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> [NutriChef 3pc Cast Iron Skillets - Pre-Seasoned Cookware with Silicone Handles \(Model NCCIPS3P49\) Instruction Manual](#)

## NutriChef NCCIPS3P49

# NutriChef 3pc Cast Iron Skillets Instruction Manual

Model: NCCIPS3P49

## INTRODUCTION

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Thank you for choosing the NutriChef 3-Piece Cast Iron Skillet Set. This manual provides essential information for the proper setup, operation, and maintenance of your new cookware. Designed for durability and even heat distribution, these pre-seasoned skillets are suitable for a variety of cooking methods and cooktops.

## PRODUCT FEATURES

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- **Non-Stick Coating:** Features a non-stick coated layer surface for effortless food release, reducing the need for butter or oil.
- **Pre-Seasoned:** Comes pre-seasoned to prevent rusting and enhance non-stick properties, ready for immediate use.
- **Heat Safe up to 500°F:** Designed to withstand high temperatures, making them suitable for oven use. Includes 3 removable cool-touch silicone handles for safe handling.
- **Side Drip Spout:** Integrated side drip lips facilitate easy pouring of excess oil and fat.
- **Even Heat Distribution:** Heavy-duty cast iron construction ensures effective distribution and retention of heat for consistent cooking results.
- **Induction Ready:** Compatible with all heating methods, including gas, electric, ceramic, and induction stovetops.
- **Stain-Resistant & Easy-to-Clean:** Durable design for easy maintenance.

## PACKAGE CONTENTS

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- 8-inch Cast Iron Skillet
- 10-inch Cast Iron Skillet
- 12-inch Cast Iron Skillet
- (3) Silicone Handles Cover



Image: The complete NutriChef 3-piece cast iron skillet set, including the three skillets and their corresponding removable silicone handles.

## SETUP

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Your NutriChef cast iron skillets come pre-seasoned and are ready for use after a quick initial cleaning. Follow these steps before first use:

1. **Wash:** Hand wash the skillet with warm water and a mild soap. Avoid harsh detergents or abrasive scrubbers, as these can strip the seasoning.
2. **Dry Thoroughly:** Immediately dry the skillet completely with a lint-free cloth or paper towel. Residual moisture can lead to rust.
3. **Light Re-seasoning (Optional but Recommended):** For optimal performance and longevity, apply a very thin layer of cooking oil (such as vegetable oil, flaxseed oil, or grapeseed oil) to the entire surface of the skillet, inside and out. Wipe off any excess oil.
4. **Heat Treatment:** Place the oiled skillet upside down in a preheated oven at 375°F (190°C) for one hour. Place aluminum foil on the rack below to catch any drips. Allow the skillet to cool completely in the oven. This step helps

to reinforce the seasoning.

Your browser does not support the video tag.

*Video: This official NutriChef video provides a visual guide to the initial setup and seasoning process for your cast iron skillet, ensuring it's ready for optimal cooking.*

## OPERATING INSTRUCTIONS

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### General Cooking Tips:

- **Preheat Properly:** Always preheat your cast iron skillet gradually over medium heat for 5-10 minutes before adding food. This ensures even heat distribution and prevents sticking.
- **Use Oil/Fat:** Even though pre-seasoned, a small amount of cooking oil or fat is recommended for best non-stick results and to further build up the seasoning.
- **Temperature Control:** Cast iron retains heat exceptionally well. Often, you will need lower heat settings than with other cookware.
- **Cooktop Compatibility:** These skillets are safe for use on gas, electric, ceramic, and induction stovetops. They are also oven-safe up to 500°F (260°C).
- **Silicone Handles:** Use the included silicone handles for safe handling when the skillet is hot, especially when transferring from stovetop to oven or serving.

MAX TEMPERATURE: 500° FAHRENHEIT  
**CAN TAKE THE HEAT!**



**GAS**



**ELECTRIC**



**GLASS**



**OVEN**



**GRILL/CAMPFIRE**

*Image: A NutriChef cast iron skillet in use on a stovetop, cooking a steak. The image highlights the skillet's ability to withstand high temperatures and its compatibility with various heat sources, including gas, electric, glass, oven, and grill/campfire. The removable silicone handle is also visible.*

### **Using the Drip Spout:**

The integrated side drip lips allow for easy pouring of excess liquids, such as oil, grease, or sauces, directly from the skillet without making a mess. Simply tilt the skillet towards the spout to drain.

# EASY TO POUR OUT EXCESS OIL & GREASE

Side  
Drip Lips



Image: A close-up view of the NutriChef cast iron skillet's side drip spout, demonstrating how excess oil or grease can be easily poured out.

## CARE AND MAINTENANCE

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Proper care is crucial for maintaining the performance and longevity of your cast iron skillets.

1. **Cleaning:** Hand wash only. After each use, clean the skillet with hot water and a stiff brush or scraper. Avoid using soap if possible, as it can strip the seasoning. If food is stuck, gently scrub with a non-abrasive pad.
2. **Drying:** Immediately dry the skillet thoroughly after washing. You can place it on low heat on the stovetop for a few minutes to ensure all moisture evaporates.
3. **Re-seasoning:** After drying, apply a very thin layer of cooking oil to the entire surface of the skillet. Wipe off any excess. This helps to maintain the non-stick surface and prevent rust.
4. **Storage:** Store your cast iron skillet in a dry place. If stacking, place a paper towel between skillets to prevent scratching and absorb any residual moisture.
5. **Dishwasher Use:** **DO NOT** wash cast iron in a dishwasher. Dishwasher detergents are too harsh and will remove the seasoning, leading to rust.

## TROUBLESHOOTING

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### Food Sticking:

- **Issue:** Food sticks to the skillet.
- **Solution:** This usually indicates insufficient seasoning or improper preheating. Ensure the skillet is thoroughly preheated and has a thin layer of oil before adding food. Consider re-seasoning the skillet as described in the "Setup" section.

### Rust Spots:

- **Issue:** Rust spots appear on the skillet.
- **Solution:** Rust occurs when moisture is left on the cast iron. To remove rust, scrub the affected area with steel wool or a stiff brush until the rust is gone. Wash, dry thoroughly, and then immediately re-season the skillet.

### Uneven Heating:

- **Issue:** Food cooks unevenly.
- **Solution:** Cast iron needs time to heat evenly. Ensure you preheat the skillet gradually over medium heat for 5-10 minutes before cooking. Avoid using very high heat immediately.

## SPECIFICATIONS

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Feature	Detail
Brand	NutriChef
Model Number	NCCIPS3P49
Material	Cast Iron
Color	Black
Included Components	(3) Silicone Handles Cover, 8" Cast Iron Skillet, 10" Cast Iron Skillet, 12" Cast Iron Skillet
Maximum Temperature	500° Fahrenheit (260° Celsius)
Compatible Cooktops	Gas, Electric, Ceramic, Induction
Product Care Instructions	Hand Wash Only
Item Weight	6.85 lbs (for the 3-piece set)

# DIMENSIONS



Image: Visual representation of the three cast iron skillets included in the set, showing their respective dimensions: 8-inch, 10-inch, and 12-inch.

## WARRANTY AND SUPPORT

This NutriChef product comes with a **1-year manufacturer's warranty**. For warranty claims, technical support, or any product-related inquiries, please contact NutriChef customer service. Refer to the official NutriChef website or your purchase documentation for contact details.

