

Important Additional Information for this Induction Compatible Futura Nonstick 22 cm Frying Pan

The important features of this Frying Pan are:

- It is made from hard anodised, commercially pure, virgin aluminium with a high quality nonstick coating fixed on to the hard anodised surface.
- The body/base of the pan is 3.25 mm thick.
- Permanently attached to the base is a plate of AISI 430 grade magnetic stainless steel which makes the pan Induction Compatible.
- **This pan can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for the Futura Nonstick Frying Pan which is not Induction Compatible. **All the instructions and recipes (including adapting recipes to different frying pan sizes) in this Manual are valid for this Induction Compatible Futura Nonstick 22 cm Frying Pan except as stated in this chapter of 4 pages.**

A view of the Induction Compatible Base.



CAUTION

1. Limit pre-heating of the pan without food **on Gas, to MEDIUM heat on the small burner and to no more than 3 minutes.** Limit pre-heating **on an Induction Cooktop to 700 watts and to no more than 3 minutes.**
2. If you are pre-heating the pan with a small quantity of oil/butter/ghee (less than 3 tbsp), you should limit the heat setting and time as given in Point 1 above.
3. After pre-heating, when pan is hot, ensure that it is never without food. **Never "dry heat", that is, never heat the pan without food or water in it except as stated in Point 1 above.** Dry heating may permanently damage the pan.
4. **Do not put the hot pan in water** as it may weaken the attachment of the base over time.

READ THE NEXT TWO PAGES BEFORE USING THIS PAN.

Comparing Heat Settings in Gas Stoves and Induction Cooktops

- Cooking times and heat settings in the recipes refer to the large burner of a domestic gas stove unless otherwise noted. You may have to adjust these to suit your stove/cooktop. To avoid overheating pan, follow the instructions in **How to Use, "Avoid Overheating: Check Your Burner"**, page 2.
- **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer's instructions. Some experimentation may be necessary to find the correct heat setting.
- Given below is an **approximate guide** to the equivalent heat settings in most gas stoves and induction cooktops. In case the 700 watt setting given for pre-heating the empty pan is not available on your cooktop, use the next **lower** wattage and still limit pre-heating to 3 minutes. In case the watts mentioned are not available when cooking with food/water in the pan, use the nearest wattage available.

Heat Settings in	
Gas Stoves	Induction Cooktops in watts
High	2000
Medium-high	1200
Medium	800
Medium-low	600
Low	400

- Please be advised that many induction cooktops in the market at present do not indicate the settings in watts accurately. Try out the heat settings given in the chart alongside and adjust them as may be required for cooking on your cooktop.

Adapting Recipes to the Induction Compatible Futura Frying Pan and Induction Cooking

1. Induction cooktops initially heat up faster than gas stoves and the times given in the recipes for heating oil/butter/ghee may need to be reduced.
2. If you find that after pre-heating the small quantity of oil/butter/ghee (as mentioned in Point 2 of the **Caution** on page i) it is not as hot as desired, increase the cooking time suitably without increasing the heat setting.
3. The heat settings required on induction cooktops for this pan are generally lower than the recommended heat settings in the recipes in this Manual. It may also be necessary to adjust the heat more frequently in some recipes to get the desired result. For example, in the **Uttapam** recipe we "pre-heated" the pan on Medium-low (600 watts) and made one *uttapam*, then reduced heat to Low (400 watts) for the remainder of the cooking. In the **Pancakes** recipe, after pre-heating on Medium-low (600 watts) we found the best method was to reduce heat to Low (400 watts) **plus** reduce the cooking time from 2 minutes to 1 minute 30 seconds on each side of pancake.
4. If food is not browning or reaching the colour desired by you in the time given in the recipe and a higher heat setting causes burning, lower the heat setting and cook for a longer time.

How to Clean

- Do not put the hot pan in water – allow to cool before cleaning.
- Do not wash pan and lid in a dishwasher.
- The external stainless steel bottom attachment of the pan may develop blue and/or golden stains which may be caused by overheating. To remove these stains:
 - Clean the external base with a stainless steel cleanser or
 - Clean the external base with a non-abrasive cleansing powder and
 - Wash and dry.

Correction to Manual

Fried Eggs, page 11 of the Manual, Point 2: The fifth sentence should be "Cover and cook about 2 minutes or to desired doneness."

Space for your Notes/Recipes

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