

RECTANGULAR IRON GRILL PAN cm.38x26



vedi prodotto online

CODICE: **0440011854002**
MARCA: **DE BUYER**



SOLUZIONI FOODSERVICE

The iron pan has been rediscovered in recent times as it does not release toxic substances during cooking and is a "must" for an optimal result of fried foods and browning in particular.

Its main feature, precisely because it is made of iron, is to favor the Maillard reaction, also called "caramelising", i.e. the change of the sugars contained in the superficial parts of the food into caramel: in practice the delicious crust that forms, for example, on ribs and chops cooked in the iron pan it is nothing but caramel with blood and meat.

The particular flavor of steaks, crepes and chips cooked in iron pans is not the consequence of a grandmother's secret trick, but it is due to this transformation process. Ideal for frying and sautéing, this type of pan is can define "multi-purpose" with good reason: you can brown and grill meat and fish, cook kebabs, sauté various types of vegetables, toast nuts such as almonds and sesame, and ... much more.

The iron pan, on the other hand, is not suitable for cooking stews, braised meats, stews and various sauces and the use of acidic ingredients such as lemon juice, vinegar and tomato must be avoided.

This metal is a heat regulator and prevents foods from undergoing sudden changes in temperature during the cooking phase: for this reason I recommend buying pans with a thick bottom so that the thermoregulation is optimal.

Furthermore, the iron adapts to any type of heating (except cooking in the microwave oven) and can be placed in the normal oven in complete tranquility, as long as the handle is not made of another incompatible material.

Furthermore, this precious ally in the kitchen is very resistant over time and its performance improves as it is used, as long as you follow the correct maintenance of the iron pot: in fact it should not be washed after use, it needs a first "burnishing" when new and periodic and simple treatments to avoid the formation of rust and various molds and to facilitate the non-stick function.

CHARACTERISTICS:

Thickness: mm. 2.5

Handle: Steel