GreenPan CW0002858

GreenPan Lima Hard Anodized 8-inch Frying Pan Skillet User Manual

Model: CW0002858

Introduction

The GreenPan Lima Hard Anodized 8-inch Frying Pan Skillet is designed for efficient and healthy cooking. Featuring GreenPan's Thermolon ceramic nonstick coating, this pan offers a superior cooking surface free from PFAS, PFOA, lead, and cadmium. Its durable hard anodized aluminum construction ensures scratch resistance and even heat distribution, making it a versatile addition to any kitchen.

Key features include:

- **Healthy Ceramic Nonstick:** Toxin-free cooking with Thermolon coating.
- **Durable Construction:** Hard anodized aluminum body for scratch resistance.
- **Oven & Broiler Safe:** Withstands temperatures up to 600°F.
- **Ergonomic Handle:** Contoured stainless steel handle for comfortable grip.
- **Easy to Clean:** Designed for effortless hand washing.



This image shows the GreenPan Lima 8-inch frying pan from a top-down perspective, highlighting its gray ceramic nonstick interior and stainless steel handle.

Setup

Before first use, remove all packaging and labels. Wash the pan thoroughly with warm, soapy water and a soft sponge. Rinse and dry completely. Your GreenPan skillet is ready for use without any special seasoning.

Stovetop Compatibility

This pan is suitable for all cooktops except induction. Ensure the pan is centered on the burner for optimal heat distribution. The flat base provides stability during cooking.



A front view of the GreenPan Lima 8-inch frying pan, showcasing its sleek design and the sturdy stainless steel handle.

Operating Instructions

Cooking Guidelines

Always preheat your pan on low to medium heat for a few minutes before adding food. While the ceramic nonstick coating allows for cooking with minimal oil, a small amount of cooking oil or butter is recommended for best results and flavor. Avoid using aerosol cooking sprays as they can leave a residue that may affect the nonstick performance over time.

The pan heats up fast and evenly, making it ideal for eggs, omelets, sautéed vegetables, and searing. The Thermolon coating ensures nothing sticks, providing effortless food release.

Oven and Broiler Use

The GreenPan Lima skillet is oven and broiler safe up to 600°F (315°C). This allows for versatile cooking methods, such as starting dishes on the stovetop and finishing them in the oven. The stainless steel handle is designed to stay cool on the stovetop but will become hot in the oven, so always use oven mitts when handling.



The GreenPan Lima 8-inch frying pan on a stovetop, with a perfectly cooked fried egg sliding effortlessly from its ceramic nonstick surface, demonstrating its superior nonstick properties.

Maintenance and Care

Cleaning

Hand washing is recommended to preserve the pan's premium nonstick properties and extend its lifespan. Allow the pan to cool completely before washing. Use warm, soapy water and a soft sponge or cloth. For stubborn food residue, soak the pan in warm water for a few minutes before cleaning. Avoid abrasive cleaners, steel wool, or harsh scrubbing pads, as these can damage the nonstick surface.

Storage

When storing, place a pan protector or a soft cloth between pans if stacking to prevent scratching the nonstick surface.

Utensil Use

While the pan is designed to be durable, using silicone, wooden, or nylon utensils is recommended to prolong the life of the nonstick coating. Metal utensils can be used with care, but sharp or pointed metal utensils should be avoided.



A person gently hand washing the GreenPan Lima 8-inch frying pan in a sink, illustrating the ease of cleaning its nonstick surface.

Troubleshooting

Food Sticking

- **Issue:** Food begins to stick after some use.
- **Solution:** Ensure you are using a small amount of oil or butter. Excessive heat or prolonged heating of an empty pan can degrade the nonstick surface. Always cook on low to medium heat. Avoid using high smoke point oils like extra virgin olive oil at high temperatures, as they can carbonize and leave residue.
- **Solution:** For minor residue buildup, a gentle cleaning with a non-abrasive cleanser like Bar Keeper's Friend (as suggested by some users) can help restore the surface, but always test on an inconspicuous area first and rinse thoroughly.

Exterior Discoloration

- **Issue:** The exterior of the pan becomes discolored or difficult to clean.
- **Solution:** This can occur from spills or high heat. Clean the exterior with a non-abrasive cleaner. Due to the hard anodized finish, some staining may be permanent but will not affect cooking performance.

Specifications

Brand	GreenPan
Model Name	Lima
Item Model Number	CW0002858
Material	Ceramic Nonstick PFAS-Free, Hard Anodized, Stainless Steel Handles
Color	Gray
Diameter	8 Inches
Capacity	1 Liters
Item Weight	1.21 Pounds
Maximum Temperature	600 Degrees Fahrenheit
Is Oven Safe	Yes
Is Dishwasher Safe	No (Hand Wash Only)
Compatible Devices	Gas, Electric Stovetop (Not Induction)
Nonstick Coating	Yes (Thermolon Ceramic, PFAS-Free, PFOA-Free, Lead-Free, Cadmium-Free)
Included Components	8" Frying Pan Skillet
UPC	885837002386

Warranty and Support

The GreenPan Lima Hard Anodized 8-inch Frying Pan Skillet comes with a limited lifetime warranty. For specific warranty details, claims, or product support, please refer to the official GreenPan website or contact GreenPan customer service directly.

You can also find the official User Manual (PDF)here.

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