

BREAKFAST GRIDDLE PLATE EGPL1

Instructions for use

The EGPL1 Breakfast Plate is the solution to cooking eggs and bacon together on the one pan. Eggs have their own cooking zone that creates a perfect circular shape without messy egg rings.

Cast iron provides the ideal thermal mass, so no cold spots, no hot spots. The enamel finish becomes non-stick once seasoned to reduce the need for adding oil during cooking.

SEASONING THE BREAKFAST PLATE

Before first use, the EGPL1 Breakfast plate needs to be seasoned. The seasoning process creates a slick and glassy coating by baking on multiple thin layers of oil. This protects the plate from rust and creates a non-stick surface. If food sticks to the Breakfast Plate it is not seasoned correctly.

First heat the plate up to burn off any manufacturing residues. It may emit a slight odour during this process. Once it cools rub the plate with a light coating of cooking oil. Wipe the excess off with a paper towel and then repeat this process each time you use the plate. Over time, the plate will improve its non-stick properties. Seasoning gets better with age.

One way to speed the seasoning process is to wipe the plate with cooking oil and place it into a preheated 220C oven for 30 minutes. Use a high smoke point oil such as sunflower oil. Place a sheet of foil under it to catch any excess. Let the plate cool at room temperature. If you repeat this process three to four times, the coating will be greatly improved.

INSTRUCTIONS FOR USE

Installation onto the cooker

The plate has legs that locate onto the trivets on the cooktop. There is no requirement to remove any parts from the cooker. The plate is designed for Glem and Emilia Italian cookers but may fit other brands.

Preheat

Run the burners on max for 5 minutes to bring the plate up to temperature.

The burners can then be turned down to simmer level. Always preheat the plate before use. If a drop of water sizzles and rolls on the plate it is at the correct temperature. If the water disappears the plate is too hot - If it just sits there it is not hot enough.

Cooking

Run your rangehood on maximum to extract cooking fumes and use minimal amounts of oil to reduce splatter. It is very similar to cooking on a conventional BBQ plate.

Cleaning

Allow the plate to cool. Wash the plate in hot water but don't use too much detergent or an aggressive scourer that could remove the seasoning. The Breakfast Plate should NOT be washed in a dishwasher. Dry the plate very carefully to prevent any corrosion. Wipe the plate with oil once it is dry.

WARNINGS:

- *DO NOT pour cold water onto a hot plate as it may crack.*
- *The plate gets VERY HOT. Use care when moving a hot griddle plate.*

