to moderate . Place cookware on cooktop and pre-heat at this level for approx 5 mins. Remember, SCANPAN Ceramic Titanium cookware is designed and made for even heat across the base **and** sides of the pan.
2. Add butter, oil or liquid to pan (see oil smoking guide at the conclusion of these instructions) Immediately reduce the setting of the cooktop to moderate to low.
3. **Do not use aerosols.** These oils may contain ingredients, which may carbonise at relatively low temperatures. That, in turn, may lead to an food/oil residue forming on the cooking surface and blocking the non-stick surface from doing its job.

4. Finish cooking at this heat level.
5. Plate up and put cold water in the hot pan. This is the first step in food/oil residue removal as mentioned above.
6. Wash up using instructions above, remembering that any food or fat residue will contribute to future sticking problems and so must be removed.

The key is proper heat settings for the oils you are using and the food you are preparing - do NOT use EXCESSIVE HIGH heat.

Other tips using SCANPAN Ceramic Titanium cookware:

1. In this time poor/microwave society, there is a tendency to increase the heat too quickly. SCANPAN recommends low to moderate heat for everyday cooking.
 2. Placing frozen or very cold food into a hot pan. SCANPAN recommends thawing food first and/or allowing it to adjust to room temperature. Paying attention to temperature differentials will help to avoid sticking.
 3. Improper cleaning methods. Never use abrasive cleaners or steel pads which could damage the surface of the pan.
- Automatic dishwashers use very tough cleaning chemicals and high heat to clean dishes - this is why SCANPAN recommends hand washing to prolong the useful life of the cookware.
 - Avoid over-crowding of the pan. This can result in too much moisture on the cooking surface, a lowering of the temperature required for optimal caramelisation, and as a result no browning will occur.



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Oils

Do not use aerosol spray oils for use with the SCANPAN Ceramic Titanium surface. These oils may contain ingredients, which may carbonise at relatively low temperatures. That, in turn, may lead to an oil and carbon residue forming on the cooking surface and blocking the non-stick surface from doing its job.

- Add cold oil to a cold pan, allowing the oil to heat up with the pan. This also prevents the oil from burning.
- To tell when the oil and pan are hot enough, add a drop of water to the pan. If it sizzles and evaporates, the pan is ready.
- Adding cold oil to a pan at heat will require less oil to cover the surface.
- When the oil ripples and spreads quickly across the pan, it is ready.
- If oil starts to smoke, the pan is too hot.
- The ideal cooking oil should contain higher amounts of monounsaturated and polyunsaturated fats, with minimal or no saturated and trans fats.
- Different fats and oils have different uses, and the guide below summarises the most commonly used and the features and benefits of each.

Definitions

Monounsaturated Fat - a good fat that reduces overall cholesterol levels, and especially "LDL" or bad cholesterol, whilst increasing levels of "HDL" or good cholesterol. Good sources include olive and canola oils, nuts, seeds and avocados.

Polyunsaturated Fat - a good fat that has similar benefits as monounsaturated fat above.

Good sources include fatty fish (eg salmon, trout, sardines), corn, safflower, sunflower and soybean oils.

Saturated Fat - a bad fat that increases cholesterol levels, specifically "LDL" or bad fats. Commonly found in animal based foods such as meat, poultry and eggs, butter/cream/other dairy products. It can also be found in plant-based products such as coconut and palm oils and cocoa butter.

Trans Fat - another bad fat. This increases levels of "LDL" or bad cholesterol and actually lowers levels of "HDL" or good cholesterol. Commonly found in packaged snack foods (eg chips) and in fried food particularly in fast-food outlets.



SCANPAN always recommends the use of high heat tolerant oils.

Oils	Types of Fat	Smoke Point °C*
Extra Light Olive oil	Monounsaturated	242°C
Palm oil	Saturated	235°C
Pure Olive oil	Monounsaturated	235°C
Peanut oil	Monounsaturated	232°C
Sesame oil	Polyunsaturated	232°C
Sunflower oil	Polyunsaturated	227°C
Grapeseed oil	Polyunsaturated	216°C
Rice Bran oil	Monounsaturated	213°C
Extra Virgin Olive oil	Monounsaturated	207°C
Avocado oil	Monounsaturated	204°C
Canola oil	Monounsaturated	204°C
Vegetable oil	Polyunsaturated	182°C
Butter	Saturated	149°C

* Smoke point is the point at which the oil will burn

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