

How to get the most from your new Fusion[®] sol-gel "ceramic" nonstick cookware

You are about to enjoy the experience of cooking with a PTFE/PFOA-free ceramic-coated cookware. Remember that sensible care will help preserve your new cookware. These simple steps will help you get the most pleasure and use from it:

1. Before using this (or any nonstick) cookware for the first time, wash it to make sure it is clean. Then season it by lightly rubbing cooking oil onto the nonstick surface over medium heat for two or three minutes. When it cools, sponge it with a mild detergent in warm water and rinse clean. It's ready to go!
2. Always use low or medium heat when cooking food. This helps preserve the nutrients in food (many of which are fragile, and easily damaged when heated to extremes). It also helps preserve the nonstick surface.
3. Remember that all nonsticks will last longer if you are careful not to stab the surface with a sharp point or cut foods with a knife while in the cookware.
4. Do not overheat empty cookware. Always be sure that oil, water or food materials are in the cookware prior to heating it.
5. Do not use cookware as a food storage container, which could encourage staining. It's better to keep cookware clean when not in use.
6. Always allow cookware to cool before immersing in water.
7. Washing your Fusion-coated pan in the dishwasher is acceptable, but the nonstick will last longer if washed by hand.