

ManPans

Frequently Asked Questions

Green

Why are the ManPans green?

The ManPans are made in the USA in Spokane, Washington. The pans are made entirely in-house including anodizing so the elimination of outsourcing and additional transportation reduces our carbon footprint. Our processes are low impact and non-toxic, we use clean, renewable hydropower and we recycle our waste metal.

Can the ManPans be refurbished?

Yes, for a small fee and shipping costs, your ManPan can be refurbished like new. (Subject to factory evaluation.)

Are the ManPans recyclable?

Yes, every part of the pans can be recycled.

Taste

Why does the ManPan make my food taste better?

Chefs say the food tastes better in these pans! They don't actually improve the flavor; they simply don't degrade it as most cookware surfaces do. They don't change the taste of your food because the surface is extremely chemically neutral and won't react with it like most pan surfaces do. ManPans don't change the taste of your food!

Utensils

Is the ManPan metal utensil safe?

Yes, we actually recommend using metal tools. The pan is hard and abrasion resistant.

Can I use a metal spatula with my ManPan?

Yes, we actually recommend using metal spatulas and other tools.

Can I cut in my ManPan?

Yes, you can even use a knife in your pans for gently cutting portions; no chopping on or stabbing into the pan.

Construction

What is the ManPan made of?

The ManPan is made of solid twelve-gauge aluminum with a hard-anodized coating and a special water-based mineral-like sealer.

Are the ManPans made in the USA?

Yes, the ManPans are made in the USA in Spokane, Washington.

How long will my ManPans last?

You should receive many years of service from you pans. Be sure to see the 'Use' section of this FAQ.

What is the warranty on my ManPans?

30 days unconditional return, and lifetime material and workmanship.

Will the ManPan coating flake off over time?

No. The coating is electrolytically bonded to the base aluminum and will not flake, peel, or chip off.

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Why aren't the ManPans 'pretty' like other cookware?

Our pans originated in the commercial food service industry where performance is all-important and appearance is not. We don't take the time (and cost) to dress them up saving you money and delivering superior performance! ManPans don't change the taste of your food!

Toxics

Does the ManPan contain any PTFE, PFOA, or fluoropolymers?

No, and no bare aluminum, nickel, chromium, iron, copper, PTFE, PFOA, or fluoropolymers are exposed to the food. ManPans don't change the taste of your food because the surface is chemically neutral and won't react with your food like most pan surfaces do.

Use

How should I cook with my ManPans?

Use a very low heat to start. The pans are very efficient and people have burned their food using the settings they were used to with their older pans. Start at less than half of your usual burner setting.

Can I sear in these pans?

Yes, but use a lower burner setting than you would usually use until you are used to the pan; you don't need a high heat setting. You can sear on the stovetop and finish in the oven with these pans. (Be sure to use an oven mitt when removing from the oven.)

What oil should I use with my ManPans?

Any oil suitable for cooking can be used, but we don't recommend soy oil as it is 'sticky' compared to other oils. Check the label, if it just says 'vegetable oil' it's soy. Spray oils containing lecithin are also good (except soy).

What should I do before first use of my ManPan?

Wash with liquid dish soap and wipe the pan with a paper towel and a bit of your cooking oil; that's it.

Can I cook acidic foods in my ManPan?

Yes. Citrus, wine, tomatoes, vinegar; all are fine and will not pick up any flavor.

What tips for scrambled eggs do you have?

Oil the pan, and wait to stir the eggs for a minute or so giving them time to coagulate a bit. Use a flat edged metal spatula to lift the eggs from the surface, you can't hurt the pan.

Will the handle get hot?

The handle will remain safe to touch when used on stovetops if it is not over a burner. An oven mitt is required to remove from an oven; the handle will cool to a useable temperature in just a few minutes.

Is the ManPan oven safe?

The ManPan is oven safe to 500°, the lid to 400°

Are the ManPan lids oven safe?

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Is the ManPan non-stick?

No. It has a release comparable to well-seasoned cast iron. When cooking you must use a little oil.

How do I cook so food won't stick to my ManPan?

Too high a heat setting is the biggest reason for sticking. Use less than half the burner setting you're used to when learning the pan. Be sure to oil the pan lightly before adding your food.

Cleaning

How should I clean my ManPan?

Hand wash using a liquid dish soap and non-abrasive pad. Adding a little water to the pan immediately after cooking and boiling helps loosen most food residue.

Is discoloration normal?

Some mottling and staining is normal after a period of use. It doesn't affect the performance of the pan.

What scrubbing tools are safe to use on my ManPans?

A non-abrasive scrubby is generally adequate. A Scotch-Brite® green pad used lightly is sufficient for the toughest residue.

What cleaning compounds are safe to use on my ManPans?

A paste of baking soda is good for removing fine hazes of material. Dry salt in a dry pan rubbed with a dry rag is good for heavier build up. Rub until the surface has a satin sheen and is not dull.

Can I use my dishwasher?

No. Dishwasher detergents are corrosive and will damage the finish over time. Most cookware, china, and crystal manufacturers recommend not using dishwashers for this reason; the detergents even pit glass!

What detergent should I use on my ManPans?

A liquid dish soap.

Cooktop compatibility

Can I use my ManPans on a gas cooktop? Yes!

Can I use my ManPans on an electric coil cooktop? Yes!

Can I use my ManPans on a halogen cooktop? Yes!

Can I use my ManPans on a radiant cooktop? Yes!

Can I use my ManPans on a solid burner cooktop? Yes!

Can I use my ManPans on a ceramic or glass cooktop? Yes!

Can I use my ManPans on an induction cooktop?

No. ManPans are not induction capable.



There is no perfect pan!

ManPans come close with its balance capabilities for most cooking tasks. All cookware affects the way your food cooks and tastes, so let's consider our options.

We'd all like our food never to stick, but no pan does this. Even PTFE coated pans slowly become stickier with use until the coating simply stops working or flakes off. Stainless is difficult to avoid sticking on; cast iron and black steel are the longest lasting traditional surfaces for food release because they are made of a polymerized/carbonized coating of oil on top of metal. This film, once created, must be maintained, and can be restored, with effort on the part of the user. *ManPans* have the performance of well-seasoned cast iron without the laborious preparation and maintenance, and adds no metallic flavor notes as a poorly maintained cast iron or steel pan would, especially with acidic foods like wine, citrus, or tomatoes. *ManPans* will maintain their performance unlike PTFE coated cookware.

ManPans are metal utensil safe, in fact we prefer you use metal spatulas as they give you more control over manipulating your food and pulling it off the surface as you cook. In fact, you can even use a knife in your pans.

ManPans are made of hard-anodized twelve-gauge aluminum and a special water-based sealer. It gives excellent uniformity and speed of heating (and cooling if you need less heat), second only to copper. Use a very low heat setting on your burner till you are used to the way it cooks. You don't need a medium to high heat for searing as with cast iron or stainless steel as *ManPans* heat so well.

The hand-filling and controllable Cool-Grip handle will remain safe to touch when used on stove tops, as long as it's not directly over a burner. *ManPans* are oven safe. A pot holder or oven mitt is required to remove from an oven, but the handle will cool to a usable temperature in just a few minutes.

Use a little oil to cook with and cleaning should be simple. Use liquid dish soaps and non-abrasive pads. Difficult foods can be largely removed by boiling with a little water. A thick paste of baking soda and water is good mild cleaner for light glazes. For stubborn conditions, add salt to a dry pan and with a dry rag scour the surface till you get a smooth satiny appearance. Used gently on tough spots a Scotch-Brite® green pad also works well. Some light discoloring is normal and doesn't affect performance. Don't use your dishwasher, as most detergents are very aggressive and will eventually damage the pan. Most cookware manufacturers require avoiding this treatment for the same reason as fine china and crystal makers because the detergents etch glass!

The most important factor in selecting cookware is taste. The surface of *ManPans* is extremely neutral and doesn't react with the food you work so hard to prepare. Bare aluminum certainly does, as does cast iron and black steel, especially with acidic foods like wines, citrus, and tomatoes. *ManPans* don't change the taste of your food as other pans do! Herbal notes stay bright and citrus and wine aren't muddled while chile heat isn't reduced to a single tone. Taste the difference!

Get the best balance of performance with ManPans!

For more information go to sales@manpans.com