



Thank you for your purchase of Lava Cookware. We gladly welcome you to the family of Lava Cooking worldwide!

If you purchased Lava Signature Enameled Cast Iron Cookware your Signature Series Cast Iron Cookware has been lovingly sand-cast with the world's finest molten iron in individual sand molds. Each piece is hand finished and then layered with three coats of the highest quality enamel and fired not once, but twice in Lava's high tech furnaces at extremely high temperature to chemically bond the enamel coatings with the cast iron creating a durable high gloss finish that with proper use and care will last and remain beautiful for generations. Only the finest cookware in the world is made this way.

If you purchased Lava ECO Series Enameled Cast Iron cookware your Cast Iron Cookware has also been lovingly sand-cast with the world's finest molten iron in individual sand molds. Each ECO series piece is layered with a single special coat of the highest quality matte enamel and then fired in Lava's high tech furnaces at extremely high temperature to chemically bond our unique ECO enamel coating with the cast iron. This process creates an extremely durable matte finish that with time and use improves its cooking performance. With proper use and care, Lava ECO series cookware will last for generations without the need for re-seasoning.

USE AND CARE INSTRUCTIONS

DIRECTIONS FOR USE

Lava Cookware Enameled Cast Iron Cookware is suitable for use on all types of stovetop cooking surfaces and in the oven or your outdoor grill. When using cast iron on glass or ceramic cooking surfaces, do not slide the cookware on the surface — always lift to move. Lava Cast Iron Cookware distributes heat evenly and efficiently.

USE LOW TO MEDIUM BURNER HEAT ONLY FOR MOST PURPOSES. USE HIGH HEAT ONLY WHEN BOILING PASTA OR VEGETABLES OR REDUCING SAUCES. NEVER USE HIGH HEAT TO PRE-HEAT YOUR LAVA COOKWARE. CAST IRON HEATS MUCH MORE EFFICIENTLY THAN OTHER COOKWARE MATERIALS. THE ENAMELED COOKING SURFACE CAN BE DAMAGED WITH EXCESSIVE HEATING. DAMAGE FROM EXCESSIVE HEATING AND/OR SHOCK COOLING ARE NOT COVERED BY YOUR LAVA LIMITED WARRANTY.

GENERAL COOKING GUIDELINES

SAFETY FIRST! - HAND PROTECTION - HOT POT HANDLING

Lava Enameled Cast Iron Cookware will transfer heat evenly throughout the vessel, including any handles or lids. ALWAYS USE HAND PROTECTION – A POTHOLDER OR INSULATED GLOVE WHEN HANDLING CAST IRON COOKWARE. Remember that Lava Cookware performs extremely well with only Low to Medium heat settings. However, Low to Medium heat settings still generates significant internal AND external heat in cast iron pots and pans. Further, cast Iron pots and pans will hold their heat long after the heat has been turned off. Always take care when working near or moving cast iron cookware. Assume any cast iron pot is hot and protect yourself accordingly.

NEVER LEAVE A HOT POT UNATTENDED AROUND CHILDREN OR THE ELDERLY.

STOVETOP COOKING - HEATING TEMPERATURES

Use low to medium heat when cooking most items. For best results, preheat your Lava cookware on Medium heat for a minimum of 2-5 minutes prior to cooking food. This will contribute to a more consistent temperature during the cooking cycle. Use High heat settings only for boiling water or cooking vegetables, reducing sauces. It is important to use Lava cookware on a burner of corresponding size (same diameter or slightly smaller than pot/pan) and at no time should a gas flame be allowed to extend up the sides of the cookware as this may cause overheating and staining of the finish. It may also cause the handles to absorb heat from the excess flame creating a dangerous burn risk. Never use High Heat settings to Pre-heat Lava enameled cookware.

To avoid spillage and the risk of boiling over, Lava cookware should not be filled to more than 2/3 capacity. As soon as the boiling point is reached, the temperature should be lowered to achieve desired recipe results.

When using Griddles, pre-heat pan on Low to Medium Low settings only. Test griddle surface with a drop of batter first and if air bubbles appear after 5 and before first 30 seconds then pan is ready to use. Pancakes and Crepes will require trial and error process as stovetops, burner size and heat output vary. Test multiple settings and find the ones that work best for your individual situation. Bon Appétit!

NEVER pre-heat enameled cast iron cookware on HIGH heat settings. You may damage your pot and/or it's enamel finish.

GRILLING, SEARING AND OVEN FINISHING

When grilling or searing and oven finishing, never overheat your grill or fry pan before placing food inside the pan/pot. Excessive pre-heating may “smoke” the cooking oils or flash-burn your meats or vegetables and may also damage your enameled finish. Pre-heat pan slowly (5-15 minutes) with no more than Medium heat and then sear meat as desired. Move meats to unused areas of pan to assure perfect char marks when searing

opposite sides. Significant heat will accumulate in your Lava pan or pot with Medium heating and should leave perfect char or sear marks/patinas on meats and vegetables when grilling or searing. Move pan or pot to pre-heated oven when ready and finish as desired.

OVEN COOKING

When using Lava enameled cast iron cookware in your Oven, note that ALL Lava enameled cookware is oven safe to 500° F. Pre-heat oven to desired temperature and cook as desired. For Oven broiling, oven temperatures should never exceed 500° F.

OUTDOOR GRILL COOKING

When using Lava Cookware on your Outdoor Grill limit grill temperature to 500° F. Avoid letting flames lap up the sides of your pan if possible. Using Lava grill/fry pans to cook vegetables, fish on your outdoor grill helps prevent grill flare ups, yet still leaves perfect char marks. Start with Medium heat settings only and experiment to find the perfect burner settings and pan positioning. Works with most gas, charcoal, wood fired and infrared grills.

DIRECTIONS FOR CARE

FIRST USE

Lava Cookware's Signature and Eco Series Enameled Cast Iron Cookware are completely dishwasher safe, but hand washing is recommended for best results. Before using for the first time, remove any paper labels, wash in hot, soapy water, rinse and dry thoroughly. Regardless of whether your Lava cookware has a high-gloss enamel interior or a matte black enamel interior, seasoning is never required and there is no "break-in" heating required. Lava Cookware is ready to use immediately.

CLEANING AND COOLING

Never clean a hot cast iron pot. Never shock-cool a cast iron pot or pan. Cast iron is an incredibly durable material, but like most metals it can warp or deform if flash cooled. Always let your Lava cookware cool completely before cleaning or adding cold water. Never add cold water to a hot cast iron pot. You can damage the enamel finish if you flash cool an enameled cast iron vessel as the iron expands and contracts under heating and cooling at a different rate than the enamel surface. Cracking and chipping of your enamel surface from flash cooling may occur and is not covered by your Lava warranty. Your Lava pot is detergent safe and may be cleaned with any normal dishwashing detergent unlike pre-seasoned cast iron. Dishwasher detergent may over time, slightly dull the glossy finish but will not affect the cooking performance. Do NOT use kitchen scouring powders/cleansers or steel wool or other abrasive cleaning techniques or you can harm the enamel finish. You can use simple plastic scrubbers or pot pads to clean tough stains or baked on foods. In most cases, your Lava cookware will come completely clean via hand washing or via your dishwasher's Normal cleaning cycle. Never attempt to clean your cast iron cookware in your oven utilizing your oven's auto-cleaning mode. The temperatures used in this process typically exceed the

allowable temperatures for Lava enameled cookware and will damage it. Overheating Lava cookware will void your warranty and damage caused will not be covered.

LAVA COOKWARE GETS BETTER WITH USE

Over time, both flat black matte finished and glossy finished enamel cooking surfaces may acquire a slight brownish patina with use. This patina is completely natural and is the result of chemicals in food bonding with the enamel finish under hot conditions. This patina is perfectly normal and actually is desired. Your patina may take years to develop as it is the result of chemicals in food molecules bonding with the enamel coating in the very tiny gaps in the enamel finish during the cooking process. This patina creates better non-stick performance and improves overall cooking performance. In short, the more you use your Lava Cookware the better it gets.

STORAGE

After cleaning, always dry your Lava cookware carefully and store in a cool dry environment. Never store when wet. Do not drop or bang your Lava Cookware on or into hard surfaces. You may chip or crack your enamel coating. Damage from misuse or poor care is not covered by your Lava warranty. You can place your freshly washed Lava cookware in a warm oven for a few minutes to evaporate any remaining moisture from the pots surface. Allow pan to cool uncovered to prevent condensation inside lid or pot before storing. Displaying your Lava cookware in the open is always an option. Lava's beautiful finishes last for generations and its elegant design and beautiful colors add to any kitchen's design charisma.

QUESTIONS NOT ANSWERED HERE

Please contact us via mail at info@lavacookware.com for any questions not answered here. Or you can Tweet us at @Lava_Cookware. Please follow us to keep yourself updated on future hints and tips how to make "Lava Cooking" a better way of life for you and your family.



**IN
EVERY
KITCHEN**

LAVA[®]

COOKING