

**Saladmaster Oil Core Skillets and Multi-Purpose Pan Temperature Guide**



Warm or Simmer  150 to 200°F (65 to 95°C)	Keep foods warm: simmer meats and poultry.
225 to 250°F (105 to 120°C)	Stew or braise meats; sauté vegetables; cook sauces, fruits, casseroles, fried rice, and snacks.
275 to 300°F (135 to 150°C)	Prepare eggs, gravies, candies, and puddings.
325 to 350°F (165 to 175°C)	Brown meats and seafood; bake cakes, pancakes, and French toast; grill sandwiches; fry potatoes.
375°F (190°C)	Sear meats and poultry; stir-fry meats
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400 to 425°F (205 to 220°C)	Pan-broil meats and fish; stir-fry meats; popcorn.

**Rating:**  
★☆☆☆☆