

All-Clad 7-Qt. Electric Nonstick Skillet

TIPS & TRICKS

STIR FRYING



DO'S

Prepare all your ingredients before you start cooking

Cut evenly sized pieces to ensure your food cooks evenly

For crispier results, you can first blanch some vegetables with low water content such as broccoli, cauliflower or carrots

Avoid overcrowding your skillet to ensure perfect cooking results

Discard any extra liquid and reheat the pan between each batch of food

Use canola, vegetable or peanut oil

Cook **Vegetables on Sear** and **Meat at 450°F**

DONT'S

Use tough meat (beef shanks, chucks or rumps for example)

Stir fry flaky fish, such as tilapia or flounder, they are too soft and risk falling apart

Use sesame oil for cooking. If you like this flavor, we recommend you to only stir in a little at the end of cooking

SHALLOW FRYING



DO'S

Preheat oil before you start cooking

The oil should cover the food only half way maximum for shallow frying

Let food cook all the way on one side before flipping to the other

This setting is best used for light frying of chicken cutlets, fish, vegetables or fritters

Use canola, vegetable, peanut or sunflower oil

Cook at **300 - 350°F**

DONT'S

Add ingredients to the skillet too soon. If the oil is not hot enough, the food will soak it up and your food will not be crisp

Empty oil from the skillet while it is still hot

Deep fry, we do not recommend deep frying in your electric skillet

PAN FRYING



DO'S

Use a medium setting – between **350°F to 400°F** – to preheat the pan

Cook **Meat at 450°F**

Once cooking is done, you can reduce the temperature to 300°F to avoid burning your food

DONT'S

Cook your ingredients right out of the fridge, especially meat. Let them rest for about 15 minutes before cooking for the best results

SAUTÉING



DO'S

Sauté your ingredients at the beginning when starting a recipe for extra flavor (vegetables, onion, garlic, herbs etc.)

Sauté tender meats in a light sauce with vegetables cooking quickly

Cook at **350 - 400°F**

DONT'S

Sauté tough meats or vegetables