

This is a "dreamy frying pan" that maintains the good characteristics of iron frying pans, but is extremely rust-resistant and does not require troublesome cleaning.

# COCOpan

## Instruction Manual

For correct and safe use, be sure to read the instruction manual carefully before using the product. The product becomes very hot during use. Please handle with care.

# Dreamy "Iron Frying pan"

**COCOpan is a series of ultimate frying pans made of specially heat-treated iron.**

Special heat treatment • • • By forming an iron nitride layer and an iron oxide layer on the surface of the iron plate, the frying pan becomes extremely rust-resistant and tough.

## Features of COCOpan

- It stores heat well and transfers heat to the food, so stir-fried foods become crispy and grilled foods become fragrant.
- The surface of COCOpan, which has good oil retention, also has high abrasion resistance, so it won't chip.
- Every time you use COCOpan, you naturally get iron.
- It has extremely rust-resistant and requires no messy cleaning, easy to storage and maintenance.
- It can be used with all cooking heat sources including 200vIH (Induction cooker).

\* Uneven color on the frying pan surface

The special heat treatment may cause certain unevenness in color on the surface of frying pan, but since the iron nitride layer and iron oxide layer are uniformly formed, there is no problem in performance.

## For better use of COCOpan

### Before first use • • • Oil seasoning

COCOpan is extremely rust resistant and is not coated to prevent rust. First, wash the inside and outside of the pan (you can use detergent to do this). Then after the "oil seasoning" process is completed, the pan can be used immediately. There is no need of "empty baking" before oil seasoning.

- ① Add oil to about 1/3 of the depth of the pan and heat over low heat for 5 minutes.
- ② Turn off the fire and return the oil to the oil pot or other container.
- ③ Using kitchen paper, wipe the oil remaining on the inside of the pot so that it is evenly rubbed in.

## Before each time of use · · · Oil returning

A secret that professional chefs and people who are familiar to use iron frying pans is to perform a process called "Oil returning" before cooking each time. If you do this before cooking, your food will not stick on the pan and will turn out more delicious.

- ① Place the frying pan on the stove and heat it up sufficiently over medium heat.
- ② Add a ladleful of oil and let it soak into the skin of the pan.
- ③ When the oil is hot and fully absorbed into the pan, return the oil to the oil pot. This is the oil return. After this, add the amount of oil needed for cooking and start cooking.

※The purpose of this process is to even out the temperature of the entire inner surface of the pan and to ensure that the oil is well blended with the surface of the pan.

## After-Use

➤ **An iron pot is not a storage container. Please transfer the finished dish to another vessel immediately.**

① While the pan is still hot, wash it with hot water using a trowel or bamboo brush. (Do not use a dishwasher.)

\*Before washing, wipe off as much oil and dirt as possible with a paper towel.

② Before washing, wipe off as much oil and dirt as possible with a paper towel, then drain and wipe off any water droplets before putting it away.

③ Washing iron pans with detergent tends to remove the "tacky oil film" along with the grease, so please use as above.

## Care after cooking by boiling, steaming, or simmering

After cooking by these way, wash and dry the pot well, and be sure to apply a thin layer of oil since the oil coating on the pan surface is partially removed by boiling water.

## Care of COCOpan

### ➤ If you let COCOpan get burned

Adding hot water and letting it boil for a while will soften the scorched substance and make it easier to remove. Then remove the scorched substance with a scrubbing brush or bamboo brush.

### ➤ If the stains stick to the surface

(\*In this case, be sure to use a gas stove.)

① Turn on the gas stove to full heat and direct the heat to the part of the frying pan that is badly stained, heat it until it stops smoking, and remove all the stains.

② After the pan has cooled down, scrape off the dirt from the surface with a metal scraper or spatula.

③ After scrape the entire frying pan with a hard nylon or metal scraper and cleanser, rinse it with water and wipe it well. After that, put it over medium heat for about 5 minutes (empty baking). When the pan has cooled down, perform the process of "oil seasoning" ①, ② and ③ to finish.

# What are the essential points for making delicious "grilled", "stir-fried" and "deep-fried" dishes?

The answer is the correct “cooking temperature”.

Even though you buy good ingredients and prepare them well, but at the end of the day, if you get the "cooking temperature" wrong (especially in case of too high temperature), all your efforts will be for naught. There is no way to start over. There are three reasons why the cooking temperature is so important.

## 1 Sugar

Sugar in food or sugar added as a seasoning is the same, but sugar becomes very fragrant when it is heated to about 170-180 °C. This is called caramelization of sugar.

## 2 Oil

When oil is heated, it also has a unique smell and aroma in the same temperature range as sugar.

## 3 Proteins and sugars, or amino acids and sugars

When these are together, a chemical reaction occurs when they are heated, and a very appetizing smell and aroma wafts through the house. A substance called melanoidin is responsible for this "good smell and aroma".

These three things happen in almost the same temperature range. Whether or not all three are present depends on the ingredients and seasonings used, but in any case, these three are the key points to delicious grilled, stir-fried, and deep-fried dishes. The surface color of grilled or fried dishes is often described as "golden brown", and when all three of the above are present, the result is "golden brown".

170-180 °C is a good rule of thumb.

Please remember this sense of temperature. On TV cooking shows, people often say, "Heat the pan until the oil starts to smoke," but **this is far too high a temperature**. If the oil is smoking, it means that the oil is getting damaged. This is neither tasty nor healthy. Please follow the upper temperature limit carefully.

Recently, there has been a tendency for cooking temperatures to be too high.

In many Japanese families, when they cook, it seems that the cooking temperature for "baking" and "frying" is too high. This is especially true for those who use fluorine non-stick coated frying pans. Originally, fluorine non-stick coating does not melt at temperatures up to about 260 °C. However, there are many people who melt the fluorine non-stick coating after a couple of months and have to buy a new frying pan. Although the correct cooking temperature of upper limit is just over 180 °C, it is thought that people are cooking at temperatures higher than 260 °C. Not only does this not taste good, but it is also bad for your health.

Why does this happen? The cause seems to be the "thermal conductivity" of fluoropolymer. The thermal conductivity of fluoropolymers is 1/217th that of iron. This is not a level to judge good or bad thermal conductivity. Since the fluorine coating on a frying pan is a very thin film, heat can be transmitted to some extent, but the amount of heat is definitely insufficient. As a result, many people tend to cook over high heat because the heat is not transferred to the food as quickly as with iron. It is necessary to use each tool depending on its characteristic. The basic principle of cooking is "to cook the right food with the right tools and right way". I hope you will enjoy cooking for your family and yourself with COCOpan.

# When you use with Induction Heater

A gas stove heats the pan with the heat generated by the flame enveloping it. In contrast, an electric cooker heats only the bottom of the pan, which is in contact with the top plate, in the shape of a donut. The large temperature difference between the donut-shaped part of the pan and the rest of the pan can cause the bottom of the pan to deform (bulge outward) due to thermal expansion.

## How to use it well

First, turn the control to "low" and let it heat up for a while, then gradually turn it to "medium" and start cooking when the temperature becomes moderate. This way, you can prevent the bottom of the pan from changing.

## What should I do in case the bottom of the pan is deformed?

Cooking oil tends to accumulate in the concave area on the bottom. Also, it will be somewhat shaky and unstable on an induction cooker. However, cooking can be done in much the same way. Please use it as is.

\*Unfortunately, it cannot be fixed to be flat.

## ●About COCOpan Gripper

- ▶Never use forceful "agitation". The pan may fall and cause injury.
- ▶Please use the exclusive COCOpan gripper when cooking or moving the COCOpan.

### Specification

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Material : Cold-rolled steel

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Bottom thickness :

1.6mm (all items except for below)

2.0mm (COCOpan Grill L, COCOpan morning)

3.0mm (COCOpan Iron Pot S, M)

3.2mm (COCOpan Premier, COCOpan Iron Pot L)

Made in Japan

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Handle material: Stainless steel

Made in China

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<https://www.cocopan.co.jp>

Thank you for your purchase. Please keep this instruction manual in a safe place for your long-term use.



## COCOpAn Gripper

### Instruction manual

- Material : Stainless steel 430
- Made in China
- Size: 20.5 X 11.5 X 2.8cm
- Weight: 147g

### ■Precaution

- Please refrain from using the gripper for other than COCOpAn.
- Please insert the pan firmly to the inside of the gripping part .
- If there are even any small wobbling or slipping, please refrain from using the gripper.
- If the gripping part is covered with oil, there is a danger of it slipping off. If there is any such adhesion, please wipe it off before use.
- Do not loosen the force of your hand while gripping the pan as it may fall.
- Please refrain from tossing the pan while cooking.
- Do not use the gripper if the weight ,including the pan's weight, exceeds 3 kg.
- Please refrain from touching food with the gripper directly.