



## **Lava Rock Plate for Oven or Grill Instruction Manual**

Before you start using the product, read this Instruction Manual. After you have finished reading this manual, store the manual in a safe place so that it can be retrieved whenever necessary.

### **Caution!!!**

- Avoid using detergents or soaps of any kind when cleaning. If used, the plate absorbs the detergents and attaches the detergents on the foods while grilling. The plate can be well cleaned only with the water.
- Do not attempt to remove the metal bracing. Even if the product is cracked or chipped due to mishandling it can still be used as normal. The bracing keeps the rock pressed together.

### ● **Preparation before first use**

1. First, check and make sure the surface side (shiny side) and the back side. The shiny side is the side you grill your food on.



2. Because of the nature of the stone product, it may have some stone powder from the manufacturing process on the surface. Before your first use of the product, please rinse the surface of the grilling side with water thoroughly (No detergent/soap).  
Submerging the product in boiling water for 10 minutes is recommended but not necessary.
3. After washing, let it dry naturally or heat up /dry with an oven or grill.

### ● **Preparation before grilling**

1. It is recommended to heat up the product before grilling the food in the oven since heating up the product takes time. It is a characteristic of products designed to hold heat for long periods of time.
2. Continuous use can lead to the product becoming too hot, this can char the surface of the food. To avoid an excessive char, in between uses you may use a wet towel and wipe off the surface of the product a few times in order to decrease the temperature. The evaporated moisture caused by wiping off the surface may be useful for restoring some moisture inside of the oven.

### ● **Use with an oven**

1. Heat up the product in advance for 20 to 40 minutes before use. The surface temperature of the product can reach between 200°F to 400°F. This can be controlled by your oven's temperature. The chosen temperature should vary depending on the food you intend to grill. After that you put the food on the product and start cooking in the oven. The cooking time may also vary depending on foods used. In this case you can use an aluminum sheet pan under the plate.

2. When using the product as a plate warmer, use a oven/microwave safe dish and put the product on it, after it has been heated for 10 to 20 minutes. For this use the temperature of the surface of the product should be between 170°F to 200°F. This way you can keep food warm for 20 to 40 minutes.
3. When grilling without a heat source, heat up the product for 30 to 60 minutes and put it on an oven/microwave safe dish. The surface temperature can reach a temperature of 450°F to 480°F. This will allow you to grill with the heat reserved inside of the product for 10 to 20 minutes. (Duration of cooking time will vary depending on the power of the oven and temperature used.)

- **Use with a grill**

1. Heat up the product in advance for 20 to 40 minutes before use. The surface temperature of the product can reach between 200°F to 400°F. The desired temperature should vary depending on the food you intend to grill. After that you put the food on the product and start grilling. The cooking time may also vary depending on foods used.
2. When using the product as a plate warmer, use a oven/microwave safe dish and put the product on it, after it has been heated for 10 to 20 minutes. For this use the temperature of the surface of the product should be between 170°F to 200°F. This way you can keep food warm for 20 to 40 minutes.

- **Caution while using**

1. The radiated heat from the product may cause a difference between the actual internal temperature and the configured /displayed temperature of the oven.
2. The grilling time may be shortened due to the far-infrared effect of the product. Temperature control may be necessary for uniform cooking.
3. The thickness of the product may restrict the size of the food you can cook inside of your oven.
4. The product becomes very hot. Be careful to avoid burn injury.
5. The nature of the product as a genuine stone may cause chaps on the surface of the product, however the chaps don't affect the performance of the product.
6. Avoid pouring the water on the product and/or dip it into the water while it is hot. Acute change in temperature deteriorates the product and causes cracks and/or split.

- **After Use**

Make sure that the product becomes cool down completely. We recommend waiting at least 1 full hour. Then scrub off the burnt dust on the surface with a steel scrub brush. If still some dust remains, wash it with hot or cold water. Store the product after it has dried completely.

Now Enjoy Cooking!