

BRASERO

Plancha Care and Cooking Tips



BEFORE GRILLING

- Adjust the Plancha's feet so it is slightly tilted towards the grease cup
- Pre-heat the griddle for 5 minutes or longer depending on outside temperature
- Using a pastry brush, or an oil sprayer, lightly grease the enamel cast iron griddle

USTENSILS NEEDED TO COOK ON A PLANCHA

- The Plancha Chef's tool kit: two spatulas and an oil sprayer
- The Plancha Cooking Chef's Dome
- A set of tongs may also be useful

COOKING "A LA PLANCHA"

Each type of food may require a different preparation according to your personal taste.



RED MEAT (BEEF, LAMB, BISON, OSTRICH? ...)

Leave burners on high to sear both sides. Then turn down the heat to medium or low depending on thickness and on desired doneness.



WHITE MEAT (PORK, VEAL, CHICKEN, ...)

Once the griddle is pre-heated and lightly oiled, turn burners down to a minimum. Turn the meat regularly. If it has been marinated, you can brush with marinade during cooking.

You can also use the Plancha Cooking Chef's dome, a few minutes on each side, to get a "convection oven effect".

FATTY FISH (SALMON, TUNA, SARDINES, MACHEREL, ...)

Same instructions as grilling white meat

WHITE FISH (COD, STRIPED BASS, TILAPIA, ...)

This type of fish has a tendency to easily stick and to come apart, so we recommend to :

- grill fish unilaterally on the skin side and use the Plancha Cooking Chef's dome, if needed

or

- use some aluminum foil and seal to poach the fish, or leave foil open and use the Plancha Cooking Chef's dome leave burners on low during cooking

VEGETABLES

Once the griddle has been pre-heated and lightly oiled, turn burners down to a minimum. During cooking, you can add some olive oil by spraying it on the vegetables. If it burns a little, spray lightly with water or broth (vegetable or chicken stock).

AFTER GRILLING

Set the burners on high for up to 5 minutes in order to burn off the fat

Then pour a cold glass of water or some ice cubes onto the sizzling griddle. The thermal shock will take off the remaining grease residue

Use a spatula to scrape the griddle

Turn off the Plancha and wipe it down with a paper towel and a little bit of olive oil





ADVANTAGES OF COOKING ON A PLANCHA

A Plancha with a high conductive griddle, will still have different heat zones, not to be mistaken for cold spots. The center is always warmer than the edges. You can keep your food warm by moving it to the edge while still cooking food in the center.

PLANCHA VERSUS BBQ GRILL

Everything that can be done on a BBQ grill (with exception of rotisserie and slow smoking) can be done on a Plancha.

However, cooking on a Plancha allows you to prepare recipes that can't be prepared on a traditional grill.

This is the only cookware that allows you to:

- sear marinate, using liquids (water, pickles, broth, wine, ...)
- grill foods that have a high fat content such as duck, foie gras, pork, or bacon without having flare ups and carcinogens
- grill fragile and valuable foods (scallops, mussels, vegetables, fruits, ...)
- simmer smaller or diced foods (rice, shrimp, minced meat, caramelized onions, ...)

Cooking on a Plancha also allows for recipes where you can mix foods (meat and vegetables with a binding sauce - as you would in a pot or in a wok).

You can cook all different types of food at the same time on the same cookware.

On a Plancha there are no carcinogens, no flare ups and no smoke.

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