

## HOW TO SEASON YOUR FLAME® CERAMIC

Your Emile Henry cookware can be used for delicious, healthy, everyday cooking. Emile Henry Flame ceramic can be used on gas, electric, halogen ranges, in the oven and microwave, under the broiler and on the barbeque.



**Emile Henry**  
FRANCE

### Before use:

- It is advisable to pour in enough milk (or soy milk) to cover the bottom. Then bring to a boil.
- Turn off the heat immediately and leave to cool before cleaning. Dry before storing.
- You can also simmer for 5 minutes 1qt of water (1L) with 1/2 cup (150g) of rice.
- During the seasoning process, do not leave the pot unattended.

### Small cracks in the glaze:

- When heated, the Flame-top cookpot expands slightly.
- This phenomenon creates small, thin cracks in the glaze, which are visible on light colored cookpots.
- These small cracks are not a flaw, but are proof of the Flame-top cookpot's resistance to temperature change and long life.

### Cleaning:

- Emile Henry products are very easy to clean by hand or dishwasher.
- Soak for 10 minutes if you have burnt residues. Leave out to dry before storing.

### Precautions for use:

- On electric and halogen top, heat the dish slowly.
- When possible, always place your dish on a burner larger than the dish.

Go to [www.emilehenry.com](http://www.emilehenry.com) for recipes and additional tips

