

iCook™不粘鍋 常見問題及使用小貼士

1 iCook™不粘鍋和安利皇后牌不銹鋼鍋具系列有什麼不同？

iCook™不粘鍋具有一級不粘和一級耐磨的卓越性能，採用七層式結構設計，三層塗層持久不粘，即擦即淨，打理簡易。等離子鈦熔噴層增強材質硬度，使塗層更耐磨耐刮。三層鍋底，加固不易變形，導熱更均勻，僅需中細火即可烹煮食物，適用於大多數爐面。與傳統鍋具相比，iCook™不粘鍋更適合少油烹調方式，在煎煮過程中減少油脂攝入，實現健康飲食。

安利皇后牌不銹鋼鍋具系列，採用優質18/8不銹鋼及多層結構製造，堅固耐用，大大提高導熱速度及保溫時間，可採用中細火烹調，避免因高溫煮食而破壞食物營養，並適用於大多數爐面。具有獨特Vitalok™鎖水設計，可有效保留食物的天然水分，烹調時不需加入太多水分，甚至可以免水煮食，減少味道及天然色澤隨水流失。由於傳熱效力高，皇后煲可以支持架疊煮食，一個爐頭同時做出多款美食，大大節省時間、空間及能源。

2 iCook™不粘鍋可以使用安利皇后牌不銹鋼鍋具系列的Vitalok™烹飪方法嗎？

iCook™不粘鍋主要用於煎煮食品。在大多數情況下，煎煮食物時需要排出水氣，因此它的玻璃蓋無法達到Vitalok™免水煮食法所要求的鎖水效果。

3 iCook™不粘鍋為什麼採用3層鍋底？

iCook™不粘鍋是由厚重的鋁合金主體構成，再以兩塊優質430不銹鋼板上下包夾鍋底熔合在一起。這種結構加熱均勻，適用於電磁爐，穩固且不易變形。

4 iCook™不粘鍋使用前需要進行預熱嗎？

由於iCook™不粘鍋的鍋體是鋁合金制的，所以不需要進行預熱。鋁會幫助不粘鍋迅速均勻地傳熱。如果要預熱，請使用中細火預熱。如使用煤氣爐，請調至中火，中火是指火焰剛好接觸鍋底的火候。如果火焰溢出鍋底，請將火力調小。把鍋加熱幾分鐘，在鍋裡加幾滴水，如水結成珠狀並發出嘶嘶聲，則表示鍋裡的溫度達到適合煎煮肉類的溫度。

5 使用時塗層出現刮痕，是否會影響使用？

輕微刮痕不影響不粘性能，請放心使用。請使用矽膠、木製或耐熱塑膠鍋鏟，以保持不粘鍋內部的外觀和性能。

6 iCook™不粘鍋需要定期保養嗎？

保養是指在廚具中加入油來填滿鍋表面的微孔。某些廚具如鐵鍋和舊式不粘鍋，我們建議定期保養。iCook™不粘鍋不需要保養。隨著塗層的老化，特別是當它的溫度高於建議溫度時，我們可以在烹調時加入少量的油，以提高其性能。

7 使用iCook™不粘鍋煮食時，需要使用什麼特殊的器具嗎？

請使用矽膠、木製或耐熱塑膠鍋鏟，以保持不粘鍋內部的外觀和性能。請勿使用金屬鍋鏟或其他帶有銳利邊緣的器具翻炒食物。

8 使用iCook™不粘鍋煮食時，可以用大火嗎？

iCook™不粘鍋適合使用中火至細火。大火會導致食物燒焦或燒著，使鍋變色，且損壞內外塗層。

9 iCook™不粘鍋是否可用於烹調帶骨或帶硬殼的食物？

烹調帶尖銳利角或堅硬外殼的食物可能會刮花不粘塗層，因此不建議使用iCook™不粘鍋翻炒如螃蟹、貝殼、肉骨類等食物。



iCook™ Non-Stick Frypan FAQ and Usage Tips

- 1** What is the difference between iCook™ Non-Stick Frypan and Amway Queen™ Cookware?



iCook™ Non-Stick Frypan has excellent non-stick performance and abrasion resistance. The seven-layer structure and three-layer coating provide long-lasting non-stick performance and are easy to clean. The plasma titanium melt blown layer enhances the hardness of the material, making the coating more wear-resistant and scratch-resistant. The three-layer bottom is not easily deformed, and the heat conduction is more even. It is suitable for cooking with medium and low heat and suitable for all common stoves. Compared with traditional cookware, iCook™ Non-Stick Frypan is more suitable for cooking with less oil, reducing oil consumption to achieve healthy eating.

Amway Queen™ Cookware is made of the finest 18:8 stainless steel that is durable, promotes fast heat distribution and keeps warm for longer time. The design helps maintain a constant temperature even on a low or medium heat, thus reserving the nutrients in food. It is suitable for all common stoves. The special Vitalok™ prevents moisture from seeping out. You can just add a little amount of water, or even waterless, when cooking, locking in flavors and colors. Due to the high heat transfer efficiency, Amway Queen™ Cookware can be used at the same time with a rack, cooking multiple dishes on one stove at once, which greatly saves time, space and energy.

- 2** Can iCook™ Non-Stick Frypan adopt the cooking method of Vitalok™?

iCook™ Non-Stick Frypan is mainly for pan frying food. Under most circumstances, it is necessary to release moisture when pan frying food. Therefore, the glass lid of iCook™ Non-Stick Frypan cannot provide the water-locking effect of Vitalok™ waterless cooking.

- 3** What is the three-layer bottom of iCook™ Non-Stick Frypan for?

The bottom of iCook™ Non-Stick Frypan is composed of heavy aluminium alloy and sandwiched by two high-quality 430 stainless steel plates. This structure conducts heat evenly and is suitable for induction cookers. It is stable and not easily deformed.

- 4** Do we need to preheat the iCook™ Non-Stick Frypan before use?

Since the body of the iCook™ Non-Stick Frypan is made of aluminum alloy, preheating is not required. The aluminum will help the non-stick pan transfer heat quickly and evenly. If you want to preheat the pan, use a medium-low heat. If you use a gas stove, please adjust to medium heat, which means the flame just touches the bottom of the pan. If the flame overflows the bottom of the pan, turn down the heat. Heat the pan for a few minutes and add a few drops of water to the pan, if the water beads up and sizzles, it means the pan is hot enough to cook meats.

- 5** Will the scratches on coating affect the use of the pan?

Slight scratches will not affect the non-stick performance and it is safe to use. Use silicone, wooden or heat-resistant plastic spatulas to maintain the appearance and performance of the interior of the pan.

- 6** Does iCook™ Non-Stick Frypan require maintenance?

Maintenance means adding oil to the cookware to fill the tiny holes on the surface. Certain cookware such as cast-iron pans and old-fashioned non-stick pans, we recommend regular maintenance. iCook™ Non-Stick Frypan does not require maintenance. As the coating ages, especially when using higher heat than recommended, we can add a small amount of oil while cooking to improve its performance.

- 7** Do I need to use any special utensils when using iCook™ Non-Stick Frypan?

Please use silicone, wooden or heat-resistant plastic spatulas to maintain the appearance and performance of the interior of the pan. Do not use metal spatulas or other utensils with sharp edges to stir fry food.

- 8** Can I use high heat when using iCook™ Non-Stick Frypan?

iCook™ Non-Stick Frypan is suitable for use on medium to low heat. High heat can cause food to scorch or burn, discolor the pan, and damage the interior and exterior coatings.

- 9** Can I use iCook™ Non-Stick Frypan to fry foods with bones or hard shells?

Frying foods with sharp edges or hard shells may scratch the surface of the pan, therefore it is not recommended to use the pan for frying foods like crabs, shells and bones.