



Sizzler Pan

Essentials Guide

How to use and look after your Ooni Sizzler Pan, plus handy tips and recipes.



Say hello to Ooni Cast Iron!

Ooni's versatile Cast Iron Series takes cooking to a whole new level. Fire up a huge range of dishes such as grilled meats, baked fish and flash-fried vegetables

Cast iron has been used for centuries and it has always been a popular choice among chefs worldwide. Ooni Cast Iron's durability and ability to withstand extremely high temperatures make it your perfect cooking partner for years to come. The Ooni Cast Iron Series is affordable and ultra long-lasting, without compromising on quality.

Designed for maximum flexibility, the innovative Cast Iron Series is perfect for use with Ooni ovens, outdoor barbecues, open-fire cooking and domestic ovens and hobs, including induction.

Welcome to the world of cast iron cooking - we know that you will love it.

Thank you,
Kristian and the Ooni Team



Seasoning Cast Iron

Why should you season your cast iron?

Seasoning your cast iron will produce a bond between the oil and the surface that gives a non-stick quality. It will also protect against long term rust. We highly recommend that you clean and season your cast iron before your first use.

Before your first cook

1. Hand wash your cast iron with warm, soapy water.
2. Dry thoroughly with a paper towel or a lint free cloth.
3. Rub a thin layer of oil on to all surfaces, inside and out, using paper towels or lint free cloth. For best results use vegetable, canola or flaxseed oil. The layer of oil should be very light, and should be buffed firmly into the surface until it is almost invisible.
4. Place your cast iron upside-down in a preheated oven at 400° F (205° C) for 60 minutes. Place a piece of foil or a baking sheet / tray underneath to catch any excess oil drips. Note: It is normal to see some smoke during this step.
5. Allow your cast iron to cool in the oven before you enjoy your first cast iron creations.

Note: If your cast iron becomes dull or sticky over time, repeat the steps above. We re-season our cast iron every three months.



Check out our YouTube channel for a step-by-step video guide on how to season your cast iron.





Care and Cleaning Instructions

Caring for your cast iron is easy and worth it. Follow these steps and your cast iron will last for generations.

Clean your cast iron after every cook

1. Do not put hot cast iron straight into cold water. Cast iron can suffer thermal shock and crack.
2. Hand wash your cast iron with warm, soapy water and a sponge or stiff brush.
Note: Avoid using metal scouring pads, steel wool or a dishwasher as this may damage your cast iron seasoning and surface.
3. Dry thoroughly with paper towels or a lint free cloth.
4. Rub your cast iron with a light layer of oil on the cooking and external surfaces.
5. Store in a dry environment. Never store when wet.

Care and maintenance

The more you use your cast iron, the better it will be seasoned. If the surface looks dull after periods without use, or if you find food is sticking to it, re-season following the steps on page 2.

Ooni Sizzler Pan

The Ooni Sizzler Pan is perfect for cooking meat, seafood, vegetables and much more. Its size is ideal for use in all Ooni models, domestic ovens and hobs, outdoor barbecues and even over open flame.

The unique handle can be removed while your food cooks and the wooden serving board lets you deliver exceptional food straight to the table.

The salmon recipe below will be an instant favourite among friends and family.

Honey Garlic Salmon Fillets

Ingredients:

Glaze

- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon honey
- 1 teaspoon hot sauce
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger

Salmon

- Olive oil
- 4 salmon fillets
- 1 tablespoon olive oil
- 25g (¼ cup) thinly sliced scallions (spring onions)

Method

Glaze

1. In a small saucepan, whisk together the soy sauce and cornstarch. Add the honey, hot sauce, minced garlic and minced ginger, whisking to combine.
2. Continue to whisk over medium heat for 2-3 minutes until the sauce turns into a syrup. Remove the saucepan from heat and set aside.

Salmon

3. Preheat your Sizzler Pan and add a splash of olive oil.
4. Brush the salmon pieces with olive oil and place them in your hot Sizzler Pan. Return to your oven and grill the fillets for 4-5 minutes or until opaque.
5. Remove the Sizzler Pan and brush the salmon with the glaze. Sprinkle with scallions and serve.



The Ooni Sizzler Pan will become hot. Remember to use the removable handle and place on a heat-proof surface.



Find more cast iron recipes at [ooni.com](https://www.ooni.com)

Troubleshooting

My cast iron has a rough surface This is normal and is a result of the cast manufacturing process. Over time and through use, the surface will become smoother.

My cast iron looks rusty Cast iron is tough. If it has been exposed to moisture and is showing some rust spots, these can be removed with a repeat of the seasoning process (page 2) or by washing with household vinegar and a sponge. If the spots persist, soak the area in vinegar for up to 24 hours before scrubbing clean. Remember to re-season your pan and dry thoroughly before storing.

My cast iron is flaking Don't worry; your cast iron isn't ruined, it just needs some care. Flaking can be an indication that excess oil was used during your seasoning. Re-season your cast iron with a very light layer of oil. Remember to give your cast iron time at high temperatures and to leave it in the oven while it cools.

My cast iron is sticky after seasoning Using too much oil during seasoning will create a thicker, sticky layer. To remove this, wash and re-season with a light layer of oil as per the instructions on page 2.

Can I use my cast iron with a conventional oven? Your Ooni cast iron will work in a conventional oven and on electric, gas and induction hobs. Take care when moving on an induction hob, as sliding it across the surface may cause scratching. You can also place cast iron directly over an open flame or on a barbecue grill.

What can I cook using my cast iron? You can cook almost everything and anything in your cast iron and we've included a recipe for you to try. Avoid highly acidic foods until your cast iron is well seasoned. Visit [ooni.com](https://www.ooni.com) for recipes and inspiration.

My wooden base is showing signs of use It is perfectly normal for the base to show signs of heat exposure. Your cast iron will become extremely hot and your wooden base is there to protect other surfaces from this heat.

DOs and DON'Ts for all cast iron

- ✓ Do treat your cast iron with care. It's tough and ready for almost anything but the better you treat it, the longer it will last.
- ✓ Do clean and lightly oil your cast iron after every use.
- ✓ Do use your cast iron often. Your food deserves it.
- ✓ Do enjoy experimenting and creating amazing food with your cast iron. Remember to share photos too!
- ✗ Don't leave your cast iron to soak in water for a long time, or store it while wet.
- ✗ Don't pick up hot cast iron without using the removable handle, protective gloves or a thick, dry towel.
- ✗ Don't place hot cast iron on non-heatproof surfaces.
- ✗ Don't use steel wool or other abrasive products to clean your cast iron.

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