

Cook healthier. Live better.



iCook™ 7-Ply Wok

Features



- **7-ply construction** featuring the same high-quality **18/8 stainless steel** -type 304 stain resistant steel we use for all of our iCook™ stainless steel cookware combined with layers of pure aluminium and alloy providing the ultimate in cookware manufacturing.
- **Angled interior side walls** for ease of stirring and removal of food.
- **Flat-bottom** - provides extra stability and is compatible with electric, gas, and ceramic stovetops. The 7-ply construction also has a layer of magnetic 400 series Stainless Steel which enables cooking on induction cookers.
- **Extended handles** - help to keep heat away from hand piece
- Matt finish with heat-resistant knobs and handles are textured for slip resistance and have the ability to withstand temperatures of up to 200°C
- Durable 7-ply construction has 18/8 Stainless Steel on all external surfaces which is extremely hard wearing, resists corrosion and does not retain food odours or flavours. Its lustrous finish is beautiful and easy to clean.



Benefits



Health Benefits

- Low moisture **VITALOK™** cooking seals in nutrients, colours, flavours and texture

Energy and Money Savings

- The 7 layer Aluminium steel core promotes **even heat distribution** which results in faster cooking
- The Aluminium steel core **conserves energy and uses low heat** to help save energy

Innovative Design

- Attractive, strong and durable 7-ply construction
- Easy to store and clean
- Flat bottom provides greater stability on the hob
- Angled interior side walls enable easy turning of food
- Space-saving design - invert lid inside base and hang on wall for easy storage



Cooking methods



Low Moisture Cooking - VITALOK™

- The unique design of the iCook™ 7 ply Wok gives an integrated system that cooks the healthy “low moisture” way which helps food retain its natural colour, flavour and texture as well as vitamins & nutrients
- Reduces calories, compared to frying with added oil
- Low-moisture - “VITALOK” cooking is both healthy and easy*



The Traditional Cooking Way

- The iCook 7-ply Wok also allows the user to test and perform a wide variety of new and traditional cooking methods:
 - 1) Stir frying
 - 2) Pan frying
 - 3) Poaching
 - 4) Braising
 - 5) Roasting
 - 6) Shallow frying
 - 7) Simmering
 - 8) Parboiling
 - 9) Stewing
 - 10) Boiling
 - 11) Deep frying
 - 12) Steaming
 - 13) Casserole Steaming

* In order to achieve VITALOK, the lid must be placed on the iCook 7-ply Wok.



Accessories

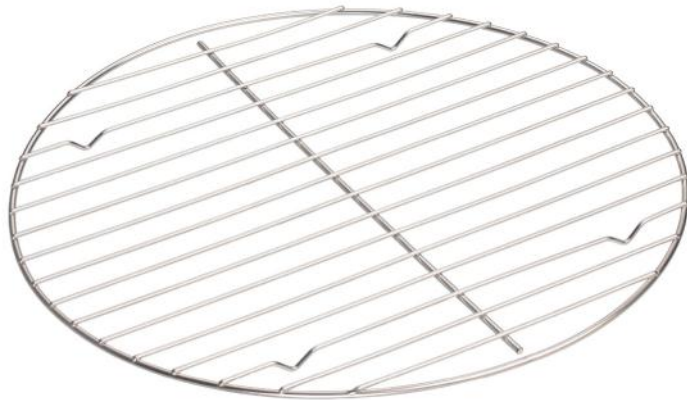
Free accessories included with the iCook™ 7-ply Wok:

Steamer Rack

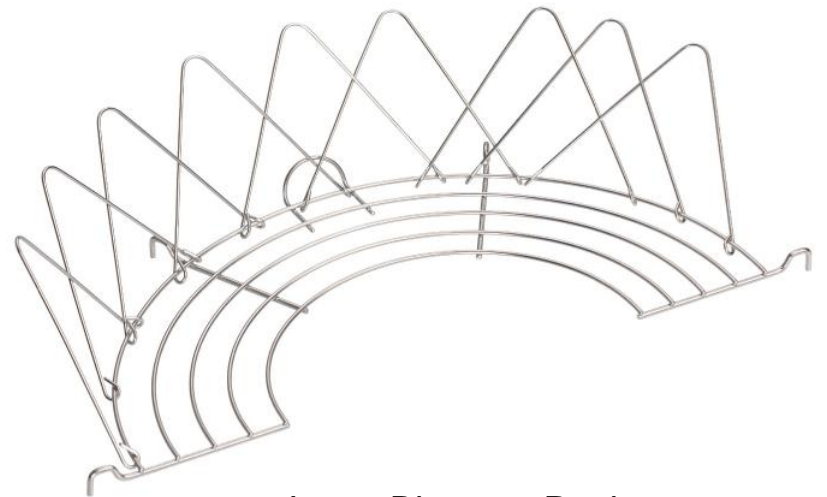
- Makes wok-steaming vegetables or seafood easy and efficient

Lotus Blossom Rack

- Keeps food warm whilst more is being prepared



Steamer Rack



Lotus Blossom Rack

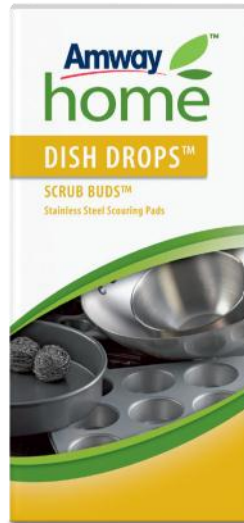
Cross-Selling Products



DISH DROPS™
Concentrated
Dishwashing Liquid*
110488



L.O.C.™
Soft Cleaner*
110486



DISH DROPS™
SCRUB BUDS™
Stainless Steel Scouring
Pads**
110490



L.O.C.™
Metal Cleaner**
112160



AMWAY da
CARAPELLI
Extra Virgin Olive Oil
3963

* **DISH DROPS™ Liquid & L.O.C.™ Soft Cleaner** are recommended for cleaning our iCook Stainless Steel Cookware including mirror surfaces

****DISH DROPS™ SCRUB BUDS™ and L.O.C.™ Metal Cleaner** should be used for cleaning internal pan surfaces or for cleaning the bottom of pans



SKU 105084

Thank you