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› Starfrit The Rock 28 cm (11") Non-Stick Fry Pan User Manual

Starfrit 030936-006-0000

Starfrit The Rock 28 cm (11") Non-Stick Fry Pan User Manual

Model: 030936-006-0000 | Brand: Starfrit

1. PRODUCT OVERVIEW

The Starfrit The Rock 28 cm (11") Non-Stick Fry Pan is engineered for superior cooking performance and durability. Featuring innovative Rock.Tec technology, its surface is treated with small metal pellet impacts to create an ultra-durable, rock-like finish, offering exceptional non-stick properties. Crafted from extra-thick forged aluminum, this pan ensures optimal heat distribution and is designed to resist warping. It is PFOA-free, oven-safe, and compatible with various stovetops.



Image: The Starfrit The Rock 28 cm (11 inch) Non-Stick Fry Pan, showcasing its dark gray, speckled non-stick interior and black handle.

2. BEFORE FIRST USE (SETUP)

1. **Unpack:** Carefully remove all packaging materials and labels from the pan.
2. **Wash:** Wash the pan thoroughly with warm, soapy water and a soft sponge. Rinse completely and dry with a soft cloth.
3. **Conditioning (Optional but Recommended):** For optimal non-stick performance, lightly coat the interior surface of the pan with a small amount of cooking oil (e.g., vegetable oil). Heat the pan over medium heat for 30 seconds, then remove from heat and wipe off any excess oil with a paper towel. This helps to prepare the non-stick surface.

3. USAGE INSTRUCTIONS (OPERATING)

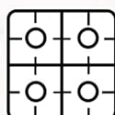
3.1 Stovetop Compatibility

This fry pan is compatible with the following stovetop types:

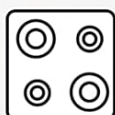
- Gas
- Electric Coil
- Ceramic
- Halogen



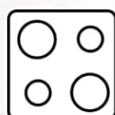
OVEN SAFE (UP TO 350 °F - 176 °C)
VA AU FOUR (JUSQU'À 176 °C - 350 °F)



GAS
GAZ



ELECTRIC
ÉLECTRIQUE



CERAMIC
CÉRAMIQUE



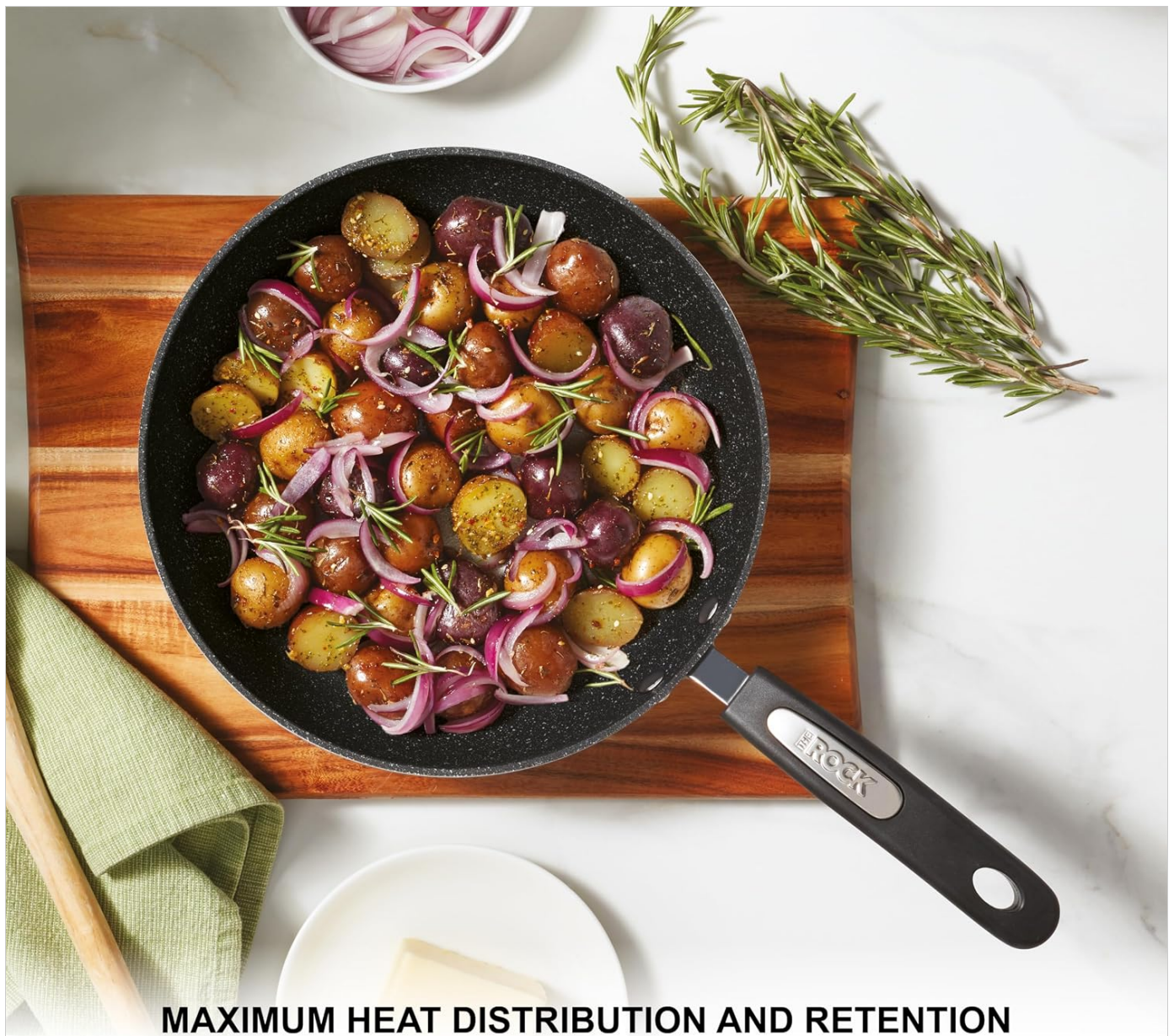
HALOGEN
HALOGÈNE

THE ROCK CLASSIC

Image: The Starfrit The Rock Fry Pan containing cooked food, placed inside an oven, with icons illustrating compatibility with gas, electric, ceramic, and halogen stovetops.

3.2 Cooking Guidelines

- **Heat Settings:** Use medium to medium-high heat for most cooking tasks. The pan's forged aluminum base provides excellent heat distribution, making high heat rarely necessary and potentially damaging to the non-stick coating over time.
- **Utensils:** To preserve the non-stick surface, use only heat-resistant plastic, silicone, or wooden utensils. Avoid metal utensils, as they can scratch and damage the coating.
- **Oven Safe:** The pan is oven safe up to 350°F (176°C). This allows for versatile cooking, including finishing dishes in the oven.
- **Oil/Butter:** While the pan offers superior non-stick performance, a small amount of oil or butter can enhance flavor and browning.



MAXIMUM HEAT DISTRIBUTION AND RETENTION DISTRIBUTION ET RÉTENTION MAXIMALES DE LA CHALEUR

THE ROCK CLASSIC

Image: An overhead view of the Starfrit The Rock Fry Pan filled with roasted potatoes, red onions, and rosemary, illustrating maximum heat distribution and retention.

4. CARE AND MAINTENANCE

4.1 Cleaning

- **Cool Down:** Always allow the pan to cool completely before washing. Sudden temperature changes can cause warping or damage to the non-stick coating.
- **Dishwasher Safe:** The pan is dishwasher safe for convenient cleaning.
- **Hand Washing:** For best results and to prolong the life of the non-stick coating, hand washing with warm, soapy water and a soft sponge is recommended. Avoid abrasive cleaners, scouring pads, or steel wool, as these can damage the surface.
- **Stubborn Food:** If food residue is difficult to remove, soak the pan in warm, soapy water for a few minutes before cleaning.



DISHWASHER SAFE VA AU LAVE-VAISSELLE

THE ROCK CLASSIC

Image: The Starfrit The Rock Fry Pan placed in the lower rack of a dishwasher, indicating its dishwasher-safe feature.

4.2 Storage

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



**RESISTS SCRATCHES AND ABRASION
EASY TO CLEAN
RÉSISTE AUX ÉGRATIGNURES ET À L'ABRASION
FACILE À LAVER**

THE ROCK CLASSIC

Image: A diagram illustrating the Rock.Tec surface enhancement technology, showing small metal pellets impacting the pan surface to create a durable, scratch-resistant, and easy-to-clean finish.

5. TROUBLESHOOTING

- **Food Sticking:** If food begins to stick, ensure you are using appropriate heat settings (avoiding excessively high heat) and a small amount of cooking oil. Over time, non-stick coatings can degrade; proper care, including hand washing and using non-metal utensils, helps prolong its life.
- **Pan Warping:** The Starfrit The Rock pan is designed with an extra-thick forged aluminum base to prevent warping. If warping occurs, it may be due to extreme thermal shock (e.g., placing a hot pan under cold water) or a manufacturing defect. Avoid sudden temperature changes.
- **Scratches:** While the Rock.Tec surface is scratch-resistant, it is not scratch-proof. Always use non-metal utensils to prevent damage. Minor surface abrasions typically do not affect cooking performance.

6. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Starfrit
Model Name	The Rock 28 cm (11") Non-Stick Fry Pan
Item Model Number	030936-006-0000
Material	Aluminum
Special Feature	Oven Safe, Scratch Resistant, Non-Stick
Color	Dark Gray
Capacity	3 Quarts
Diameter	11 Inches (28 cm)
Compatible Devices	Electric Coil, Gas, Smooth Surface Non Induction
Product Care Instructions	Dishwasher Safe, Oven Safe
Handle Material	Plastic (Bakelite)
Item Weight	16 ounces (1 pound)
UPC	069858309369



Image: A diagram illustrating the product dimensions of The Rock Classic fry pan, showing an 11-inch (28 cm) diameter and a total length of 18.5 inches (47 cm) including the handle, with a depth of 2.3 inches (6 cm).

7. WARRANTY INFORMATION

This Starfrit The Rock Fry Pan comes with a **3-year warranty**. This warranty covers manufacturing defects and ensures peace of mind regarding the product's quality and durability. For specific terms and conditions, please refer to the warranty documentation included with your purchase or contact Starfrit customer support.

8. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your Starfrit The Rock Fry Pan, please visit the official Starfrit website or contact their customer service department. Contact information can typically be found on the product packaging or the brand's official website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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