

ProQ PLANCHA INSTRUCTIONS

SAFETY

Don't use this product for any other purpose than it's intended use as a cooking surface or deflector plate on a BBQ.

When in use, the ProQ Plancha is very hot! Always use suitable gloves or BBQ Mitts when moving or touching a BBQ. If you need to move your plancha whilst it's hot, be very careful.

The plancha is fairly heavy so be careful when lifting it, always keep your back straight, bend your knees and make sure you have a firm grip on it. If it lands on your toes it will hurt! Rather keep the plancha in place of a grill in a stacker and move the whole stacker.

It holds heat really well and will transfer it through even the thickest gloves in a matter of seconds. Plan where you will put it down and make sure there aren't any people, pets or obstructions in the way before you pick it up. Be aware that whatever you put it on may end up with sear marks (especially the lawn).

Allow the plancha to cool down slowly after use, using water or other means to cool it down can result in warping or cracking.

Our planchas are designed for use with ProQ smokers, always check that the legs are tight before using the plancha and that your BBQ is on a firm and even surface.

Don't leave your BBQ unattended!

SEASONING YOUR ProQ PLANCHA

Before you use your ProQ Plancha, you'll need to season it just like any cast iron or carbon steel pan that hasn't got a non-stick surface. This will prevent it from rusting and add a non-stick coating. If you haven't used your plancha in a long time, you can follow the steps at the bottom to recover your grill.

STEP 1

Light your ProQ with a full basket of coal, this process works best with a nice high temperature. Whilst your fire is heating up, take all the packaging off your ProQ Plancha, and give it a wash with warm, soapy water and then dry it thoroughly.

STEP 2

Put your Plancha on a stacker where your grill would normally sit and coat the surface with cooking oil. Put the stacker on the base over the fire, and wait for the oil to start smoking and the colour to change to a nice golden brown.

STEP 3

Add a little more oil and coat the surface again, a pair of tongs and kitchen towel work well for this. Repeat this step 3-4 times until the surface is a nice dark brown colour. – Repeat steps 1-3 for the other side and your plancha will be ready to cook!

After each use scrape down the plancha with a metal scraper, coat in a little oil and once cooled wrap in some newspaper for storage.

RECOVERING YOUR ProQ PLANCHA

If you haven't used your plancha in a long time, it can get rusty on the surface – not to worry! Simply heat the plancha up, scrape it down with a stiff metal scraper, coarse sand paper or wire brush and follow the steps above to re-season it.