

..... ENAMELED CAST IRON

RICARDO

ROUND CASSEROLE WITH LID

recipes, tips, maintenance & warranty



Thank you for choosing the **RICARDO** enameled cast iron round casserole with lid.

“The joy of cooking starts with the right tools and ends at the table, surrounded by family and friends.”

Ricardo



WARNINGS

- ::: Read care and maintenance instructions before first use. Keep this manual for future reference.
- ::: Keep children away from packaging materials.
- ::: Product is oven safe up to 500°F / 260°C.
- ::: Remove the lid before placing the cookware under the broiler.
- ::: **CAUTION** the product, the lid and the handles may become very hot. Always use heat resistant oven mitts when handling. Direct contact may cause burns or other injuries.
- ::: Over time, the knob on lid may become loose. On a regular basis, retighten knob with a screwdriver to ensure it is secure before use. Never use a lid that has a loose knob.
- ::: Cast iron can be very heavy when filled. Use extreme caution when lifting and moving a casserole containing hot food or hot liquid.
- ::: Enameled cast iron cookware is very durable, however it will chip or crack if dropped on a hard surface. Handle and clean with care.

HOW TO USE

- ::: Before first use, wash product thoroughly in warm soapy water with a soft cloth. Rinse and dry completely.
- ::: Before placing on the heat source, always ensure to add cooking oil, butter or liquid in the casserole in order to completely cover the base.
- ::: Never heat empty cookware and do not allow cookware to boil dry. This could quickly lead to irreversible damages to the enamel. Do not leave cookware unattended.
- ::: Do not use high heat when cooking on stovetop. It is recommended to preheat the casserole at a low temperature and then heat up gradually to the ideal cooking temperature. Always select low to medium heat settings for best cooking results and to avoid food from sticking.
- ::: Select the size of the heat source to be as close as possible to the size of the cookware base to avoid overheating the sides and damaging the handles. Keep handles away from direct heat.
- ::: Do not use metal utensils and do not cut food directly on the cooking surface to avoid any damage to enamel. It is recommended to use silicone, nylon or wooden tools to prevent the interior enamel from scratching.
- ::: Do not place hot cookware on countertop. Always use a protective trivet.
- ::: Do not use in the microwave or on outdoor grills.
- ::: Cast iron cookware is not freezer safe, however it can be used in a refrigerator for short periods for marinating. Always let the casserole warm to room temperature before heating.
- ::: This casserole is enameled on the inside and outside, therefore no seasoning is required. The oils used and created when cooking will penetrate the pores of the enamel and provide a natural non-stick surface. The more this product is used, the better it will perform.

- ::: Stains or rings may appear inside the cookware, this is natural reaction to food and will not affect the performance of the product.
- ::: If using a ceramic or induction stovetop, always lift the cookware rather than sliding it across the glass plate to avoid any damage to the cookware or cooking surface.
- ::: For household use only.

MAINTENANCE AND CLEANING

- ::: After use, let hot cookware cool down before cleaning. Never place hot cookware in cold water. Sudden changes of temperature may cause thermal shock and damage the enamel or cause the product to crack or break.
- ::: Clean the product carefully with a soft cloth in warm soapy water. Rinse and dry completely to prevent water spots. Do not store if cookware is still damp.
- ::: When cleaning, avoid contact with other products or hard surfaces to prevent enameled exterior or interior from chipping or scratching.
- ::: Do not clean in the dishwasher. It is recommended to hand wash in order to preserve the lustre and longevity of the product.
- ::: For the removal of stubborn stains, fill the cookware with warm soapy water and let stand for 15 to 20 minutes, then clean with a soft cloth, rinse and dry. Do not use oven cleaners as they will permanently damage cookware.
- ::: To remove baked on food, boil water with 2 or 3 tablespoons of baking soda for a few minutes.
- ::: Dry completely before storing. In extreme cases, product could be subject to light spot rusting if left wet for long periods of time. In these rare instances, scrub with a damp cloth and baking soda to help remove the rust and then rub cooking oil on the affected area to prevent further rusting.
- ::: Do not use scouring pads or abrasive cleaners and do not use sharp edged tools to remove any baked on food since these will damage the enamel.
- ::: Do not stack without protection. To protect the exterior and interior enamel from scratching or chipping, separate each piece with a pan protector or a towel.

3-YEAR LIMITED WARRANTY

This warranty covers any defects in materials and workmanship for a period of three (3) years from the date of the original purchase. Please retain your original receipt as a proof of the purchase date. Any complaints must be registered within the warranty period. The product will be repaired, replaced (parts or entirely) or refunded at our sole discretion. Shipping charges may apply.

This warranty applies when the product is used in a normal domestic setting and in accordance with the use and maintenance instructions found in this booklet. The warranty does not cover normal wear and tear, nor damage due to improper use. Stains, discoloration, chips and minor scratches on the inside and outside of the utensil constitute normal use, do not affect performance and are not covered by this warranty.

If you have any questions regarding this product, please contact our customer service:

::: by e-mail: customerservice@ricardocuisine.com

::: by phone: 1-833-751-4101

braised pork roast with apples

PREPARATION 35 minutes

COOKING 4 hours

SERVINGS 4 to 6

* **FREEZES WELL** *

- 1** boneless pork roast, about 2,2 lb (1 kg)
- 1/4 cup** (60 ml) olive oil
- 2** onions, chopped
- 2** cloves garlic, chopped
- 1 cup** (250 ml) chicken broth
- 1 1/2 cups** (375 ml) unsweetened applesauce
- 1 tbsp** (15 ml) whole-grain mustard
- 2 cups** (340 g) potatoes, peeled and cut into large cubes, or whole baby potatoes
- 2 tbsp** (6 g) chopped flat-leaf parsley
- 2 tbsp** (6 g) chopped fresh chives
- 2 apples** (Lobo or Cortland), cored and cut into 12 wedges each
- 1 tbsp** (15 ml) honey

1 With the rack in the middle position, preheat the oven to 350 °F (180 °C).

2 In the round casserole, brown the roast in half the oil (2 tbsp/30 ml) on all sides. Season with salt and pepper. Set the meat aside on a plate. In the same casserole, brown the onions and garlic. Add the broth, applesauce and mustard. Place the pork roast, rind side up, in the casserole and bring to a boil.

3 Cover and bake for 1 hour and 30 minutes. Spread the potatoes around the meat and continue cooking for 1 hour. Remove the lid and cook for another hour or until the meat is fork-tender. Add the herbs.

4 Meanwhile, in a non-stick skillet, brown the apples in the remaining oil (2 tbsp/30 ml) and the honey. When ready to serve, place the apples around the roast.





ratatouille

PREPARATION 30 minutes

COOKING 35 minutes

SERVINGS 6

* FREEZES WELL *

- 1 eggplant, cubed
- 1 onion, chopped
- 6 tbsp (90 ml) olive oil
- 3 garlic cloves, finely chopped
- 8 oz (227 g) white button mushrooms, quartered
- 1/4 tsp (1 ml) crushed red pepper flakes
- 2 yellow bell peppers, seeded and diced
- 1 zucchini, cubed
- 1 can (28 oz/796 ml) diced tomatoes, drained
- 4 thyme sprigs
- 1/4 cup (10 g) fresh basil, chopped

1 In the round casserole, brown the eggplant and onion in 1/4 cup (60 ml) of the oil. Season with salt and pepper. Add the garlic and cook for 1 minute. Set aside in a bowl.

2 In the same casserole, brown the mushrooms with the pepper flakes in the remaining oil. Set aside with the eggplant.

3 In the same casserole, brown the bell peppers and zucchini. Add oil, if needed. Return the eggplant mixture to the pot. Add the tomatoes and thyme. Stir well. Bring to a boil and simmer gently for 15 to 20 minutes. Remove the thyme and add the basil. Adjust the seasoning. Serve with pasta, fish, grilled chicken, or on pizza.

beef stew with green vegetables

PREPARATION 20 minutes

COOKING 2 hours 30 minutes

SERVINGS 6

* FREEZES WELL *

- 2.2 lb (1 kg) boneless beef blade roast, trimmed and cut into cubes
- 2 tbsp (30 ml) olive oil
- 2 onions, chopped
- 1 bottle (340 ml) pale ale
- 1 1/2 cups (375 ml) chicken broth
- 1/4 cup (60 ml) ketchup
- 1 tbsp (15 ml) soy sauce
- 2 tsp cornstarch
- 1 tbsp (15 ml) water
- 4 cups (280 g) broccoli florets, cooked
- 2 cups (225 g) snow peas, cooked
- 2 cups (225 g) green beans, cut into 1-inch (2.5 cm) pieces, cooked

1 With the rack in the middle position, preheat the oven to 350°F (180°C).

2 In the round casserole over medium-high heat, brown half of the meat at a time in the oil. Season with salt and pepper. Add the onions and cook until they are translucent. Add the beer, broth, ketchup and soy sauce. Bring to a boil.

3 Cover and bake for 2 hours or until the meat is fork tender. Remove from the oven.

4 In a small bowl, whisk the cornstarch and water until smooth.

5 Place the casserole over medium heat. Drizzle in the cornstarch mixture and bring to a boil, stirring constantly. Adjust the seasoning.

6 Serve the beef with the vegetables. Also delicious served over barley.





lamb tajine with prunes

PREPARATION 25 minutes

COOKING 2 hours 15 minutes

SERVINGS 6

* FREEZES WELL *

- 2.2 lb** (1 kg) deboned lamb shoulder, trimmed and cubed
- 6** garlic cloves, chopped
- 2 tbsp** (30 ml) olive oil
- 1 tbsp** sweet paprika
- 1 tbsp** ground ginger
- 2 tsp** ground cinnamon
- 2 tsp** ground turmeric
- 2 cups** (500 ml) chicken broth
- 1 cup** (200 g) pitted prunes
- 1/4 cup** (40 g) roasted blanched almonds
- 2 tbsp** (30 ml) honey

1 With the rack in the middle position, preheat the oven to 325 °F (165 °C).

2 In the round casserole over medium-high heat, brown half of the lamb cubes and garlic at a time in the oil. Season with salt and pepper. Return the meat to the casserole and add the spices, stirring to coat the meat. Add the broth and bring to a boil.

3 Cover and bake for 1 hour. Add the prunes, almonds and honey. Continue baking covered for 1 hour or until the meat is fork tender.

4 Serve the tagine with couscous.