

The Original
GREEN PAN™

**Healthy cooking
starts with GreenPan.**

100% Toxin-Free

USE & CARE

We love cooking in GreenPan™ because it features a 100% toxin-free, pure ceramic non-stick coating, Thermolon™ Diamond. The coating contains diamond particles and is completely free of PFAS, PFOA and persistent pollutants as well as lead and cadmium.

Cooking on ceramic non-stick may be different than what you are used to, and requires a few easy tips to keep your pan looking, cooking, and performing like new!



Easy on the heat! Ceramic non-stick coatings can take extreme temperatures, even well over 600°, and still be safe and not release any toxic gases. But ideal cooking temperatures are far lower than that to brown, caramelize, and sear without burning. Plus, GreenPan™ conducts heat extremely well because of the Thermolon™ Diamond Pro ceramic non-stick surface that's infused with diamond particles making it 4x as conductive as copper! So medium heat is generally all you need for perfect results.



Cleaning and Stacking and Storing, oh my! For regular cleaning, wash your GreenPan™ with a soft sponge and warm, soapy water. Do not stack your cookware when you store them! But, if you do, use a protective sheet in between each pan to avoid accidental damage.



Don't Burn that Oil! Most cooking, especially in skillets, starts with some kind of fat: usually oil or butter. No matter what fat you're cooking with it's important to keep it below the smoking point in any pan, but especially in GreenPan™. Why? Because when fat reaches the smoking point it carbonizes on to the ceramic surface, and impedes its non-stick quality. This can usually be corrected with a good scrub and is best prevented by keeping your oil below the smoking point. Remember, Butter & Extra Virgin Olive Oil have the lowest smoking points and Grapeseed, Safflower, and Peanut have high smoking points. Be sure to use the latter for any type of high-temp frying. And remember, NO COOKING SPRAYS under any circumstances.



Bring back the Magic! Carbonized fat or oil on your Thermolon™ Diamond ceramic non-stick pan can hinder its non-stick performance. Don't worry! The non-stick coating has not worn out or come off. Food is sticking to the carbonized layer of fat sitting above the ceramic surface and can easily be removed. A melamine sponge (such as the Mr. Clean Magic Eraser) will do the trick. Use light pressure and warm water with your melamine sponge to remove the carbonized layer of fat and your GreenPan™ will start cooking (and stop sticking) like new! Melamine sponges should only be used when carbonization occurs and not on a daily basis.