

## INSTRUCTIONS FOR USE

1. Remove any stickers before using your cookware for the first time.
2. Wash cookware with hot water and mild detergent. Rinse with fresh water.
3. Briefly boil water in the cookware, rinse and dry well. It is now ready for use.

**NOTE:** Westinghouse non-stick cookware does not require seasoning.

## INSTRUCTIONS FOR FOOD PREPARATION

1. The best cooking results are achieved at medium or low temperatures.
2. Use higher temperature setting only to heat up, turn down the heat in good time and finish cooking the food at medium heat.
3. Use lower temperature setting especially when cooking with little liquid or little fat.
4. When frying with fat always place the fat into the empty pot or pan before heating it up.
5. Turn up the heat to medium/medium-high temperature at most. Turn down the heat when the fat begins to smoke lightly. Then lay the food to be fried into the frypan.
6. Use butter for egg, fish, flour and potato dishes. Use oil and hard fat for meat (without breading) only.
7. Once a dish has cooked, remove the food from the frypan and allow to cool.

