

10 RULES FOR PROPER USE OF PLANET PLATE

- After lighting the grill, set the heat on low for a few minutes to allow the hotplate to "stabilize", then turn the heat up to high. With an average room temperature (15-25°), the hob is ready for use after about 5-7 minutes. If the temperature is very cold, after about 8-10 minutes
- **Food is cooked at**
 - 180/190° (vegetables)
 - 200/220° (thin fish and meat)
 - 240/250° (medium/thick meat)

An easy way to understand the temperature level: drop a few drops of water onto the hob: if the drops evaporate slowly, the hob has not yet reached the desired temperature; if the drops immediately break into smaller drops on the hob and rapidly evaporate, the temperature is between 220 and 250° and the hob is ready for cooking.

- **IMPORTANT:** once you have verified that the hob has reached the desired temperature, you should immediately start cooking the food, do not wait, otherwise the hob will end up overheating and the food will be burnt, with the risk that: the hob may blacken (just like when you leave an empty pot on the heat) and/or the material may buckle.
- **Do not cook frozen foods**, the results obtained are not ideal and the hob risks to suffer thermal shock (buckling).
- **For healthier and more natural cooking**, do not put oil or other fats on the hob. The food will initially stick to the hob, but once it has been superficially browned, it will easily unstick. Once the food has been browned, the flame should be turned down to low (a high flame is no longer needed), thus saving gas. Turn the flame back up only if needed.
- **All burners should be kept lit**, at least at a low heat, even if you are using only a portion of the hob. That prevents the heat of the "heated" area from being lost in the "non-heated" area.
- **The appliance should be turned off** if the food is cooked with interruptions, do not leave it on all the time without food on the hob, as the hob can be rapidly brought back to the desired temperature.
- **Once you have finished cooking**, verify that the flame is off by looking through the suitable hole.
- **Empty** the oil/grease collecting basin while wearing gloves only when it is cold. Be careful to the temperature.
- **Clean** the hob only when it is cold by using regular detergents and warm water, or specific degreasing agents for barbecues/hobs (see "Clean Planet"). To clean, **do not use ice on the hob (risk of thermal shock).**

Check also our website : <http://www.planet-barbecue.com/instructions/>

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