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MasterPRO MPUS16303-BLK

MasterPRO 10-inch Pre-Seasoned Cast Iron Grill Pan Skillet

MODEL: MPUS16303-BLK

Introduction

This instruction manual provides essential information for the safe and effective use, care, and maintenance of your MasterPRO 10-inch Pre-Seasoned Cast Iron Grill Pan Skillet. Please read this manual thoroughly before first use and retain it for future reference.

The MasterPRO cast iron grill pan is designed for versatile cooking, offering excellent heat retention and durability. It comes pre-seasoned for immediate use and is suitable for various cooking surfaces and methods.

Safety Instructions

- **Heat Warning:** Cast iron gets extremely hot. Always use oven mitts or pot holders when handling the pan, including the handle, during and after cooking.
- **Surface Protection:** Always place hot cast iron on a heat-resistant surface to prevent damage to countertops or tables.
- **Oven Use:** When using in an oven, ensure the pan is placed on a stable rack. The pan is oven safe up to 550°F (287°C).
- **Children and Pets:** Keep hot cookware out of reach of children and pets.
- **Avoid Thermal Shock:** Do not expose hot cast iron to cold water immediately, as this can cause cracking or warping. Allow the pan to cool gradually.

Setup and First Use

Your MasterPRO cast iron grill pan comes pre-seasoned, meaning it has a protective layer of oil baked onto its surface, making it ready for immediate use. However, a quick initial cleaning is recommended.

1. **Rinse:** Briefly rinse the pan with warm water. Avoid harsh soaps or abrasive scrubbers during initial cleaning to preserve the pre-seasoned layer.
2. **Dry Thoroughly:** Immediately dry the pan completely with a paper towel or cloth to prevent rust.
3. **Light Oiling:** Apply a very thin layer of cooking oil (such as vegetable oil or flaxseed oil) to the entire surface of the pan, inside and out. Wipe off any excess oil.
4. Your pan is now ready for cooking.

Operating Instructions

The MasterPRO cast iron grill pan is highly versatile and can be used on various heat sources.



**Suitable for all cooktops,
including induction**

The MasterPRO cast iron grill pan is shown in use on a gas stovetop, cooking burgers. This illustrates its compatibility with various cooktop types, including induction.

- **Heat Sources:** Compatible with gas, electric coil, smooth surface induction cooktops, BBQ grills, campfires, and ovens.
- **Preheating:** Always preheat your cast iron pan gradually over medium heat for 5-10 minutes before adding food. This ensures even heat distribution and prevents sticking.
- **Cooking Oil:** Add a small amount of cooking oil or fat to the pan before adding food, even with a well-seasoned surface.
- **Temperature Control:** Cast iron retains heat exceptionally well. Often, lower heat settings are sufficient once the pan is hot.
- **Searing:** For optimal searing, ensure the pan is hot enough to create a sizzle when food is added.



Unsurpassed heat retention

This image shows the MasterPRO cast iron grill pan effectively cooking chicken and vegetable skewers, highlighting its superior heat retention capabilities for even cooking.



Oven, broiler, and BBQ safe up to 550°F

A steak and onions are being cooked in the MasterPRO cast iron grill pan within an oven, demonstrating its safety and versatility for oven, broiler, and BBQ use up to 550°F.

Maintenance and Care

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



Pre-seasoned for instant use and easy maintenance

This image displays the MasterPRO cast iron grill pan, emphasizing its pre-seasoned state for immediate use and simplified maintenance.

Cleaning

1. **Cool Down:** Allow the pan to cool completely before cleaning.
2. **Warm Water & Scraper:** Scrape off any stuck-on food with a pan scraper or stiff brush. Wash with warm water. A small amount of mild soap can be used if necessary, but avoid harsh detergents.
3. **Dry Immediately:** Dry the pan thoroughly with a cloth or paper towel immediately after washing to prevent rust. You can also place it on low heat on the stovetop for a few minutes to ensure it's completely dry.
4. **Light Oiling:** Apply a very thin layer of cooking oil to the entire surface of the pan, inside and out, after each cleaning. Wipe off any excess.

Re-seasoning

Over time, or if the seasoning layer is damaged, you may need to re-season your pan. This process restores its non-stick properties and protects it from rust.

Your browser does not support the video tag.

Video tutorial demonstrating the proper steps to re-season a MasterPRO cast iron pan, including cleaning, oiling, and baking.

1. **Clean Thoroughly:** Scrub the pan with warm, soapy water and a stiff brush or steel wool to remove

any rust or old seasoning. Rinse well.

2. **Dry Completely:** Dry the pan thoroughly. You can place it on the stovetop over low heat for a few minutes to ensure all moisture is gone.
3. **Apply Oil:** Apply a very thin, even layer of high-temperature cooking oil (e.g., flaxseed, grapeseed, or vegetable oil) to the entire pan, inside and out. Wipe off any excess oil until the pan looks dry.
4. **Bake:** Preheat your oven to 350°F (175°C). Place the pan upside down on the middle rack. Place aluminum foil on the bottom rack to catch any oil drips.
5. **Bake for One Hour:** Bake for one hour.
6. **Cool:** Turn off the oven and let the pan cool completely inside the oven.
7. **Repeat (Optional):** For a more durable seasoning, repeat the oiling and baking process 2-3 times.

Storage

Store your cast iron pan in a dry place. If stacking pans, place a paper towel between them to prevent scratches and allow air circulation, which helps prevent moisture buildup and rust.

Troubleshooting

- **Food Sticking:** This usually indicates insufficient seasoning or not enough cooking fat. Re-season the pan or use more oil when cooking. Ensure the pan is properly preheated.
- **Rust:** Rust occurs when cast iron is exposed to moisture. If rust appears, scrub it off with steel wool, wash, dry thoroughly, and immediately re-season the pan.
- **Dull/Dry Appearance:** This means the seasoning is wearing thin. Re-season the pan as described in the Maintenance section.

Specifications



A diagram illustrating the key dimensions of the MasterPRO cast iron grill pan: 18.3 inches overall length, 10.5 inches cooking surface width, and 1.9 inches depth.

Brand	MasterPRO
Model Number	MPUS16303-BLK

Material	Cast Iron
Capacity	5 Quarts
Special Feature	Pre-Seasoned, Oven Safe
Compatible Devices	Gas, Electric Coil, Smooth Surface Induction
Oven Safe Temperature	Up to 550°F (287°C)
Item Weight	7.5 Pounds
UPC	850032628372

Warranty and Support

For warranty information or product support, please refer to the manufacturer's official website or contact their customer service. Keep your purchase receipt for warranty claims.