



## ManPan Stir Fry Wok Review – The Eco Friendly Cookware

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I never tire of receiving cookware samples to review, so when a box arrived and was sitting on my desk I couldn't wait to open it. Inside I was happy to find a Manpan stir fry wok.

If you've never heard of ManPans before then you're not the only one. We have been running this website for a few years now and it was only when a representative of the company contacted us that we found out about them.

So who are they? Well, ManPans is a brand of Lloyd Industries and Lloyd Industries supply commercial cookware to restaurants and commercial kitchens.

However, their Manpan line of cookware has been developed with the specific purpose of supplying chef quality pans to consumers.

### First Impressions...

As I lifted the pan out of the box I was surprised at how light it was. I am so used to cookware like All Clad and Cuisinart Multiclad where the clad bases make the pans feel solid and weighty.

My other initial reaction was that the pan looked a bit rough around the edges. Almost as if it hadn't been packaged properly and had scuffed during transport.

Okay not a good start, but stay with me here as although these were my initial thoughts, there are explanations for each of them...and things only got better from there.

### What's in the Box

We received a 10in stir fry pan with a steamer and lid. Both the lid and steamer can be purchased separately.

### Where is it made?

It's not very often that you find a pan that is manufactured in the US but this is one of them. This pan is made in Spokane, WA USA.

### What is it made of?

Many will be pleased to know that this pan is **100% PTFE and Teflon-free!!**

The pan is constructed from hard anodized aluminum so it conducts heat well and means you don't need to use high temperatures to cook.

### Amazing Non-Scratch Surface!!!

The surface of the pan is coated with what the company calls Gem-X2 which they describe as a two layer sapphire/quartz-like natural mineral finish. Apparently it is resistant to scratching, chipping and flaking. They are so sure of the high standard of the finish that they claim that you can rub a coin across the coating and it will not

scratch the surface and in fact, it will wear down the coin instead. I found this a bit too good to be true but decided to take up the challenge and give it a go.

This was harder than I thought...I hate to see cookware with scratches but for the sake of this review, I knew I had to do it. So out came the coin and away I went scratching at the surface. I tried it first on the bottom surface of the steamer as I didn't want to ruin the pan itself.

It was pretty amazing actually. After a lot of effort with the coin, the surface did have what looked scratches although they were quite faint. BUT as soon as I rubbed the scratches with a damp cloth they disappeared. I did it again and again and scratched even harder but each time the scratches just rubbed off. In fact they just came off by rubbing the area with my thumb.

I then tried it on the pan itself and had the same result.

I checked the pan a day later to see if the scratches 'suddenly reappeared' but no they were gone for good and in fact I couldn't even find the spot where the scratches were to begin with.

And for those that need to see the results take a look at the pics below:



## The Shape

The pan has deep curved sides and is not as open as the traditional style wok that we are used to ...but we need to remember that we are looking at an American style wok here not a traditional wok... so we won't get into comparisons between the two.

However, for those that aren't aware, a traditional wok has a wide opening and a small handle on each side. The bottom is curved and requires a stand for it to sit secure on the stove top. An American style wok, on the other hand, is known as a stir fry pan. It has a flat base and one long handle and sometimes a handle helper. So although they are basically designed to do the same job they are quite different in their construction.

I find that this is a great pan to move food around in as the sides are deep and curved. It is surprising just how much food you can fit into this 10in pan. And the flat bottom ensures that the pan stays secure on the stove top.

## Does it generate enough heat?

The goal for any stir fry pan or wok is to generate a lot of heat. This is so foods cook quickly and evenly – a low heat tends to cause the foods to stew in their own juices which means that the meat can become tough and vegetables soggy and unpalatable. For this reason we really wanted to focus on this aspect of the pan to ensure it made the grade. If it didn't there really was no point reviewing any further.

## So what did we find?

We're happy to say that the pan did exceptionally well in the heat department. I actually used my own stovetop for testing. And we used it on a hot plate that is renowned for not generating a lot of heat so we were surprised that the pan did so well. The pan got hot quickly and maintained good solid heat the entire time.

I would tend to think that because this pan doesn't have a thick base is what makes the difference here. It means the pan heats up quickly and maintains the heat during the cooking process.

## Can it be used on a ceramic stove top?

Yes definitely – the pan is safe to use on ceramic stove tops.

## Can I use the Manpan in the oven?

Yes, these pans are oven safe to an amazing 700F...not that there are many home ovens that get anywhere near to that temperature but at least the option is there if you need it. Just be aware however that the lid is only oven safe to 400F.

## What is the handle like?

The handles stay cool on the stovetop but ensure that you use oven gloves if using in the oven as they will get hot. It also feels quite comfortable to hold.

## Beauty Marks...

As I mentioned in the opening paragraph, this pan arrived with what looked like scuff marks. You can see an



example of what I mean in the image. These were examples of marks found on the steamer but there were also minor marks on the pan itself.

I attributed it to poor packaging, however on checking the manpan website I found the following:

“We believe the Gem-X2 finish quality of our pans gives you the most beautiful cooking results imaginable. Our exclusive manufacturing process leaves an occasional harmless streak, smudge or rack mark on the cookware and we don't overfinish them with unnecessary pretty coatings. We call these our “beauty marks”.”

I guess when your priority is to supply cookware for industrial applications where the performance of the cookware is the top priority then a few ‘beauty marks’ on the final look of the cookware isn't an issue.

This may work with those in the industry but I just wonder about home cooks. I must admit that I was initially disappointed at seeing the scuff marks but on the other hand I quickly got over it after using the pan and assessing its performance.

## **Eco-Friendly?...definitely!**

Being eco-friendly is definitely something this company is good at. Here's what they had to say about their cookware:

“Since we manufacture, anodize and finish all our pans in one US location, we save carbon by reducing transportation. Our anodizing process is very clean both in sewage and air quality and receives high marks from the Washington State Department of Ecology. Our finishing technology contains no petroleum products, no PFE or PFOA, is water based and completely non-reactive. From manufacturing to our finished product, we are truly embracing the most eco-friendly cookware available.”

You can read more about it here...[Man Pan Eco Green Manufacturing](#)

## **Does it come with a warranty?**

Yes, the pan comes with a lifetime warranty for any defects in material and workmanship. Plus if you aren't happy with the pan for any reason you can return it in 30 days for a refund.

## **Our Final Analysis**

If you're looking for perfection then you may be disappointed if the pan happens to turn up with minor scuff marks or discolorations. People tend to expect everything to be just right when they purchase something new so I can only think that this may be an issue for some. Just be aware that this in no way detracts from the ability of this pan to do the job intended.

Overall if you are looking for a green eco friendly pan that stir fries exceptionally well then we definitely recommend this pan. It's strong but light, it looks good, feels good and does a beautiful job at generating the required amount of heat for cooking stir fries.

## **Recommended Links**

>Watch a Video to see the pan in action – [ManPan Videos](#)

>Read more about [Manpan Eco Green Manufacturing](#)

>The [Manpan Homepage](#)

>Read more about the [ManPan Stirfry Wok](#).

>Check out prices [here](#).

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**Website:** [www.only-cookware.com](http://www.only-cookware.com)