

Nutricook OP126B

Nutricook 10.5-inch Ceramic Nonstick Pan (Model OP126B) Instruction Manual

Brand: Nutricook | Model: OP126B

INTRODUCTION

The Nutricook 10.5-inch Ceramic Nonstick Pan is a versatile 10-in-1 multi-functional cookware designed to simplify your cooking experience. It replaces an entire cookware set, allowing you to sauté, fry, steam, sear, broil, boil, strain, bake, roast, and braise. Crafted with a healthy ceramic nonstick coating free from PTFE, PFOA, and PFAS, it ensures effortless food release and easy cleanup. This pan is compatible with gas, electric, and induction stovetops, and is oven safe.

WHAT'S INCLUDED

Your Nutricook 10.5-inch Ceramic Nonstick Pan package includes the following components:

- 10.5-inch Ceramic Nonstick Pan
- Self-basting Lid
- Stainless Steel Steamer Basket
- Silicone Spatula

What's Included

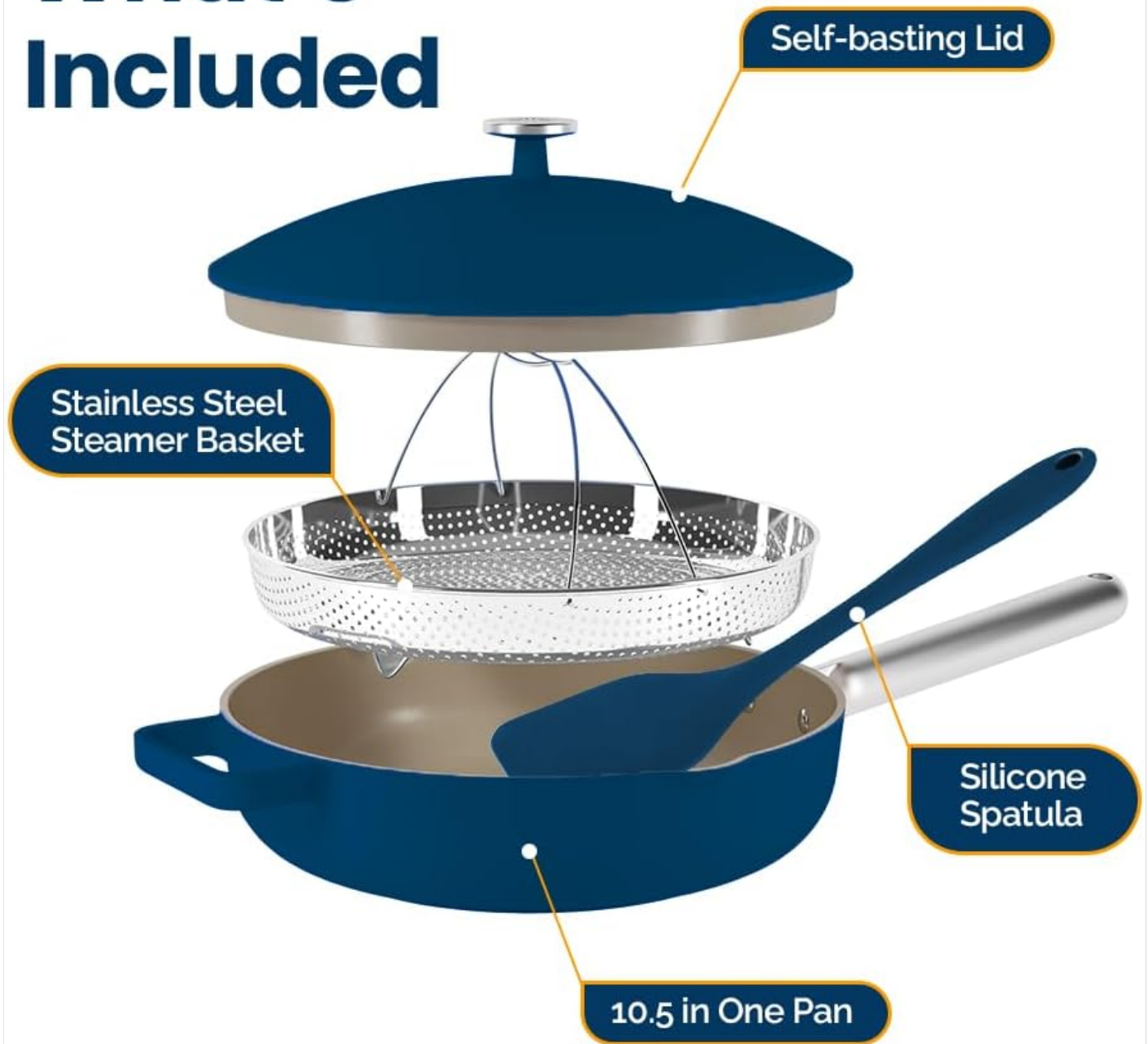


Image: An exploded view showing the Nutricook 10.5-inch Ceramic Nonstick Pan, its self-basting lid, stainless steel steamer basket, and silicone spatula.

Your browser does not support the video tag.

Video: An unboxing video demonstrating the components of the Nutricook One Pan, including the pan, lid, steamer basket, and spatula.

KEY FEATURES

10-in-1 Multi-Functional Design

This pan is engineered to perform ten different cooking functions: sautéing, frying, steaming, searing, broiling, boiling, straining, baking, roasting, and braising. Its versatile design allows for seamless transitions from stovetop to oven to table, making it a comprehensive solution for various culinary needs.



One Pan, 10 Functions

Sauté, Steam, Fry, Sear, Broil, Boil,
Strain, Bake, Roast and Braise;
Seamlessly goes from stovetop to
oven to your dining table.

Image: A visual representation of the Nutricook pan being used for multiple cooking methods, including sautéing vegetables, baking rolls, roasting a chicken, and frying fish.

Healthy Ceramic Nonstick Coating

The pan features a premium ceramic nonstick coating that is free from PTFE, PFOA, and PFAS. This ensures a non-toxic cooking surface, promoting healthier meal preparation and making cleanup effortless as food releases easily.

PTFE/PFOA Healthy Ceramic Coating & Oven Safe!



Image: The Nutricook pan on a stovetop, with its lid open, revealing steamed vegetables inside. Text highlights 'Healthy Ceramic Coating' and 'Oven Safe.'

Center Flow Technology

Designed with a concave bottom, the pan's Center Flow Technology directs liquids to the center. This design promotes consistent heat distribution and even cooking, ensuring ingredients are cooked uniformly and sauces remain smooth.

Even Cooking with Center Flow Technology



Image: The Nutricook pan on a stovetop with a small amount of cooking oil visibly pooled in the center, illustrating the Center Flow Technology for even cooking.

Self-Basting Lid

The innovative domed lid is designed to evenly redistribute steam condensation back into the pan. This process locks in nutrients and flavor, preventing food from drying out and resulting in juicy meats and tender vegetables.

Versatile Compatibility & Durability

The pan is compatible with all cooktops, including gas, electric, and induction. It is also oven safe, allowing for seamless transitions between cooking methods. Constructed from recycled die-cast aluminum, the pan is strong, lightweight, and eco-friendly.



Durable & Eco-friendly

Die casted and made from recycled aluminum;
Designed in California

Image: A fried egg being slid from the Nutricook pan onto a piece of avocado toast, emphasizing the pan's nonstick properties and durable design.

Smart Accessory Combo

The included stainless steel steamer basket and silicone spatula are designed to complement the pan. The steamer basket nests perfectly inside for steaming or straining, while the non-scratch silicone spatula helps preserve the ceramic finish during cooking and stirring.



Cook pasta with Perfect Steamer Basket

Image: The Nutricook pan on a stovetop with boiling water, and the steamer basket filled with cooked pasta being lifted out, demonstrating its use for straining.

SETUP

1. **Unpack:** Carefully remove all components (pan, lid, steamer basket, spatula) from the packaging.
2. **Inspect:** Check all items for any signs of damage. If any item is damaged, do not use it and contact customer support.
3. **Initial Cleaning:** Before first use, wash the pan, lid, steamer basket, and spatula with warm, soapy water. Rinse thoroughly and dry completely.
4. **Seasoning (Optional but Recommended):** For optimal nonstick performance, lightly coat the interior of the pan with a small amount of cooking oil (e.g., vegetable oil, canola oil) and heat on low for 1-2 minutes. Let it cool, then wipe off any excess oil.

Your browser does not support the video tag.

Video: A detailed unboxing and initial setup demonstration of the Nutricook One Pan, showing how to remove components and prepare for first use.

OPERATING INSTRUCTIONS

General Use Guidelines:

- Always use low to medium heat settings. High heat can damage the nonstick coating over time and is generally not necessary due to the pan's efficient heat distribution.
- Use the included silicone spatula or other non-abrasive utensils to protect the ceramic nonstick surface.
- Ensure the pan is properly seated on your cooktop for even heating.

Specific Cooking Functions:

1. **Sautéing & Frying:** Add a small amount of oil or butter to the pan. Heat on medium until warm, then add ingredients. The Center Flow Technology will help distribute oil evenly.
2. **Steaming:** Place the stainless steel steamer basket inside the pan. Add water to the pan, ensuring it does not touch the bottom of the steamer basket. Place desired food in the basket, cover with the self-basting lid, and heat on medium until steam is produced.
3. **Baking & Roasting:** The pan is oven safe. Prepare your dish on the stovetop if needed, then transfer the pan (without the silicone spatula) to a preheated oven. The self-basting lid can be used in the oven to retain moisture.
4. **Boiling & Straining:** Fill the pan with water and bring to a boil. For straining, use the steamer basket as a colander to lift cooked items (like pasta) out of the water.
5. **Searing & Braising:** Use medium-high heat for searing to achieve a good crust, then reduce heat or transfer to the oven for braising with the self-basting lid to lock in moisture.

CARE AND MAINTENANCE

- **Hand Wash Only:** The pan is not dishwasher safe. Hand wash with warm, soapy water and a soft sponge or cloth. Avoid abrasive cleaners or scouring pads, as these can damage the nonstick coating.
- **Cool Before Cleaning:** Always allow the pan to cool completely before washing to prevent warping and damage to the nonstick surface.
- **Stubborn Food:** For stuck-on food, fill the pan with warm water and a small amount of dish soap, let it soak for 15-20 minutes, then clean gently.
- **Storage:** Store the pan carefully to prevent scratches to the nonstick surface. If stacking, place a soft cloth or pan protector between pans.
- **Utensils:** Only use wooden, silicone, or plastic utensils to avoid scratching the nonstick coating. Metal utensils are not recommended.

TROUBLESHOOTING

- **Food Sticking:** Ensure you are using a small amount of oil or butter. Avoid excessively high heat, which can degrade the nonstick properties. Make sure the pan is clean and free of residue from previous cooking.
- **Uneven Cooking:** Verify that the pan is centered on the heat source. For induction cooktops, ensure the pan's base size is appropriate for the burner. The Center Flow Technology is designed to promote even heating.
- **Pan Warping:** This can occur from sudden temperature changes. Always allow the pan to cool down gradually before washing. Avoid placing a hot pan directly into cold water.
- **Handles Getting Hot:** While the main handle is designed for stovetop use, the auxiliary handle and the main handle can become hot during prolonged cooking or oven use. Always use oven mitts or pot holders when handling a hot pan.

SPECIFICATIONS

Feature	Detail
Brand	Nutricook
Model Name	One Pan
Item Model Number	OP126B
Material	Recycled Die-Cast Aluminum (Pan Body), Ceramic (Coating), Stainless Steel (Handle, Steamer Basket), Silicone (Spatula)
Coating Description	Ceramic Nonstick (PTFE, PFOA, PFAS Free)
Color	Blue
Capacity	2.6 Quarts
Product Dimensions	19.8 x 10.5 x 5.5 inches
Item Weight	6.93 pounds (3.15 Kilograms)
Oven Safe	Yes
Compatible Devices	Electric Coil, Gas, Smooth Surface Induction Stovetops
Dishwasher Safe	No (Hand Wash Only)
UPC	850057682038

WARRANTY AND SUPPORT

For warranty information, product registration, or technical support, please refer to the official Nutricook website or contact Nutricook customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims. For further assistance, please visit: www.nutricookworld.com

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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