

陳 Helen's
Asian
Kitchen®

ABOUT YOUR CARBON STEEL STIR FRY PAN

*“A well-seasoned carbon steel stir fry pan
with its natural nonstick patina
is the prize of every Asian kitchen.”*

Helen Chen



Features of Helen's Asian Kitchen Heavy Gauge Professional Select Carbon Steel Stir Fry Pan:

- Traditional heavy-gauge carbon steel for quick heat response and uniform heating
- Versatile—stir fry, stew, deep fry, sauté, braise, boil and more
- Flat bottom sits securely on any stovetop—gas, electric or induction
- Heat-resistant natural bamboo handles
- Requires seasoning for a natural stick-resistant cooking surface (see care instructions)

Lifetime warranty against manufacturer's defects in workmanship

HOW TO CARE FOR YOUR CARBON STEEL STIR FRY PAN

Our carbon steel stir fry pans are coated with a protective lacquer finish to prevent the pan from rusting during transit. Clean thoroughly, then season to seal the surface to prevent rusting. Successive use will gradually build a black patina, providing a smooth, stick-resistant surface, like a well-seasoned cast iron skillet. The more you use your pan, the darker and more stick-resistant it will become.

Before First Use:

- Place the stir fry pan over medium-high heat until it smokes. Remove from heat and allow to cool. Once cooled, scrub the inside with an abrasive cleanser, repeating several times if necessary to remove all the lacquer coating. When clean, rinse and dry the pan thoroughly and proceed to next step immediately.
- Pour 1 to 2 teaspoons of cooking oil into the pan (vegetable, canola, soybean or peanut - do not use butter or olive oil) and, with paper towel, coat the entire inner surface with a thin film of oil. (NOTE: Do not use nonstick cooking sprays as they can leave a hard to remove sticky residue on the cookware.) Place pan over medium heat and heat slowly. With paper towel, distribute oil evenly over the entire cooking surface. Tilt pan over the burner to heat the sides.
- Allow pan to smoke 15 to 30 seconds while rubbing in the oil. The pan and paper towel will darken as you do this. Handle the pan and paper towel with care. They will be hot. Allow the pan to cool then repeat oiling and heating process 3 to 4 times. Let pan cool between each oiling. Your stir fry pan now has its initial seasoning and is ready to use.

After Each Use:

- Rinse stir fry pan with hot water and, if necessary, scrub away clinging food particles with a brush or non-metallic scrubber.
- Use dishwashing liquid only if necessary, as it may strip away some of the seasoning. Rinse pan and dry thoroughly.
- Place pan over medium-high heat to finish drying.
- Allow the pan to cool before storing.
- You may wish to wipe a thin film of cooking oil over the inside surface to prevent incidental rusting and help maintain seasoned surface. Do not use nonstick cooking sprays.
- If rust appears, simply scrub it away, rinse, dry the pan thoroughly and season it again.

Do not wash your carbon steel stir fry pan in the dishwasher. Harsh detergents will strip away seasoning and cause rusting.

At least six months of regular use will fully season your pan to perfection. Remember, a carbon steel pan is guaranteed to rust unless seasoned and used regularly. A rusted stir fry pan is not ruined. Simply scrub away rust, rinse, dry and season again.

The warranty does not cover carbon steel woks and carbon steel stir fry pans that have rusted because of inadequate seasoning. Rusted pans are not defective or damaged. Scrub the pan and re-season as instructed above.

STIR FRY RECIPES

CHICKEN WITH BROCCOLI & BAMBOO SHOOTS

Serves 3 to 4, or 5 to 6 as part of a multicourse meal

Fresh broccoli always gives the best results. If you are rushed, you can get cut-up broccoli at a supermarket salad bar.

- 1 lb broccoli
- 1 lb skinless boneless chicken breast, cut into $\frac{3}{4}$ " cubes (about 2 cups)
- 2 tsp cornstarch
- 2 tsp dry sherry
- 3 Tbsp dark soy sauce
- 3 Tbsp hoisin sauce
- 1½ tsp sugar
- 4 Tbsp canola, corn, or peanut oil
- 2 slices unpeeled gingerroot
- 1 clove garlic crushed and peeled
- 1 (8-oz) can sliced bamboo shoots, drained
- 1 tsp sesame seed oil

1. Trim the broccoli stalks and peel with a small paring knife. Slice the flower head off the stalks and cut into bite-sized florets. Cut the peeled stalks into 1 ½" pieces. You should have about 4 cups. Set aside.
2. Place the chicken in a bowl. Add the cornstarch and sherry and stir together until well mixed. Set aside.
3. Combine the soy sauce, hoisin sauce, sugar, and 2 Tbsp water in a small bowl and stir until smooth. Set aside.
4. Pour 1 Tbsp of oil in a wok or stir fry pan and place over high heat. When the oil is hot but not smoking, add the broccoli and stir for about 30 seconds. Stir in 3 Tbsp water, reduce heat to medium and cover the pan. Continue cooking, stirring occasionally, for about 2 to 3 minutes, or until the broccoli turns a darker green and is tender-crisp. Pour into a shallow platter and set aside.
5. Pour the remaining 3 Tbsp oil into the same wok or stir fry pan and place the pan over high heat. Add the gingerroot and garlic and stir them around the pan until the oil is hot and the ginger and garlic sizzle, about 30 seconds. Stir up the chicken mixture again and add it all to the hot oil. Continue stirring until the chicken is almost done, 1 to 2 minutes. Remove and discard the ginger root and garlic. Reduce the heat to medium and stir in the soy sauce mixture. Add the bamboo shoots and return the broccoli to the pan, stirring constantly until all the ingredients are heated through and well blended. Drizzle with sesame seed oil and give a couple of big turns with a spatula. Serve immediately.