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› MasterPRO Pre-Seasoned Cast Iron Grill Press (Model MPUS16307-BLK) Instruction Manual

MasterPRO MPUS16307-BLK

MasterPRO Pre-Seasoned Cast Iron Grill Press

Model: MPUS16307-BLK

INTRODUCTION

The MasterPRO Pre-Seasoned Cast Iron Grill Press is designed to enhance your cooking experience by providing even pressure and heat distribution. This press is suitable for use with various cooking surfaces, including skillets, griddles, and grills, both indoors and outdoors. Its pre-seasoned surface offers immediate use and simplifies maintenance.

THE PERFECT PRESS

MasterPRO cast iron press is designed for use on any stove, in an oven, on a grill or even over a camp fire. Cast iron enhances the flavors of your food by creating the perfect sear. This press is perfect for creating your family favorites. MasterPRO presses are pre-seasoned with natural oil to prevent corrosion and make them ready for immediate use. With proper care, our heirloom quality presses will last a lifetime. This 9" x 5" square grill press provides excellent heating with a safe, comfortable grip. Perfect for grilling burgers and induction cooking!



Image: The MasterPRO Cast Iron Grill Press resting on a griddle, highlighting its robust construction and design for pressing food.

FEATURES

- **Pre-Seasoned Cast Iron:** Ready for immediate use, providing a natural non-stick surface.
- **Heavy Design:** Applies even pressure to food, promoting consistent cooking and helping to drain excess fats.
- **Grill Marks:** Designed to create professional-looking grill marks on your food.
- **Versatile Compatibility:** Safe for use on cooking, saute, and frying pans, skillets, griddles, BBQ grills, over fire, and in ovens.
- **Durable Construction:** Made from robust cast iron for long-lasting performance.
- **Comfortable Handle:** Features a wooden handle for a secure and comfortable grip during use.



Image: Close-up view of the cast iron material, emphasizing its durability.

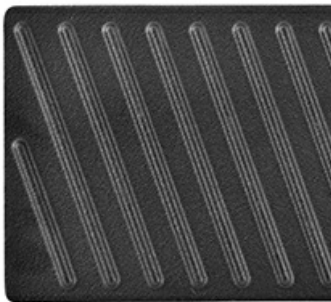


Image: A visual representation of the naturally nonstick surface provided by the pre-seasoning.



Provides excellent grill marks

Image: Detail of the grill press surface, indicating its function in creating distinct grill marks.



Image: A close-up of the wooden handle, highlighting its design for comfortable and safe handling.

SETUP AND INITIAL USE

Your MasterPRO Cast Iron Grill Press comes pre-seasoned and ready for use. However, it is recommended to perform a quick initial cleaning before its first use.

1. **Wash:** Hand wash the grill press with warm, soapy water. Use a stiff brush or scrubber if necessary.
2. **Rinse:** Rinse thoroughly with clean water.
3. **Dry:** Immediately dry the press completely with a lint-free cloth or paper towel to prevent rust.
4. **Light Oil Coat:** Apply a very thin, even layer of high-temperature cooking oil (such as vegetable, canola, or flaxseed oil) to all surfaces of the press. Wipe off any excess oil.



Pre-seasoned for instant use and easy maintenance

Image: The ribbed underside of the grill press, indicating its pre-seasoned surface.

OPERATING INSTRUCTIONS

The MasterPRO Cast Iron Grill Press is designed to apply even pressure and heat to food, resulting in faster cooking, crispier textures, and improved searing.

- **Preheat:** For best results, preheat the grill press on your cooking surface (skillet, griddle, or grill) for 5-10 minutes over medium heat. Use oven mitts or heat-resistant gloves when handling.
- **Placement:** Place the food you wish to press onto your cooking surface.
- **Apply Pressure:** Carefully place the preheated grill press on top of the food. The weight of the press will help flatten the food, ensuring even contact with the cooking surface and promoting faster, more uniform cooking.
- **Common Uses:** Ideal for pressing bacon, sandwiches, paninis, burgers, chicken, and other meats to achieve a crispy exterior and even cooking. It also helps to render fat from meats.
- **Safety:** Always use oven mitts or heat-resistant gloves when handling the hot grill press. The cast iron and handle will become very hot during use.



Heavy design to drain excess fats from food

Image: The grill press actively pressing food on a griddle, demonstrating its function.

MAINTENANCE AND RE-SEASONING

Proper care and re-seasoning are essential for maintaining your cast iron grill press and ensuring its longevity.

Cleaning After Each Use:

1. **Cool Down:** Allow the grill press to cool slightly after use, but clean it while it is still warm.
2. **Wash:** Hand wash with warm water and a small amount of mild soap. For stuck-on food, use a stiff brush or scraper. Avoid harsh detergents or abrasive pads, as these can strip the seasoning.
3. **Rinse & Dry:** Rinse thoroughly and immediately dry the press completely with a clean cloth or paper towel. Do not air dry, as this can lead to rust.
4. **Light Oil Coat:** Apply a very thin layer of cooking oil to all surfaces of the dry press. Wipe off any excess. This helps maintain the seasoning and prevents rust.

Re-seasoning Your Cast Iron:

If your cast iron grill press loses its non-stick properties, appears dull, or shows signs of rust, it may need re-seasoning. Follow these steps:

1. **Clean Thoroughly:** Scrub the press with warm, soapy water and a stiff brush or steel wool to remove any rust or old seasoning.
2. **Dry Completely:** Dry the press thoroughly with a paper towel.
3. **Apply Oil:** Coat the entire press with a very thin, even layer of high-temperature cooking oil (e.g., flaxseed, grapeseed, or vegetable oil). Wipe off any excess oil until the surface appears dry.
4. **Bake:** Place the press upside down in a preheated oven at 350°F (175°C) for one hour. Place aluminum foil on the bottom rack to catch any oil drips.
5. **Cool:** Turn off the oven and let the press cool completely inside the oven.
6. **Repeat (Optional):** For a more durable seasoning, you can repeat the oiling and baking process several times.

For a visual guide on re-seasoning, please watch the official MasterPRO video below:

Video: Official MasterPRO guide on how to re-season your cast iron cookware, demonstrating the steps for cleaning, oiling, and baking.

Storage:

Store your clean, dry, and lightly oiled grill press in a dry place. If stacking with other cast iron items, place a paper towel between them to prevent scratches and absorb any residual moisture.

TROUBLESHOOTING

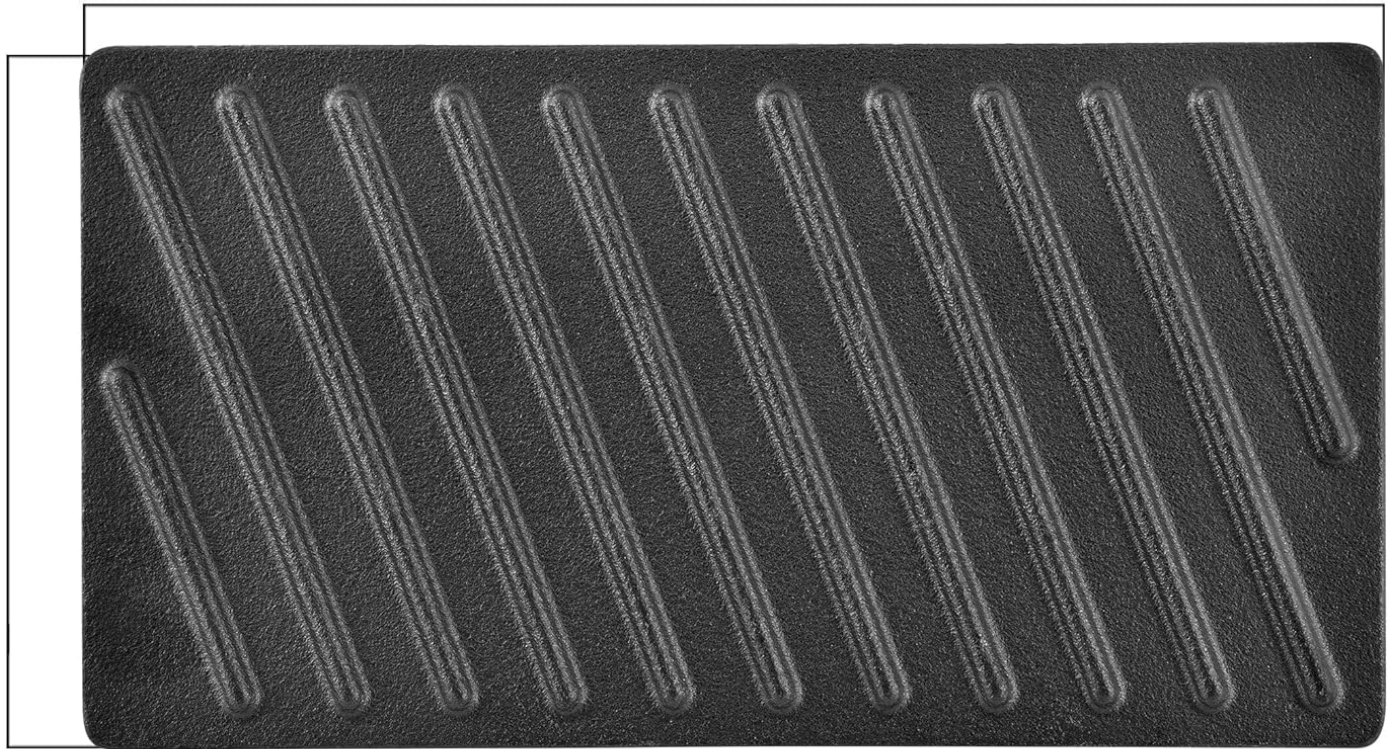
- **Food Sticking:** If food consistently sticks, the seasoning layer may be compromised. Follow the re-seasoning steps outlined above. Ensure you are using enough cooking oil or fat when cooking.
- **Rust Appears:** Rust indicates moisture exposure. Immediately clean the rust off with steel wool or a stiff brush, dry thoroughly, and re-season the press.
- **Dull or Dry Appearance:** This is a sign that the seasoning needs to be refreshed. Apply a thin layer of cooking oil and heat the press gently on the stovetop or in the oven until it smokes slightly, then let it cool.

SPECIFICATIONS



4 inch

9 inch



5 inch

Image: A diagram illustrating the length, width, and height of the grill press.

Brand	MasterPRO
Model Number	MPUS16307-BLK
Material	Cast Iron
Dimensions	9 inches (Length) x 5 inches (Width) x 4 inches (Height)
Special Features	Pre-Seasoned, Induction Stovetop Compatible, Oven Safe
GTIN / UPC	850032628402

WARRANTY AND SUPPORT

For information regarding warranty coverage or product support, please refer to the packaging or contact MasterPRO customer service directly. Contact details can typically be found on the manufacturer's official website or product packaging.

