

USE & CARE

**NUTRI ✓ STAINLESS STEEL
COOKWARE**



Rena Ware
INTERNATIONAL



Dear Valued Customer,

Congratulations on your decision to invest in the highest quality cookware available.






Many years ago when our Company started, we had an important decision to make. Did we want to be known for the highest quality products at a reasonable price? Or, did we want to be known for a lower quality product at a low price—and later have to apologize to you for its shortened life?

Through your patronage, you have confirmed that our decision in choosing products of the highest quality was correct, and we sincerely want to thank you for your support.

We invite you to take a moment now to acquaint yourself with the proper use and care of your cookware. By following a few simple steps, you will be able to enjoy the many benefits of Rena Ware for a lifetime of healthy and economical cooking.

Sincerely,

Russell J. Zylstra
C.E.O. & President

 GAS	 ELECTRIC	 VITRIO CERAMIC	 HALOGEN	 INDUCTION
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Your Rena Ware stainless steel cookware is compatible with most cooktops, including: gas, electric, vitrio ceramic, halogen and induction.

Wash Before Using

It is important that you wash your Rena Ware cookware before using it for the first time. Add one-half cup (120 ml) of vinegar to a sink full of hot soapy water, wash, rinse, and dry. This initial washing removes any traces of manufacturing oils or polishing compounds. Unwashed utensils may discolor during the initial use. After the initial washing, normal washing by hand or in a dishwasher is all that is necessary to clean your cookware.



Maintaining Your Cookware

Hand-washing:

- > Wash each utensil in hot soapy water with a dishcloth, sponge, or plastic net scrub pad. (Do not use a metal scouring pad or harsh scouring powder to clean the utensils.)



- > Rinse thoroughly with hot water and hand dry to prevent water spotting.
- > To maintain the beautiful exterior shine, use a high-quality, non-abrasive stainless steel polish or cleaner such as Rena Lite, which is available from your Rena Ware Independent Consultant.

- > Never immerse a hot utensil in cold water.

Automatic Dishwashers:

- > Your Rena Ware utensils are dishwasher-safe. However, some dishwashing detergents may discolor the black handles and knobs.
- > To help prevent water spotting add a water softener along with the dishwasher detergent, or turn off the drying cycle and allow the utensils to air dry.

- > From time to time, the handles should be disassembled to remove grease and food particles. Simply remove the screws that attach the handles and remove the handles from the utensil, wash, rinse, and dry the handle pieces, and reassemble carefully.

Pitting

While stainless steel is an extremely durable metal, it is not completely resistant to corrosion, pitting, or spotting. Foods such as mustard, mayonnaise, lemon juice, tomatoes, tomato paste, vinegar, salt, dressings, other condiments, and strong bleaches may etch stainless steel if allowed to remain in contact with the surface for a long period of time.

Pitting may result if undissolved salt is allowed to remain in the bottom of a utensil, appearing in the form of small white spots. These spots will not affect the cooking performance or usefulness of the utensils, nor are they a defect in the metal or workmanship.

When using salt to season foods, add salt only after foods have reached cooking temperatures. When adding salt to water or other liquids, bring the liquid to a full boil, add the salt, and stir until completely dissolved.

Discoloration

Occasionally, when cooking starchy foods or searing meats, a stain may appear on the inside surface of the utensil. A blue or golden brown discoloration may also appear on the outside of the utensil from overheating. These stains may be easily removed with Rena Lite or another high-quality, non-abrasive stainless steel cleaner.

First make a paste with the cleaner and water. Then, using a paper towel or cloth, rub the paste over the stained area, rinse, and dry.



Dishwasher cleaning will not remove heat or food stains. Stains must be removed by the above method before dishwasher cleaning.

Do not place Rena Ware utensils in a self-cleaning oven for cleaning.

Burned Foods

If burned foods are not easily removed by normal washing, fill the utensil with hot water and let it soak. If the food particles remain, partially fill the utensil with water and boil long enough to loosen the food.

Cooking

The efficient, multi-ply Nutri-Plex™ construction of your Rena Ware cookware allows you to save energy by using low to medium heat settings to achieve the same results that often require high heat settings with other types of cookware. You should also be able to cook using less fat and oil due to the even heat distribution of Rena Ware utensils.

To cook most meats, simply preheat the utensil on medium without adding oils or fats. When the utensil is preheated, place the meat in the utensil. The meat will stick

at first. After a short time, the meat will sear and then loosen from the utensil. When this happens, turn the meat and sear the other side. For meats requiring longer cooking, such as roasts, cover and reduce heat to low until fully cooked.

To sauté vegetables which are high in natural moisture or oils, such as onions, cook them on low to medium heat using little or no added oil. For vegetables with little natural moisture or oils, such as carrots or broccoli, coat with a small amount of oil prior to cooking.

The key is to start over medium heat and reduce to low heat for best results. By following these steps, you can enjoy healthier, more nutritious meals.



Preheating

When preheating is recommended in recipes, use a medium heat setting for three or four minutes before adding foods.

A simple test to determine if the utensil is preheated is to heat the utensil, then add a few water droplets to the utensil. When the droplets immediately begin to sizzle and bounce, the utensil is preheated and foods may be added. If the droplets spread out and evaporate, preheat the utensil a minute or two longer before adding foods. If the water droplets disappear instantly, the utensil is too hot and should be cooled.



Oven Cooking

Rena Ware utensils may be used to cook food in the oven at temperatures of up to 400°F (200°C) without damage to the black phenolic handles and knobs. Cooking in hotter temperatures or under the broiler will cause the black phenolic handles and knobs to blister or dull in color.

Always preheat the oven prior to inserting utensils, as the heat during the preheat stage may reach temperatures higher than 400°F (200° C) and may damage the handles.

Note: Do not place Rena Ware utensils in a microwave oven or under an oven broiler unit!

The “Water-less” Cooking Method

Mother Nature designed food to give us everything we need. Food contains abundant flavor, vitamins, minerals,

digestive enzymes, and color. But many cooking methods, like boiling food or cooking it at high temperatures, can rob food of its natural qualities.

Fortunately, Rena Ware’s “water-less” cooking method saves flavor, vitamins, minerals, and enzymes, along with money, work, time, and energy.

“Water-less” cooking is made possible by the water seal created around the cover of Rena Ware cookware. The water seal keeps air out and locks steam in, and the utensil’s Nutri-Plex™ construction allows the use of lower heat settings. With this efficient cooking method, little or no added water, fat, or oil is necessary.

“Water-less” cooking cooks food in its own natural juices for nutritious, flavor-filled meals. The water seal is maintained by using low heat, making Rena Ware very energy efficient.



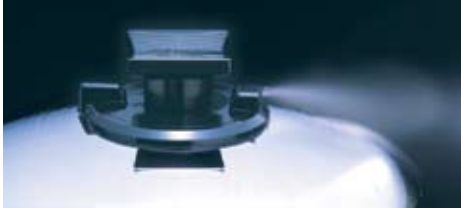
“Water-less” Basics

The simple, basic steps:

Use the right utensil. The food you are cooking should fill the utensil at least 2/3 full. Using the wrong size utensil will result in the loss of vitamins and minerals and could cause your food to dry out or burn.

Rinse. Rinse the food in the utensil, drain off extra water, and cover.

Start on medium heat. Starting to cook on high heat causes moisture to be driven out of the utensil instead of allowing a water seal to form. Rena Ware cookware conducts heat so efficiently that you don't need to use a heat setting higher than medium to medium-high to achieve the desired cooking results.



Create a water seal. The special Nutri ✓ Sensor cover tells you when a water seal has formed. Simply begin cooking food over medium heat with the steam vent open until the Nutri ✓ Sensor whistles, indicating that a water seal has formed.

Lower the heat. Once the water seal has formed and the Nutri ✓ Sensor has whistled, close the steam vent and reduce heat to low to finish cooking.

Don't peek! Resist the urge to look at the food as it cooks. If you remove the cover during cooking, the water seal is broken and heat and moisture are allowed to escape.

Don't add water! If a recipe calls for boiling food or adding a large amount of water—don't! Rinse vegetables, pour off excess moisture, cover the utensil, bring to a water seal, and don't peek. If a food has natural moisture, like leafy vegetables, you can retain that moisture. If the food is dry, add a small amount of water.



Stack Cooking Method

Stack cooking is another exciting time and money-saving feature of Rena Ware cookware. Stack cooking lets you prepare more foods at one time by stacking small utensils atop larger flat-topped utensils, all on the same burner. This is possible because of the cookware's efficiency in conducting heat.

To obtain a flat cooking surface use an inverted base utensil as a cover instead of a Nutri ✓ Sensor cover.

For best results, heat each utensil on direct medium heat until a water seal is reached. Then stack the utensil on top of another utensil that has already reached a water seal. Two utensils high is the maximum for cooking, but you can keep food warm for serving in a three-utensil-high stack.

Some foods, like rice, are ideal for stack cooking. Delicate vegetables like spinach and snow peas should not be cooked using the stack cooking method. Root vegetables like potatoes, carrots, beets, turnips and parsnips should be cut into small pieces to facilitate stack cooking.

Convenient Features

- > The unique design of Rena Ware cookware lets you store several pieces in a small space. The covers, when inverted, nest perfectly inside the utensil.
- > Covers are interchangeable among utensils for added convenience. For example, the 1.5 Litre and 2 Litre covers are interchangeable, the 3 Litre and 4 Litre covers are interchangeable as are the Large Frypan and 6 Litre Roaster covers.



- > Utensil covers can be used as trivets to hold hot utensils for serving. Simply turn the cover upside down on the table—the utensil fits snugly on top.
- > Utensil bottoms are warp-resistant, to assure that the utensil rests evenly on the burner, providing maximum heating efficiency.
- > Rena Ware cookware features a convenient “no-drip-lip”, allowing you to pour from the side of the utensil without an unsightly mess.
- > Cook, bake, serve, and store convenience: with Rena Ware’s efficient construction and beautiful design, you can serve and store food in the same utensil in which you cooked the food. Rena Ware’s elegant design will be welcome at any table, and if you have leftovers, just cover the utensil and place it in the refrigerator. You can also re-heat food in the same utensil.

Useful Tips

1. Always use the size of burner that most closely corresponds to the size of the bottom of the utensil. When cooking on a gas range, the flame should not extend up the side of the utensil or touch the rim or handles.
2. Select the proper sized utensil to do the best job. Best results are obtained when the utensil is filled to at least two-thirds capacity.
3. Striking metal kitchen tools against the rims of utensils or cutting or chopping foods with knives or other sharp-edged tools on the stainless steel surface will cause scratching.
4. Always use the cover designed to fit the utensil. This will allow a water seal to form.
5. If meats do not brown properly, it is likely that the utensil was not hot enough before beginning the browning process; increase the heat setting. If meats become overly brown, your utensil is most likely too hot; reduce the heat setting.
6. When frying foods without natural fat it may be necessary to add a small amount of oil. Examples of such foods are eggs, fish, potatoes, liver, and all types of breaded, floured, or battered foods.
7. A tight vacuum seal may form as food cools, making the cover difficult to remove. If this occurs, place the utensil on medium heat for a few minutes and the cover will loosen.

Over time the black phenolic handles or knobs on the utensil may become loose. If this happens, simply tighten the screw with a screwdriver or hand tighten the cover knob by turning clockwise. Welded metal handles should not become loose.



BE SURE TO ASK ABOUT OUR FULL RANGE OF PRODUCTS



Please feel free to write to us. We appreciate hearing how you enjoy your Rena Ware cookware, as well as any questions or concerns you may have related to Rena Ware products and service. Please address correspondence to your local Customer Service Center.

Visit our website at: www.renaware.com

Join Our Rena Ware Team!

If you love Rena Ware products, you may want to join our team as a Rena Ware Consultant. It's easy, fun, exciting, and profitable. Contact your Consultant for more information on starting your own Rena Ware business!