

GreenPan CC001009-001

GreenPan Woodby 20cm Ceramic Non-Stick Frying Pan Instruction Manual

Brand: GreenPan | Model: CC001009-001

1. INTRODUCTION

Welcome to the GreenPan Woodby Frying Pan instruction manual. This manual provides essential information for the safe and effective use of your new 20cm (7.9 inch) ceramic non-stick frying pan. GreenPan, a pioneer from Belgium, introduced the world's first cookware with a non-stick coating free from fluorine resin. The Woodby series combines a single-tone body with a phenolic resin handle featuring a warm wood-like print, designed for both aesthetics and functionality.

Key Features:

- **Size:** Total Length 14.4 x Width 8.1 x Height 2.6 x Depth 1.7 inches (36.3 x 20.7 x 6.5 x 4.3 cm)
- **Materials:** Aluminum alloy body, phenolic resin handle, ceramic coating (inner and exterior).
- **Weight:** 590 g (1.3 lbs).
- **Non-Stick Coating:** Fluorine-free ceramic for healthy cooking.
- **IH Compatible:** Features Magneto processing for high efficiency on induction cooktops.
- **Easy Cleaning:** No rivets inside the pan for seamless cleaning.
- **Heat-Resistant Handle:** Phenolic resin handle remains cool during cooking.

2. SAFETY INFORMATION

Please read and understand all safety instructions before using your GreenPan frying pan.

- **Non-Toxic Coating:** The ceramic non-stick coating is free from harmful substances like PFOA, PFAS, lead, and cadmium.
- **Maximum Temperature:** The pan can withstand temperatures up to 400 degrees Celsius (752 degrees Fahrenheit). However, avoid extreme high heat for prolonged periods to preserve the non-stick properties.
- **Oven Safety:** This pan is **not** oven safe due to the phenolic resin handle.
- **Handle Safety:** While the handle is designed to stay cool, always use caution and consider using oven mitts, especially during extended cooking or when handling a hot pan.
- **Children:** Keep the pan out of reach of children, especially when hot.

- **Ventilation:** Ensure adequate ventilation when cooking, especially at higher temperatures.

3. SETUP

Before First Use:

1. Remove all packaging materials and labels from the pan.
2. Wash the pan thoroughly with warm soapy water and a soft sponge.
3. Rinse and dry completely.
4. Lightly coat the entire non-stick surface with a small amount of cooking oil (e.g., vegetable oil, canola oil). Wipe off any excess. This step helps to condition the non-stick surface.

4. OPERATING INSTRUCTIONS

Heat Source Compatibility:

Your GreenPan Woodby frying pan is designed for use on all stovetops, including gas, electric, ceramic, and induction cooktops. The Magneto induction technology ensures efficient heat distribution.

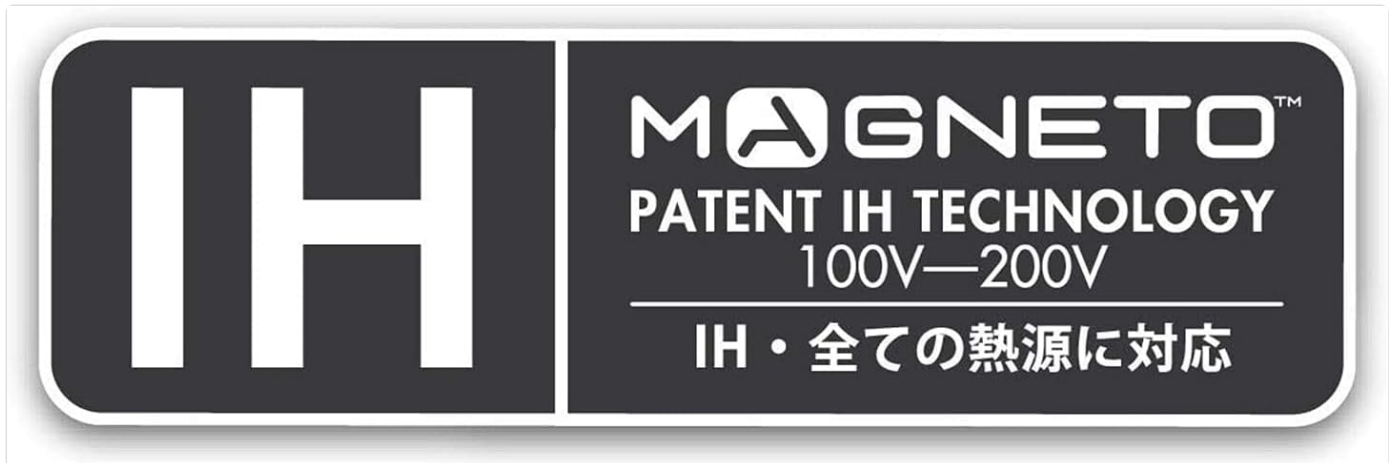


Image: IH Magneto logo, confirming compatibility with 100V-200V induction cooktops and all heat sources.

Cooking Guidelines:

- **Use Medium to Low Heat:** The ceramic non-stick coating is highly efficient. Most cooking can be done on medium or low heat settings. High heat should only be used for searing for short periods.
- **Oil/Butter Usage:** While the pan is non-stick, a small amount of cooking oil or butter is recommended for flavor and to enhance browning. Avoid using aerosol cooking sprays as they can leave a residue that may affect the non-stick performance over time.
- **Utensils:** Use heat-resistant silicone, wooden, or plastic utensils to protect the non-stick surface. Metal utensils can scratch the coating.
- **Preheating:** Preheat the pan for a short time (about 30-60 seconds) on low to medium heat before adding food.



食材やソースの色味の変化が 分かりやすいホワイトカラー

Image: The GreenPan Woodby Frying Pan in use, cooking salmon and vegetables. The white ceramic interior provides a clear view of food color changes.



Image: An overhead shot of the GreenPan Woodby Frying Pan containing a cooked dish, with fresh ingredients arranged around it.

5. MAINTENANCE AND CARE

Cleaning:

- **Hand Wash Only:** This pan is **not** dishwasher safe. Hand washing is recommended to preserve the non-stick coating and the handle's finish.
- **Cool Down:** Always allow the pan to cool completely before washing to prevent warping and thermal shock to the coating.
- **Soft Sponge:** Use warm soapy water and a soft sponge or cloth. Avoid abrasive cleaners, steel wool, or scouring pads, as these can damage the non-stick surface.
- **Stubborn Residue:** For stubborn food residue, soak the pan in warm soapy water for a few minutes before cleaning.
- **Rivet-Free Interior:** The rivet-free interior design makes cleaning easier and prevents food buildup.



ハンドルは樹脂製のため熱くなりにくい

Image: A close-up of the GreenPan Woodby Frying Pan's handle, showcasing its phenolic resin material with a wood-like print.

Storage:

Store the pan in a dry place. If stacking with other cookware, place a soft cloth or pan protector between the pans to prevent scratches to the non-stick surface.

6. TROUBLESHOOTING

Issue	Possible Cause	Solution
Food sticking to the pan.	Too high heat, insufficient oil, or residue buildup.	Use medium to low heat. Ensure a small amount of oil is used. Clean the pan thoroughly to remove any residue. Re-condition the pan with oil if needed.
Pan scorching or burning food.	Heat setting is too high.	Reduce heat. Ceramic non-stick pans heat efficiently; high heat is rarely necessary.

Issue	Possible Cause	Solution
Discoloration of the non-stick surface.	Overheating or residue buildup.	Avoid prolonged high heat. Clean the pan regularly and thoroughly. Discoloration does not typically affect performance.
Pan warping.	Sudden temperature changes (thermal shock).	Always allow the pan to cool completely before washing or exposing to cold water.

7. SPECIFICATIONS

Feature	Detail
Brand	GreenPan
Model Name	CC001009-001
Material	Aluminum alloy body, Ceramic coating
Handle Material	Phenolic Resin (Wood-effect)
Color	White (wht)
Diameter	20 cm (7.9 inches)
Item Weight	590 Grams (1.3 pounds)
Capacity	Approx. 1 Kilogram (weight capacity)
Non-Stick Coating	Yes, Ceramic (Fluorine-Free)
Heat Source Compatibility	IH Compatible (Induction, Gas, Electric, Ceramic)
Maximum Temperature	400 Degrees Celsius
Oven Safe	No
Dishwasher Safe	No (Hand Wash Only)
Included Components	Main unit (Frying Pan)
Specific Uses	Sauté, fry, griddle, common cooking applications



Image: The GreenPan Woodby 20cm Frying Pan, showcasing its design and ceramic non-stick interior.



Image: The base of the GreenPan Frying Pan, featuring the 'Original GreenPan with Magneto Induction Technology' branding.

8. WARRANTY AND SUPPORT

For warranty information, product support, or any inquiries not covered in this manual, please refer to the official GreenPan website or contact GreenPan customer service directly. Contact details can typically be found on the product packaging or the brand's official online presence.

