

# Plancha

## Clean & Season Guide

### **Initial Cleaning (Before First Use)**

Wash the plancha plate with warm, soapy water and a sponge or brush to remove any manufacturing oils or residues.

Rinse thoroughly and dry immediately with a clean towel to prevent rust.

### **After Each Use**

While the plate is still warm (but not too hot), use a scraper or spatula to remove any food debris or residue.

Pour a small amount of water onto the plate and use a grill brush or paper towels to wipe away grease and grime.

For stubborn bits, add kosher salt and scrub gently with a paper towel.

Wipe dry immediately to prevent rust formation.

### **Seasoning the Plancha Plate**

Proper seasoning creates a non-stick surface and protects the steel from rust.

#### **1. Heat the Plate**

Place the plancha plate on the BBQ and heat it up until it changes color slightly (around 200-250°C / 400-480°F).

#### **2. Apply Oil**

Use a high-smoke-point oil like flaxseed, canola, vegetable, or grapeseed oil.

Pour a small amount onto the plate and spread evenly with a paper towel or cloth.

Ensure a thin, even coating without excess pooling.

#### **3. Bake the Seasoning Layer**

Allow the oil to heat until it begins to smoke and darken (this helps form a protective layer).

Let the plate continue to heat for about 15-20 minutes.

Once the oil has polymerized, turn off the heat and allow the plate to cool.

#### **4. Repeat for Optimal Coating**

For best results, repeat the seasoning process 2-3 times before the first use.

Over time, continued cooking and occasional re-seasoning will improve the surface.

### **Maintaining the Seasoning**

Avoid cooking acidic foods (like tomatoes or citrus) directly on the plate for prolonged periods, as they can break down the seasoning.

After each use, apply a light coat of oil to the warm plate to maintain protection.

Store in a dry place to prevent rust. If storing long-term, apply a slightly thicker oil layer.