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Fissler M5 Pro-Ply

Fissler M5 Pro-Ply 5-ply Stainless Steel Frying Pan, 8 Inch

User Manual

Introduction

Thank you for choosing the Fissler M5 Pro-Ply 5-ply Stainless Steel Frying Pan. This premium cookware is engineered in Germany with over 180 years of expertise, designed for durability and exceptional cooking performance. The 5-layer bonded construction ensures superior heat conductivity and even heat distribution, making it a versatile tool for your kitchen.



Image: The Fissler M5 Pro-Ply 8-inch stainless steel frying pan, showcasing its sleek design and integrated measurement markings.

Safety Instructions

- **Handle with Care:** While the ergonomic handle is designed to stay cooler, always use oven mitts or a pot holder when handling the pan, especially after prolonged use or when removing from the oven.
- **Heat Settings:** Stainless steel pans conduct heat efficiently. Start with medium heat and adjust as needed to prevent overheating and food sticking. High heat is rarely necessary for most cooking tasks.
- **Oven Safety:** This pan is oven safe up to 450°F (230°C). Do not exceed this temperature.
- **Lid Compatibility:** This pan does not include a lid. Ensure any lid used is compatible and heat-resistant.
- **Children and Pets:** Keep hot cookware out of reach of children and pets.
- **Ventilation:** Ensure adequate ventilation when cooking, especially when searing at higher temperatures.

Setup

1. **Unpacking:** Carefully remove the frying pan from its packaging. Inspect for any damage.

2. **Initial Cleaning:** Before first use, wash the pan thoroughly with warm soapy water and a soft sponge. Rinse completely and dry immediately to prevent water spots.
3. **Seasoning (Optional but Recommended for Stainless Steel):** While not strictly necessary like cast iron, a light seasoning can help with non-stick properties. Heat the clean, dry pan over medium heat for 2-3 minutes. Add a thin layer of high smoke point oil (e.g., grapeseed, avocado) and spread it evenly with a paper towel. Continue heating until the oil just begins to smoke, then remove from heat and let cool. Wipe off any excess oil.



Image: A visual guide demonstrating the four steps for optimal cooking with the Fissler pan: preheating, water test, adding oil, and cooking.

Operating Instructions

Preheating and Temperature Control

Proper preheating is crucial for successful cooking with stainless steel. The 5-ply construction ensures rapid and even heat distribution.

- Place the pan on your stovetop burner (compatible with electric coil, gas, smooth surface induction, and smooth surface non-induction).
- Heat the pan over medium heat for 2-3 minutes.
- **Water Test:** To check if the pan is ready, sprinkle a few drops of water into the pan. If the water beads up and dances across the surface, the pan is perfectly preheated. If it evaporates immediately, the pan is too hot; remove from heat, let it cool slightly, and try again. If it just sits there, it's not hot enough.
- Once properly preheated, add your cooking oil or fat. The oil should shimmer but not smoke.

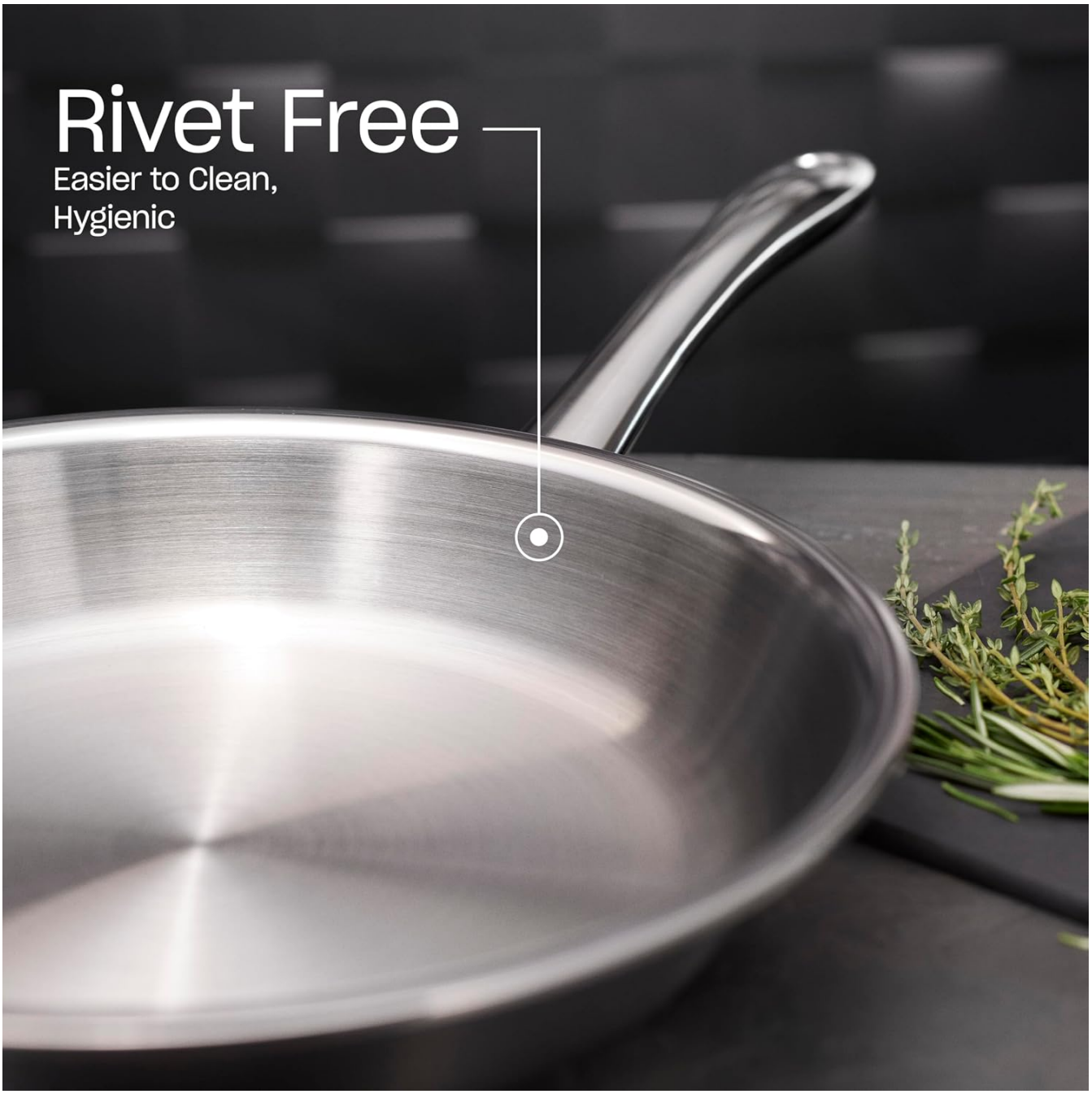

Image: The Fissler frying pan on a gas stovetop, demonstrating its use for cooking an egg, highlighting its even heat distribution.

Cooking Tips

- **Food Release:** For best results and to prevent sticking, allow food to develop a crust before attempting to move or flip it. Once a proper sear is achieved, food will naturally release from the pan.
- **Measurement Markings:** The pan features built-in measurement markings (QT and L) for convenient liquid measurement directly in the pan.
- **Pouring Rims:** Wide pouring rims are designed to reduce spills when transferring liquids.



Image: A close-up view of the Fissler pan's interior, clearly showing the integrated quart (QT) and liter (L) measurement markings for precise cooking.

Maintenance and Care

Cleaning

- **Cool Down:** Always allow the pan to cool completely before cleaning to prevent warping.
- **Dishwasher Safe:** The Fissler M5 Pro-Ply pan is dishwasher safe. The sealed rim protects against corrosion, even in the dishwasher.
- **Hand Washing:** For best results and to maintain the pan's luster, hand washing is recommended. Use warm soapy water and a soft sponge or cloth.
- **Stubborn Food:** For stuck-on food, fill the pan with warm water and a small amount of dish soap, then let it soak for 15-30 minutes before cleaning. For more stubborn residue, you can gently scrub with a nylon brush or a non-abrasive scrubber.
- **Removing Stains/Discoloration:** For heat tint or stubborn stains, a stainless steel cleaner or a paste made of baking soda and water can be used. Apply, let sit for a few minutes, then scrub gently and rinse thoroughly.

- **Rivet-Free Design:** The seamless, rivet-free interior makes cleaning easier and more hygienic, as there are no crevices for food or grease to accumulate.



Image: A detailed view of the Fissler pan's seamless, rivet-free interior, emphasizing its hygienic and easy-to-clean design.

Storage

Store the pan in a dry place. If stacking with other cookware, place a cloth or paper towel between pans to prevent scratching.

Troubleshooting

Problem	Possible Cause	Solution
Food sticks to the pan.	Pan not properly preheated; insufficient oil; food moved too early.	Ensure pan is hot enough (water test). Use enough oil. Allow food to sear and naturally release before flipping. Consider re-seasoning the pan.

Problem	Possible Cause	Solution
Discoloration or rainbow stains on pan.	Overheating; mineral deposits from water.	This is heat tint and is harmless. Clean with a stainless steel cleaner or a mixture of white vinegar and water. Avoid excessively high heat.
Handle gets too hot.	Prolonged high heat exposure; oven use.	While the handle has air-gap technology to stay cooler, it can still heat up. Always use oven mitts or a pot holder, especially when using the pan in the oven or for extended periods on the stovetop.

Specifications

- **Model:** M5 Pro-Ply
- **Material:** 5-ply Stainless Steel (18/10 stainless steel with 3-layer aluminum core)
- **Dimensions:** 16.1 x 8 x 2.4 inches (Length x Diameter x Height)
- **Weight:** 3.04 pounds
- **Capacity:** 1.1 Quarts
- **Oven Safe Temperature:** Up to 450°F (230°C)
- **Stovetop Compatibility:** Electric Coil, Gas, Smooth Surface Induction, Smooth Surface Non Induction
- **Dishwasher Safe:** Yes
- **Non-stick Coating:** No
- **UPC:** 810145961292

Warranty and Support

The Fissler M5 Pro-Ply Frying Pan comes with a **15-year warranty**, reflecting Fissler's commitment to quality and durability. For warranty claims, product support, or any inquiries, please contact Fissler America customer service. You can find more information and contact details on the official Fissler website.
Visit the official Fissler Store on Amazon for additional products and information:Fissler Store

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