

UPUTSTVO
inox posude



GUIDANCE
stainless steel cookware

metalac
POSUDE

SRB/MNE/BiH

UPUTSTVO ZA UPOTREBU I ODRŽAVANJE

Inox posuđe je proizvedeno od nerđajućeg čelika (CrNi 18/10), u skladu sa najvišim svetskim standardima, sa mogućnošću univerzalnog korišćenja.

- Kuvanje bez vode i pečenje bez masti.
- Dragoceni minerali i termolabilni vitamini ostaju maksimalno očuvani.
- Nema isparenja i širenja mirisa u kuhinji.
- Zahvaljujući akutermnom dnu, toplota pripremljenog jela se zadržava od 6 do 8 sati.
- Akutermno višeslojno dno, debljine do 9 mm, izrađeno je od lakih metala, brzo prenosi energiju na zidove posude, što omogućava brže pripremanje hrane i značajnu uštedu energije.
- Zahvaljujući vrhunskoj izradi i savremenom dizajnu, inox posuđe Metalac možete koristiti kako za pripremanje, tako i za serviranje pripremljene hrane. Ušteda energije i do 70% postiže se zahvaljujući korišćenju niskih temperatura za pripremanje hrane.

Važna upozorenja! **NE** koristite abrazivna sredstva pri čišćenju, naročito za spoljašnje površine. **NE** koristite inox posuđe za pripremu koncentrovanih rastvora za zimnicu koji sadrže konzervanse. **NE** koristite posuđe u mikrotalasnoj pećnici. **NE** koristite posude i poklopce sa bakelitnim ručkama ili kombinacijom inox-bakelit za pripremu hrane u pećnicama. **NE** koristite poklopce sa termokontrolorom u pećnici. **NE** perite poklopce sa termokontrolorima u mašini za pranje sudova. **NEMOJTE** da vučete posuđe po površini staklokeramičke grejne ploče kako je ne biste oštetili. Uvek podižite posudu kada je pomerate po grejnoj ploči. Nikada nemojte da „protresate“ tiganje, vokove ili duboke posude na površini grejne ploče dok kuvate. Uvek osušite dno posude pre kuvanja, naročito ako kuvate na staklokeramičkim grejnim pločama, jer se u suprotnom

posuda može zalepiti za grejnu ploču. Vodite računa da grejna ploča i dno posude budu savršeno čisti da biste izbegli da se neki materijal zadrži između tiganja i staklokeramičke ploče i tako je izgrebe.

Kuvanje bez vode - Podrazumeva korišćenje namirnica koje prirodno sadrže dovoljnu količinu vode. Oprano, očišćeno i još vlažno povrće stavite u hladnu posudu, tako da bude napunjena ne više od $\frac{2}{3}$ i ne manje od $\frac{1}{2}$ svoje zapremine. Poklopite i stavite na štednjak. Zagrevanjem posude na srednjoj temperaturi namirnice počinju da otpuštaju tečnost. Nakon 4-5 minuta zagrevanja (što zavisi od jačine toplotnog izvora, vrste štednjaka i veličine posude), smanjite temperaturu na najmanji mogući stepen i tako ostavite do kraja procesa kuvanja. Ukoliko ste posudu otvarali, dodajte 2-3 kašike vode i ponovo poklopite. **Napomena** - Ukoliko namirnice ne sadrže vodu (suvo mahunasto povrće, pirinač, rezanci...) neophodno je dodati optimalnu količinu vode.

Pečenje bez masti - Praznu posudu zagrejte na srednjem stepenu jačine grejne ploče. Nakon 4-5 minuta proverite temperaturu tako što u posudu sipate nekoliko kapi vode. Ako se voda raspršava u obliku kuglica i kotrlja po dnu, posuda je spremna za pripremu hrane. Stavite meso. Meso će se odmah zalepiti za dno posude, ali ga nemojte silom odvajati. Poklopite posudu, ostavite 2-3 minuta, što je dovoljno da se meso u sopstvenom saftu odvoji od dna posude. Potom ga okrenite i pecite sa druge strane u poklopljenoj posudi. Naravno, temperaturu smanjite na najmanji stepen. Ako je meso mlado možete potpuno isključiti dovod energije odmah posle faze zagrevanja posude. Proces pečenja će se nastaviti zahvaljujući karakteristikama i debljini akuternog dna koje vrlo dugo zadržava toplotu. Ovako pečeno meso u sopstvenom saftu mnogo je ukusnije i lepšeg izgleda. **Napomena** - Naravno da meso možete

USE AND CARE INSTRUCTIONS FOR

Stainless steel cookware - Metalac stainless steel cookware is made of high quality 18/10 Cr-Ni stainless steel according to the world standards with possibility for universal use.

- Cooking without water and roasting without grease: Minerals and vitamins sensitive to heat exposure are preserved.
- No vapors and odors spread in the kitchen.
- Heat accumulation bottom keeps the food warm for 6-8 hours after cooking.
- The 9 mm bottom is made of light materials, absorbs and spreads the heat evenly - cooking time is shorter meaning important energy saving.
- Energy saving up to 70% due to lower cooking temperatures. Metalac stainless steel cookware is designed both for cooking and serving of your meals.

Cooking without water (for foodstuffs that naturally contain sufficient amount of liquid)

Put washed, clean (peeled), moist vegetable in cold pan, not to be over 2/3 full and not below 1/2 of cookware capacity. Cover and put on the stove. By heating the pan on medium temperature, foodstuffs begin to release liquid. After 4-5 minutes (depending on heat source, stove type and cookware size), bring temperature to lowest possible level and leave till done. In case you opened the lid, add 2-3 spoons of water and cover again. **Note** - If foodstuffs do not contain water (dried vegetables, rice, pasta...) adequate amount of water must be added.

Roasting without grease - Heat up an empty pan on medium temperature. After 4-5 minutes check the temperature by pouring few drops of water. If the water splits and rolls over the pan bottom, it is ready for

cooking. Put the meat into the pan. The meat will stick immediately to the bottom, do not force to release but cover the pan and leave 2-3 minutes and the meat will be released from the pan bottom by its own liquid. Turn the meat and roast the other side in the covered pan at low temperature. If you roast veal or poultry you may switch off the stove upon heating phase. The roasting will continue thanks to the characteristics and thickness of the cookware bottom that keeps heat for long. Meat roasted in its own liquid is much tastier and looks better. **Note** - Of course meat can be prepared also in conventional way by adding grease or oil.

Care and maintenance - Although each piece of cookware is finally washed in the factory, therefore clean from any chemical and mechanical impurities, before first use wash the cookware in warm water with mild detergent, rinse and dry. Stainless steel cookware is easy to clean. If food burns, it is sufficient to pour in warm water and leave for a while or bring to boil, then remove residues of burnt food with a sponge and mild detergent and wash off. Limescale stains or blue-white stains from proteins may be removed with regular fruit vinegar. After rinsing dry mirror polished surfaces with soft towel to keep the shiny look. To keep shiny surface of your cookware for long time use cleaning products meant for STAINLESS STEEL. For heavily soiled cookware, or if food burns, it is sufficient to pour in some water and leave for a while, then remove residues of burnt food with a sponge and wash off. Avoid scrubbing with hard sharp objects. Avoid cleaning with aggressive chemical products like highly concentrated soda or acid solutions. Should there appear limescale during use it is easily removed by some lemon or acetic acid in 1:1 ratio water solution. **Useful tips** - Golden-brown stains produced by use of cookware on very high temperatures (not recommendable) are

unlikely or impossible to remove. The cookware however do not loose the use. If you use gas stove keep low flame so it does not touch walls but only bottom of your cookware. If vapour comes out under the lid lower the cooking temperature until lid becomes still and continue cooking at lowest grade. Cookware with thermo-control knob is not oven safe.

Important ! DO NOT use abrasive cleaning products, especially for outside surfaces. **DO NOT** use high-concentrate solutions, like acid solutions for pickling. **DO NOT** use the cookware in microwave oven. Bakelite and bakelite/stainless steel combination cookware handles are **NOT** oven safe. Lids with thermo-knob are **NOT** oven safe. Lids with thermo-knob are **NOT** dishwasher safe. **DO NOT** drag cookware over glass-ceramic cook top surface to avoid possible damages. Always lift cookware when you need to move it over cook top. Do not shake frypans, woks or other deeper recipients on the glass ceramic cook top surface while cooking. Always dry well cookware bottom before placing it onto glass-ceramic cook top, otherwise it could stick to the cook top. Take care that both cook top and cookware bottom are perfectly clean to avoid any scratches to your glass-ceramic surface due to impurities.

All claims arising from non respect of these instructions will be considered unjustified.

Health conformity of metalac cookware is certified by accredited laboratories, while the producer is certified with ISO 9001 and ISO 14001.



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