



ESTAS
cast iron

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With Estas cast iron cooking utensil
You Are The Chef

YOU ARE THE CHEF





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What is cast iron skillet?

Cast iron is one of the oldest cooking utensils from ancient times to present day. Cast iron, the safest and healthiest material does not contain carcinogenic substances that can harm human health. It allows the food to circulate its own juices and arom during long-term heat cooking.

So, the nutritional value, water and taste of the food never decreases. Using one of nature's most durable materials, such as iron, high heat resistance compared to other skillets, longer retention of heat and equal distribution to all parts of the skillet make cast iron skillets a classic taste that can be passed from generation to generation.

Estas cast iron skillet with its naturalness

Pure iron, a metal that comes from nature, rusts/oxidizes when it becomes moist. We present your Estas cast iron skillet in its most natural state, with a "pre-seasoning" process. This process provides your skillet with basic protection against moisture and dust in the air. While using your skillet, seasoning it with the oil of the food you cook and whenever you deem necessary will strengthen this seasoning layer. So, the color of your skillet will darken and become more beautiful. With the seasoning layer you reinforce, your skillet maintains its non-stick properties, adds flavor to your meals by giving them natural aroma and meets your body's iron needs by providing natural iron transfer to your food.



Features of Estas cast iron skillet

- It is suitable for human health and environmental friendly.
- It does not contain paint, glass, enamel coating, additives or chemicals that are harmful to health.
- It distributes the heat it receives equally over the entire surface and preserves the existing heat thanks to its material structure for a long time.
- As you use it, product performance and taste increases.
- To create completely organic and harmless coating it is baked with vegetable oil. This process can easily be repeated at home.
- It has been proved by tests carried out by international standards that it does not interact with food.
- Thanks to its durability, it can be used for generations and offers to cook all meals easily and with unique taste.
- Fork, knife, etc. contact will not damage your skillet.



Before first usage

First remove all labels on your skillet. Your cast iron skillet has been packaged with "pre-seasoning" process. Seasoning the product once more before using it, will prevent food from sticking to your skillet during cooking. You can repeat this process whenever you want.

Before using Estas cast iron skillet, clean it only with hot water and rubbing with wires, brushes, sponges, etc. Optionally, you can use soap but do not use chemical detergent. Since the surface of the skillet has a porous structure, the chemicals in the detergent can transfer to your food. Never leave your washed and rinsed skillet damp. After drying it with towel or napkin, you can dehumidify it on the stove for 1-2 minutes if you wish.

Your Estas cast iron skillet allows you to cook any food you want, but do not cook acidic foods such as lemon, orange, bitter orange and artichoke.

There is no example in the world cuisine of your Estas cast iron skillet and its visual on the back. Using it for decorative purposes in your home will add a wonderful ambiance and visual presentation. It will be your legacy for generations.



- ☺ Sunflower oil
- ☺ Linseed oil
- ☺ Soybean oil



What is the seasoning process and how is it made?

- Seasoning is the simple process for uncoated cast iron products of turning the oil into a layer by cooking it with heat.
- Apply unsaturated oil (sunflower oil, soybean oil, etc.) evenly, thinly and without leaving any residual all over your skillet.
- Make sure that your skillet is completely covered with oil on bottom, inside, sides and handles.

For detailed information and videos
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 **15-30 Minutes**



- When you want to do seasoning (pre-seasoning has been made on the product which you bought), the inside of the product is lightly oiled and heated on the stove to produce smoke, and let it cool. In order to restore the interior of the skillet, you can repeat this process as many times as desired.
- Seasoning residual can be seen on your skillet. This residual is not harmful in anyway and it will decrease with using the skillet.

During usage;

- Put your skillet on the grill in your oven, not on the oven body.
- Do not use it in the microwave.
- Estas cast skillets can be used on all heat sources; gaseous, electrical or radial sheets, glass ceramic, vitroceramics, induction, stoves working with oil, coal or wood.
- When lifting and lowering from any glass stovetop, do not drag it across the glass or from one heat zone to another.

Cooking proposals

- Never use high temperatures to heat the skillet.
- Heat your skillet slowly and completely because this is the best and most effective way to cook.
After your skillet is heated enough, you can continue cooking at lower temperatures.
- Medium and low heat will provide better and more delicious results for boiling and frying.
- High heat can be used for vegetables and sealing meat.



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You can watch Estas skillet usage videos from our social media accounts

Things to pay attention

- Make sure that the bottom of the skillet comes to the body of the stove. Handles should not point towards the flame. This will cause color change and deformation.
- Place the hot skillet on silicone mat, wooden surface or trivet.
- Electric mixers should not be used on the skillet. This process may damage the entire surface.
- You can serve it directly to your table with the trivet place underneath and benefit from the long-lasting temperature preservation feature of the cast iron skillet. However, do not forget to use heat-proof gloves when carrying your skillet.
- For the safety of your children, do not take your skillet out of the stove while cooking. Keep the skillet removed from the stove out of reach of children and wait for it to cool. In order to prevent damage that may occur as result of splashing, use a lid. While cooking, do not leave unattended.



Indoor



Outdoor





Cleaning and maintenance

- Perform the cleaning after your skillet has cooled down.
- If there is any leftover food, fill the skillet with heated/boiled water and let it sit for 15-20 minutes.
- **Estas cast iron skillet is washed by rubbing with soapy hot water or salt, rinsed and dried with a cloth.**
- Instead of soap you can also use soap or herbal detergents whose ingredients you trust.
- **After the drying, you can clean your skillet by heating it on the stove from water droplets that have penetrated into it.**
- Wool and brushes can be used to remove stubborn stains.
- Persistent stains can be removed with help of steel wool. However, this may cause wear on the skillet surface. Therefore, be sure to renew seasoning before using the skillet after intensive cleaning.



SCRATCH PROOF



Do not leave your skillet damp

Do not wash it in the dishwasher.

- When you put your Estas cast iron skillet away after usage, the best is it to leave it a bit oily.
- When you wash your skillet only with hot water, it will remain oily. However, if you do not want it to stay with the oil of the food, wash it with soap, dry it thoroughly and then apply a little oil and put it away.



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Estas cast iron skillet is washed by rubbing with soapy hot water or salt, rinsed and dried with a cloth. Drying on stove is recommended.



Thanks

For years, this is the globally accepted and natural use of Estás uncoated cast iron skillet kitchen utensils which is an unusual way of use in our country.

Thank you for choosing our Estás uncoated cast iron skillet.

We wish you to use it on healthy, delicious and happy tables...

Situations not covered by warranty

- Damages that may occur as result of falling,
- Temporary or permanent damage caused by incorrect use,
- Stains, color changes and scratches which can occur due to overheating of the product, putting it in the dishwasher are not covered by warranty.
- Rusting or color change of the product is caused by the user and this can be easily corrected as explained in the user manual (refer to Cleaning and Repair)





Estas cast iron cooking equipment with

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