

An Introduction to Your Saladmaster Cookware



Congratulations on your choice of the Saladmaster Healthy Solutions 316Ti Stainless Steel Cookware! The Saladmaster cooking system means maximum nutrition and flavor without necessary calories. It also means optimum retention of basic flavors of healthful food without adding excessive salt, sugar, fats or oils. You will discover the true, natural tastes of foods.

Using your New Saladmaster Cookware is as Easy at 1-2-3

1. Use the correct-size pan which is at least two-thirds filled with food.
2. For rangetop cooking of meats and poultry, preheat the pan over medium heat. Starting with a cold, dry pan for fruits and vegetables.
3. Listen. When the Vapo-Valve™ clicks, reduce the heat to low so that the clicking stops, and cook according to the recipe instructions to desired doneness.

Proper Use

- **To Attach Versa Loc™ Handle:** Always attach the Versa Loc™ Handle before using the cookware to cook on the rangetop. Use the long handles for skillets and sauce pans; short side handles can be used on any utensil. Align the slot in the handle with the fixed stainless steel bracket on the pan. Push the Versa Loc™ handle onto the bracket until it snaps in place.
- **To Remove Versa Loc™ Handle:** Always remove the Versa Loc™ Handle before using the utensil in the oven, under the broiler, or washing the pan in the dishwasher. Holding on the opposite side of the pan, using the other hand, press the button on the handle and pull outward.
- Never transport the cookware with less than the required number of handles securely and properly attached in an upright position.
- **Never use high heat.** All you need to know is **Medium-Click-Low!** Preheat pans over medium heat, according to your electric range setting. If necessary, use lower settings to control temperature. On a gas range, medium is when the flame reaches halfway to the bottom of the pan. When the Vapo-Valve™ clicks, turn the heat to low. On an electric range that might be the lowest setting. On a gas range it is the lowest flame without going out. If your lowest flame is still too high, use a heat-reducing ring or pad between the burner and the pan. The use of excessive heat for long periods of time can cause the pan to warp.
- Do not put salt directly on pan surfaces. When using salt,

make sure it dissolves completely to avoid leaving white spots. **Beware: salt can pit and damage the surfaces.**

- Preheating may take from two to five minutes. To tell when a pan is properly preheated, sprinkle a few drops of water on the surface. When the water drops skitter and dissipate, the pan is preheated and ready for use.
- Saladmaster's cookware construction is designed for use on all stoves including induction. Because Saladmaster is so efficient with induction heating, it doesn't take as long for the pan to heat up as with gas or electric stoves.
- **Warping:** Never put cold water or frozen food into a hot pan, or plunge a hot pan into cold water. Sudden changes of temperature may cause any metal to warp, resulting in an uneven bottom.
- Always make sure that the rim of the lid and the shoulder of the pan remain free of food. This is very important in obtaining the proper seal between the lid and the shoulder of the pan. The Vapo-Valve™ is designed to signal when the food or liquid inside the pan reaches the ideal cooking temperature, approximately 187°F/86°C. This is the signal to turn the heat to low.
- Sometimes a white film will appear on the inside bottom of your cookware. This is primarily sodium cooked out of foods and calcium deposits that the dishwasher will not remove; use the Saladmaster Surface Master cleaner to remove. Likewise, stubborn stains or stuck-on food can be removed with the use of Saladmaster's Surface Master Cleaner. To purchase additional cleaner, contact your local Authorized Saladmaster Dealer.

Thank you for choosing to join the Saladmaster family! For further questions regarding your cookware, please feel free to [contact us](#) to get in touch with a customer service representative. If you need to order replacement parts, please click [here](#).

Rating:

