

## Instruction of Serafino Zani IHC Thermostatic Pot



### **【Precautions】**

1. Before initial use, please dip a slightly wet towel with small amount of Serafino Zani's stainless steel detergent and apply it to the outer surface and bottom of the pot body thoroughly. Wash it with water after wiping it back and forth several times. Then clean the inner and outer surfaces of the pot body by heated white vinegar which has been diluted with water in 1:3 Ratio. Finally, rinse the pot with hot water and wipe it up thoroughly.
2. The maximum cooking temperature of IHC Thermostatic pot does not exceed 230°C and that of IHC Thermostatic frying pan does not excess 130°C. These can help to retain the nutrients in food and avoid the production of cooking oil fume as well.
  - If you are using the thermostatic pot with Serafino Zani's magnetic induction stove, you do not need to adjust the heat level during cooking; the cookware can still achieve its thermostatic effect.
  - If you are using it with ordinary magnetic induction stove, you do not need to adjust the heat even though the highest output is selected because the cookware can automatically control the output of the stove. The thermostatic effect can be accomplished as well.
  - The automatic thermostatic function does not apply to gas stove, electric stove, ceramic stove, halogen stove and other heating equipments. But you can still enjoy the thermostatic cooking by adjusting the stove's output properly.

3. IHC Thermostatic pan has incredible non-stick performance, its best preheat time is 2 to 3 minutes. Taking fried chicken wings as an example: pour a small amount of oil into the pan and wait for 2-3 minutes, when you see oil pattern became block sharp, it means that the non-stick condition (i.e. temperature) has been achieved. You can add the ingredients to fry now. Remember to wait for 2-3 more minutes before turning the food. After that you can try to turn the food by scoop, if it does not work, wait for a while and try again. Patience and experience are needed for this procedure. If the food stick to the pan, it means that the preheat time or the cooking time for initial trial is not enough.
  
4. When frying fish, you must preheat the pan for 2-3 minutes and test the temperature by water droplet test. If the water droplet rolls inside the pan, it means you have the right temperature for non-stick condition to be achieved now. Pour oil into the pan and wait until the oil is hot, then add the fish into the pan and fry it. These procedures can ensure the best non-stick results.
  
5. When you are going to fry vegetables with meats, you can fry the meats after step 2 of the above procedures and add the washed wet vegetables into the pan. Cover the pan with lid and wait for a while, add the seasoning and then dish it up. For vegetables such as beans and eggplant, you need more time to cook, but remember to cover the lid while cooking (the sunken lid design can help to retain the nutrients in food by enhancing the water circulation while cooking.)
  
6. When you are going to cook vegetables with cool pot and cool oil, pre-heat is not needed. You can add the vegetables directly into the pot (just washed, wet

vegetable is preferable, if the vegetable has been washed for a long time, please add some water in it), pour oil and then turn on the fire, cover the pot with lid for 1 to 2 minutes. When there is steam coming out from the rim of the lid, remove the lid, add seasoning and then dish it up. The vegetable cooked by this method has beautiful green color and fresh taste. (For meat and vegetable, you can add the marinated meat and vegetable together into the pot to cook.)

7. IHC Thermostatic Pot can reduce 90% or above cooking oil and fume. When you fry the meats only, there may have a few fume coming out, it is because of the low fuming point of animal oil. Marinated meat may slightly stick to the pot because it contains starch and seasoning while marinating. The above situations will disappear after vegetable or appropriate amount of water is added.
  
8. Since the maximum temperature of IHC Thermostatic pot does not exceed 230°C, food will not get burnt and charred. One advantage of thermostatic pot is that you can clean the pot with its residual heat and water easily.  
(If there are white spots in the inner wall of the pot after use, it is because during heating, water and starch in the foods stick to the inner wall. You can easily remove them by using small amount of white vinegar and lemon slice. If rainbow color is found in the pot body, it is caused by over-heating of salt and minerals in foods; you can remove it by using stainless steel detergent.

**【FQA regarding the output of magnetic induction stove and cooking oil**

## **fume]**

1. The rated output of Serafino Zani's magnetic induction stove is 1600W , when it is used with IHC Thermostatic pot, the magnetic induction stove will automatically control its output to around 600W, provided that constant temperature is reached( i.e. less than 230°C). It is energy saving and environmentally friendly.
2. Since the fuming point of different oils is not the same, it may cause a few fume coming out when different oil is used for frying.
  - ◆ The fuming point of olive oil is generally about 160 degrees which is suitable for cooking omelette.
  - ◆ The fuming point of pressed oil is generally about 200 degrees, which is suitable for frying vegetables.
  - ◆ The fuming point of refined oil is generally about 240 degrees, which is suitable for cooking meat and fried food.