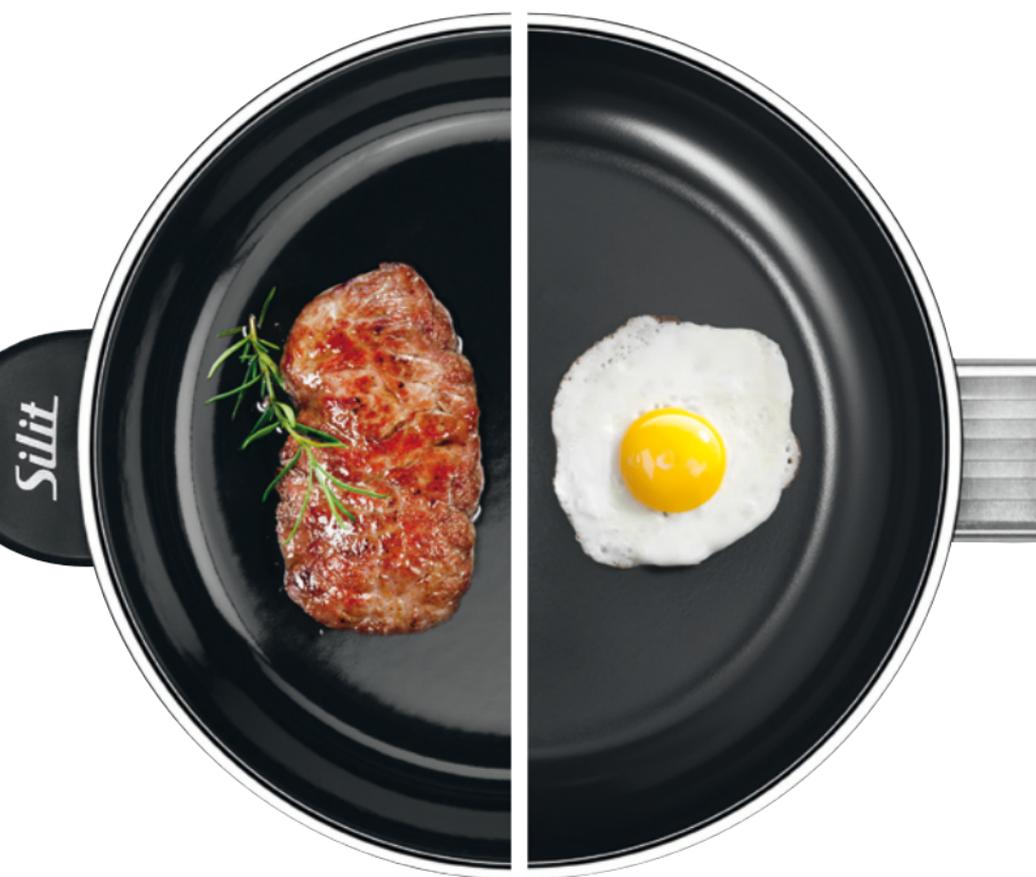


# *Silit*

## PERFECT FRYING WITH SILIT.



*Silit* Pure cooking enjoyment.

# *Silit*

## **EVERYTHING YOU NEED FOR HEALTH-CONSCIOUS CONTEMPORARY COOKING.**

Saving time and energy while cultivating an appreciation for high-quality and health-conscious cooking constitutes an integral aspect of a modern lifestyle.

Making kitchens more attractive and cooking tastier and healthier – this is the intention behind Silit's ongoing efforts to create new things, a unique mixture of sustainable quality, innovation, design and functionality.

Silit pans are made of high-quality, durable materials. They correspond the ideal way with today's demand for a sustainable lifestyle with more pleasure and better quality of life.



**Silit – your brand for culinary pleasure and sustainability.**



## WE HAVE THE PAN YOU WANT. YOU CAN BET ON IT.

You desire a pan that makes cooking fun? Which makes everything you cook a smashing success? Which allows for energy-efficient frying? A pan that lasts long and looks good at the same time?

This is what we expect of each and every Silit pan. We take your wishes seriously and this has made us the leading provider of comprehensive pan competency. Every Silit pan is a quality product.



When buying a frying pan, go for the following "fry-proof" arguments:

- ✓ **The pan must have a certain weight – well-balanced material thickness gives a pan stability and robustness for everyday use.**
- ✓ **The base of the pan in particular must have a certain thickness – to prevent it from warping and to ensure long heat storage.**
- ✓ **A dark frying surface is ideal – because it absorbs heat better, guaranteeing optimal frying results.**
- ✓ **The base of the pan should have a slightly concave base when it is cold – because when the material heats up it expands, and then it will lie flat on the cooking zone.**

No matter which Silit pan you opt for, each and every one boasts these features. For more frying pleasure!



Silit – unique competency in pans.

# Silit

## THE RIGHT PAN FOR EVERY TASK.

To obtain perfect frying results you need two pans – each for its own special purpose.



### Pans for **HOT** frying at high temperatures:

Do you love fried meat? Then you need a hot non-coated Silargan® pan by Silit for browning foods at high temperatures. Silargan® unites all the features you need for crispy meat and potatoes: the extra-sturdy steel core conducts heat quickly and stores it for a long time. The dark interior surface guarantees excellent cooking and frying results. Silargan® is the ideal material for health-conscious nutrition. It is anti-bacterial, neutral to taste and also nickel-free.



**Top marks for Silit from Stiftung Warentest:** Silit's Durado and Tempera pans with CeraProtect® coating received a "Very Good" for their coating and non-stick properties amongst other features.



### Pans for **GENTLE** frying at medium temperatures:

Pans for gentle frying are coated. They are used for delicate foods such as fish, eggs, batters and vegetables. Thanks to our two specially developed coatings, CeraProtect® and Silitan®, you obtain optimal results. Nothing sticks and foods slide easily out of the pan. Coated pans allow you to fry foods the healthy, low-fat way!



Simply Silit – the two-pan principle.



## HOT AND GENTLE FRYING IN DETAIL.

### The material for the **HOT** ones:

#### **Silargan®** – high-tech ceramic

- ideal for browning hearty foods such as meats, stews and crispy potatoes.
- high-tech ceramic – unique worldwide.
- robust, cut and scratchproof.
- time- and energy-saving thanks to fast heat conduction and excellent heat storage.
- nickel-free – ideal for persons with allergies.
- 10-year guarantee.

### Coatings for the **GENTLE** ones:

#### **CeraProtect®** – revolutionary non-stick hard coating

- ideal for gentle frying of delicate foods such as fish, vegetables, eggs and batters.
- non-stick coating on mineral basis.
- fascinating beading effect, requires minimum fat, no sticking.
- 5-year guarantee.

#### **Silitan®** – special non-stick coating

- ideal for gentle frying of delicate foods such as fish, vegetables, eggs and batters.
- special coating – hard-prime layer with 3-ply non-stick coating.
- excellent non-stick effect.
- 3-year guarantee.

Interior material	<b>Silargan®</b>	<b>CeraProtect®</b>	<b>Silitan®</b>
Use	hot frying	gentle frying	gentle frying
Heat resistance – body of pan	500° C	400° C	260° C
Resistance of interior surface	***	**	*
PTFE-free (polytetrafluoroethylene)	yes	yes	no
PFOA-free (perfluorooctanoic-acid)	yes	yes	yes
Non-stick features for low-fat frying	*	***	***
Easy to clean	***	***	**
Dishwasher-proof	***	*	*
Guarantee	10 years	5 years	3 years

\*\*\* excellent \*\* very good \* good

# Silit

## PERFECT FRYING IN SILARGAN® PANS.



For optimal frying results, put the fat into the cold, empty pan. Vegetable oils and fats are ideal.



Heat up the oil/fat at the highest temperature. When it starts to clearly form streaks or to steam slightly, toss the fat in the pan to distribute it evenly.



Then put in the food and turn the heat down immediately. For dark meat such as beef, lamb and venison, turn the heat down to medium-high at most. For all other foods, turn the heat down to medium temperature.



At first the food will stick slightly but it will stop sticking after a few minutes. Do not turn it until then. Position the turner on the base of the pan and slide it under the food. Food can also be cut up in the pan with a knife.



### Tips for **HOT** frying at high temperatures:

- For low-fat frying, put a bit of oil or margarine onto a piece of paper towel and rub the pan with it. When the fat starts to steam slightly, put the food into the pan and press it down lightly. Turn the heat down to medium. Do not turn the food until it can be easily lifted.
- Meat does not lose moisture if it is brought to room temperature before frying. For this reason it should be taken out of the refrigerator ahead of time.

Crispy frying results step by step.



## PERFECT FRYING IN COATED PANS – CERAPROTECT® OR SILITAN®.



When frying with fat or oil, always put it into the cold, empty pan. Heat up the pan to medium-high at most.



Turn down the heat as soon as the fat starts to form streaks or to steam slightly. Don't put the food into the pan until then.



Take the food out of the pan. Turners made of plastic or silicone are most suitable for coated pans.

### Tips for GENTLE frying at medium temperatures:

- Low-fat frying: Coated pans by Silit have a specially developed, high-quality interior coating. For this reason when using our pans made for gentle frying you only need a minimum amount of fat – for healthful frying pleasure.
- When frying without fat you have no indication of how hot the pan is. For this reason heat up the pan to medium high at most and make sure it doesn't overheat.
- Butter, margarine, vegetable oils and sunflower oil are excellently suited for frying foods in coated pans.
- For short frying processes at low heat such as for eggs, batters and fish we recommend using butter or margarine. If hydrogenated fats are used, eggs will stick.
- Virgin cold-pressed oils are not suitable for frying because they are not sufficiently heat-stable. When subjected to high temperatures they burn onto the coating. If this occurs frequently, the pan will become sticky and lose its non-stick features.

Gentle frying the easy way.



## FRYING WITH A "HAPPY ENDING" – EASY CLEANING.



- Thanks to their extremely smooth surface, Silit pans are particularly easy to clean. Usually all that's needed is a sponge, some detergent and warm water.
- Soak stubborn residue using water or bring some water to a boil in the pan. Then the residue can be removed easily using a sponge or a brush. Special Silit detergent (powder) and Silit liquid detergent are perfectly suited for this.

### How to clean a Silargan® pan:

- Silargan® pans are perfectly suited for the dishwasher.
- Do not use the abrasive side of sponges or wire brushes!

### How to clean CeraProtect® and Silitan® pans:

- We recommend cleaning them gently by hand using a soft cloth, detergent and warm water.
- No scouring agents, aggressive liquid cleansers, gritty abrasives or hard surfaces of sponges should be used as these can damage the coating.
- For optimal maintenance, rub the inside of the pan with a drop of vegetable oil occasionally (no cold-pressed or virgin oil).

### Tip

Silit liquid detergent is optimally suited for cleaning pots, pans and glass ceramic cooking zones. Put a small amount onto the surface and clean it using a moist sponge. Then rinse with water and rub dry.



Silit pans – easy cleaning is guaranteed.

## THE TECHNIQUE IS CRUCIAL.

Whether meat browns deliciously on the outside while staying tender and juicy on the inside, vegetables are cooked firm to the bite or fried in hot oil for crisp results – with the right technique foods are sure to cook to perfection.



### Frying

Meats are fried in hot fat at high temperatures for a short time. Fish, vegetables, hash browns and eggs are fried golden-brown at medium temperatures. Large amounts should always be fried in batches so they don't get watery.



### Stewing

Vegetables with a high water content such as mushrooms and zucchini as well as fish are fried at medium temperatures, then simmered in a small amount of water or broth at low temperatures.



### Sautéing and stir-frying

Finely chopped ingredients are fried in hot fat at high temperatures for a few minutes until they are firm to the bite. Add liquid at the end and stew briefly.



### Cooking and steeping

Diced vegetables, grains (rice and millet), noodles (rice noodles) and legumes (lentils) are cooked in a small amount of liquid, which they absorb.



### Braising

Braising is a combination of browning foods shortly in hot fat and continuing to cook them slowly in a small amount of hot liquid. Foods are always braised in a covered pot or pan.



## CHOOSE THE RIGHT FAT!

### Virgin / cold-pressed oils

High-quality (cold-pressed) virgin oils are not recommended for cooking and frying because they are not sufficiently heat-stable and burn at high temperatures. Tar resins form which burn onto the surface of the pan with time.

### Butter / margarine

Butter and margarine should not be heated up too high since neither is particularly heat-stable and they both start to scorch at temperatures exceeding 150° C (margarine at 170° C). The ideal temperature is reached when small bubbles (the evaporating water content) begin to form. As soon as the butter / margarine "settles down" again and becomes clear it is the right time to add the food.

### Clarified butter

Clarified butter contains almost no water or protein and for this reason it hardly spatters at all when used for frying. This makes it particularly suitable for browning foods.

### Vegetable oils

Commonly used oils such as canola, sunflower, safflower and mixed oil withstand heat well but one should make sure they don't start to smoke.

### Hydrogenated vegetable fats

They are usually sold in blocks and are made of palm kernel or coconut oil. They withstand high heats, can be portioned out easily and are ideal for anything you want to fry golden-brown.

	Heat stability	Gentle frying	Hot frying	Use
Virgin / cold-pressed oils	-	-	-	Not recommended for frying
Butter / margarine	150°C - 170°C	+	-	Eggs, batters, fish, breaded foods
Clarified butter	190°C - 210°C	+	+	Particularly for batters, breaded and deep-fried foods
Vegetable oils	190°C - 220°C	+	+	All foods, particularly meats, breaded and deep-fried foods
Hydrogenated vegetable fats	190°C - 220°C	+	+	Particularly for batters, breaded and deep-fried foods

+ particularly well suited - unsuitable

# Silit



## DESIGN PERFORMANCE – PAN DIVERSITY.

Countless recipes and myriad ingredients come together to make endless numbers of dishes. In our comprehensive range of pans you will find the optimal pan for the task at hand.

### Frying pans

win over customers by virtue of their enormous variety. They come in various sizes, materials and colors featuring Silargan®, CeraProtect® and Silitan®.



### Fry-and-serve pans

have two short metal handles. They are ideal for use in the oven and for serving foods.



### Stewing pans

with particularly high sides are suitable for meat which stews in its own juice or a sauce. Ideal for large quantities of liquid.



### Grill pans

are suitable – in particular when they have a non-stick coating such as CeraProtect® – for healthy low-fat frying with an additional grill effect.



### Crepe pans

are perfect for preparing crepes, pancakes and omelettes.



### Woks / Wok pans

are a "must-have" in modern kitchens by virtue of their versatility. They are famously suitable for stir-frying but they can also be used for stewing and steaming, deep-frying and braising foods or "normal" cooking.



The right pan for every task.

You can find the diverse range of Silit pans in retail stores and at [www.silit.com](http://www.silit.com).

# Silit

## A GREAT APPEARANCE FOR PRACTICAL KITCHEN HELPERS.

Our kitchen helpers boast Silit quality as well. They have been subjected to rigorous testing in test laboratories and they give you a helping hand when frying.

### Glass lid

Thanks to the tightly fitting glass lid you can stew, simmer or braise foods after browning them without steam escaping or water dripping. The glass lid also prevents fat from spattering onto the stove and keeps the food warm until it is served.



### Anti-spatter lid

Prevents fat from spattering during the frying process. The steam can escape via integrated openings. Fits all pans up to 28 cm in dia.



### Ventilation lid

With the ventilation lid steam can be released easily by turning the knob. This prevents condensed water from dripping onto foods. Everything stays crisp.



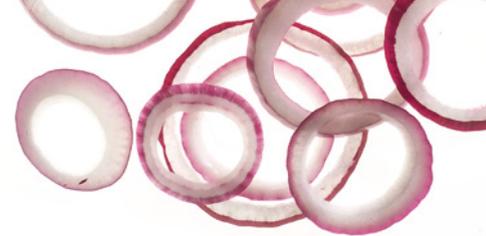
### Tongs

Perfect for lifting, turning, transporting, stirring, frying and serving meat, fish, poultry and vegetables.



### Spatula

For turning fried foods. When using coated pans, turners with heat-resistant plastic or silicone functional elements are recommended. For non-coated Silargan® pans, metal turners can be used as well.



Useful accessories for frying.

# Silit

PERFECT FRYING WITH SILIT.  
THE RIGHT PAN FOR EVERY TASK.

**HOT**



**GENTLE**



Find out more about contemporary cuisine at  
[www.SILIT.com](http://www.SILIT.com)

SUPPLIED BY:



WM-Nr.: 9722.3412.02 EAN 4004633 276500 Subject to modifications and mistakes. 01/2011

SILIT-WERKE GMBH & CO. KG  
NEUFRAER STRASSE 6 · 88499 RIEDLINGEN, GERMANY  
[WWW.SILIT.COM](http://WWW.SILIT.COM)