

# AUS-ION™ BY SOLIDTEKNICS

seamless one-piece  
Australian iron  
commercial pans

New  
Metro

Reinventing convention™

## MADE IN AUSTRALIA! Better designed than the best French pans!

Hygienic: seamless one piece iron eliminates rivets (well known among chefs for trapping food...and steel wool). Durable: no rivets, joints or coatings – multi-generation durability. Healthy: seasoned iron is all-natural nonstick, with no heat limits. Comfort, control, less fatigue: ergonomic wide concave handle. Value: outlasts hundreds of synthetic-coated pans. Buy cookware once only! **Multi-century** warranty for materials and manufacturing defects.



Patents  
Pending

# AUS-ION™ Smooth Finish Pans

## 7" Skillet (18cm) AUS-7SK

- **3mm thick** for even heating and no warping – suitable for induction, or any heat source and safe at high temperatures. L 16"/41cm x Diam 7"/18cm, H at handle 4"/14cm  
Height of bowl 2"/4cm  
Weight 1.75lbs

## 9" High Wall Skillet (20cm) AUS-8OS

- Deeper than our regular skillets, for more sauté action. Same **3mm thick** steel for fast and even heating. L 18"/46cm x Diam 9.5"/24cm, H at handle 2"/5.5cm  
H of bowl .5"/1.3cm Weight 3.5lbs

## 10.2" Skillet (26cm) AUS-10SK

- Our best seller and most popular 'work horse' home and restaurant all-rounder skillet. **3mm thick** for even heating. L 20"/53cm x Diam 10.2"/26cm, H at handle 4"/14cm  
Height of bowl 2"/4cm Weight 3.5lbs

## 12.5" Skillet (32cm) AUS-12SK

- Our largest pan. with helper handle to assist with big loads, and shorter Love Handle to save stove space. All the cooking performance of our biggest-selling 10.2" skillet...just BIGGER! **3mm thick**.  
L 23"/58cm x Diam 12"/30cm, H at handle 4"/10cm  
H of bowl 2"/5.5cm Weight 4.4lbs

## 9.5" Crêpe/Griddle Pan (24cm) AUS-CRP

- Dual role: in the French crêpe tradition, and American flat griddle tradition, but better. **4mm thick** for very even heating. Innovative seamless construction and handle much improved over traditional rectangular strip handles.  
L 18"/46cm x Diam 9.5"/24cm, H at handle 2"/5.5cm  
Height of bowl 1.5"/4cm Weight 3.5lbs

## 10" Flaming Skillet (25cm) AUS-GM10

- A new innovation in grilling and roasting for vegetables and meats. No other mesh pan is made from one thick, durable, rivetless, and strong **3mm** steel piece for long-term, heavy-duty restaurant use in the harshest of cooking environments. It nests perfectly with our regular 10.2" skillet for oven finishing...just like the pros.  
L 21"/53cm x Diam 10"/26cm, H at handle 4"/10cm, H of bowl 2"/5cm Weight 3lbs

## 11" Sauteuse Bombée/Wok Long Handle (28cm)

### AUS-11WK

- BIG deep 'bombed' sauteuse pan in the French tradition, but updated with Australian innovation. Also makes an awesome, indestructible, long-handle wok. Seamless **2mm thick** for fast heating, low weight, while still multi-century tough.  
L 24.5"/62cm x Diam 11"/28cm, H at handle 5.5"/14cm  
Height of bowl 2.75"/7cm Weight 3.5lbs

## 12" Wok, Dual Handle (30cm) AUS-WKDH

- Formed from one tough and seamless piece of **2mm thick** Australian iron (low carbon steel) for fast and even heating, no loose or broken handles ever.  
L 17.75"/45cm x Diam 12"/30cm x H at handle 3"/8cm Weight 3lbs





New  
Metro

Reinventing convention™



## How to correctly season & care for your AUS-ION smooth finish pan

AUS-ION™ pans come pre-seasoned – not coated in protective oil, beeswax or lacquers like most steel pan brands – so they don't need stripping and cleaning before use. **For best results, follow our instructions below** and add more strong layers of seasoning to the pan before you start. Your maintenance will be very much reduced if you follow these instructions to set the pan up correctly from the beginning.

### How to season

1. Drop a teaspoon of flax seed, soy bean, rice bran or canola oil in a warm pan, or dampen a cloth with the oil.
2. Wipe over ENTIRE pan very thinly, so that all of the visible oil is gone and the surface only appears polished.
3. Place pan upside down in approximately 480° F oven for 1 1/2 hours, then switch off heat and cool in oven for 1/2 hour.
4. Repeat these steps 3-6 times to establish the best foundation of low-stick and corrosion-resistant seasoning. Seasoning will improve with more cooking and correct cleaning.
5. Each successive layer will darken the pan further. If you get too much spotting/running from too much oil, use steel wool to reduce the marks and create a good anchor for the next layer of seasoning.

### How to clean

1. After cooking, simply scrape out under hot running water while the pan is still very warm. Do not use soap, as it will erode the seasoning. Use a wooden or steel scraper, then you may finish up with a brush, but be careful not to take off too much of that beautiful seasoning that you have built up!
2. While the pan is still very warm, dry thoroughly with a paper towel.
3. If the pan is still relatively new, return to the stove top and wipe the interior of the pan with a small amount of oil, heat until smoking. Then, using tongs, wipe off the excess oil.

For more seasoning and cleaning tips, visit: [www.newmetrodesign.com](http://www.newmetrodesign.com)