

This guide is also available online with the QR code



*Congratulations on your purchase!  
You'll love it, let's show you why!*

CookingTotem is special. Its versatile features cover the essential cooking needs, while being a compact and beautiful package.

## What's in the box?



Frying pan —



Soup pan —



Sauce pan —



Small lid —



Grill pan —



Large lid —



2x Detachable handle —



Wok pan —



## Why are the handles detachable?



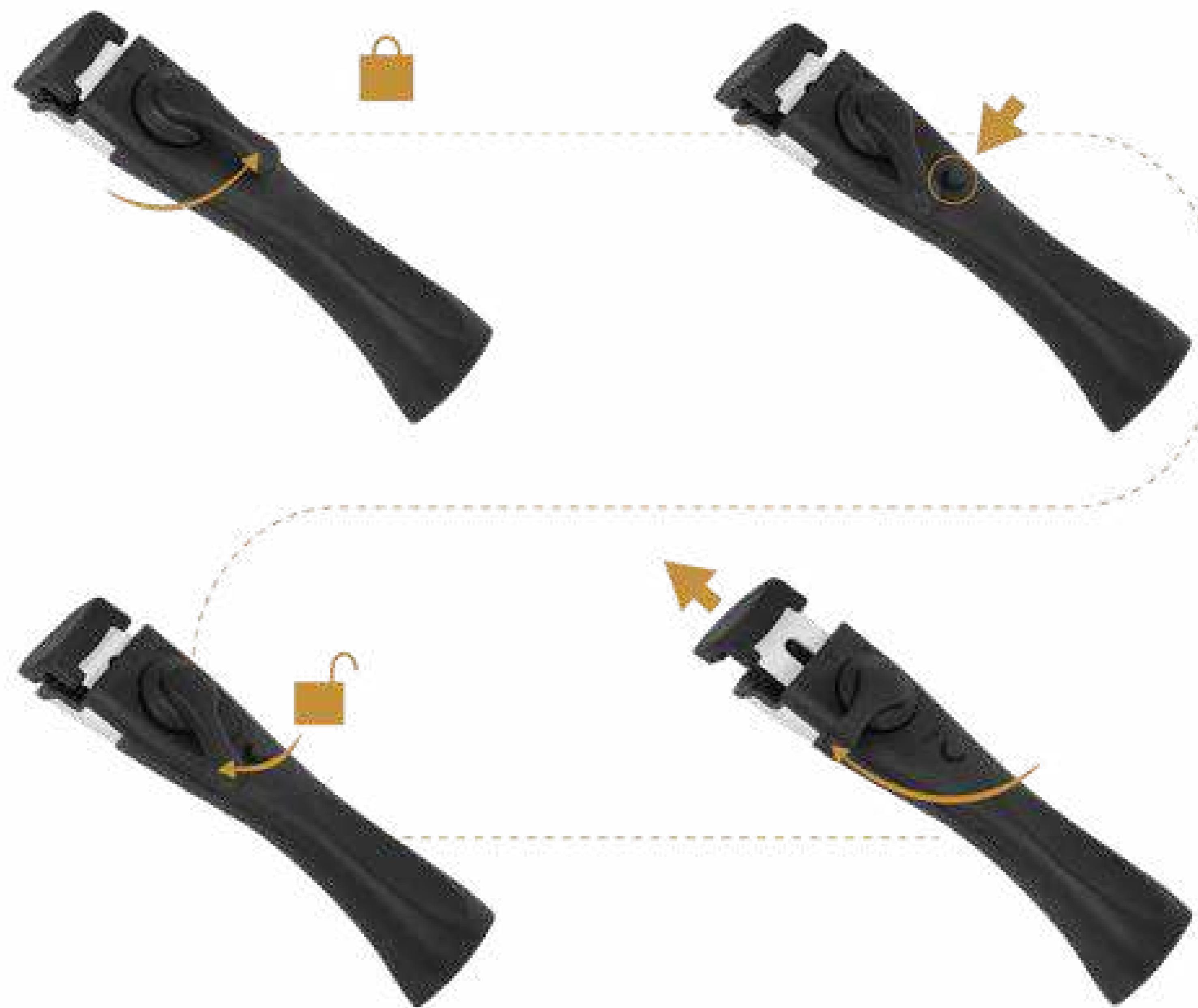
Being able to take the handles off is what makes CookingTotem so versatile.

**But what do you think is the main reason for the handle to be detachable?**

- a. So they can be replaced if they break
- b. To make the pans look better
- c. So the pans can be used in the oven
- d. To make the pans more compact

*Open the digital guide to answer this question and learn more*

# Handle instructions

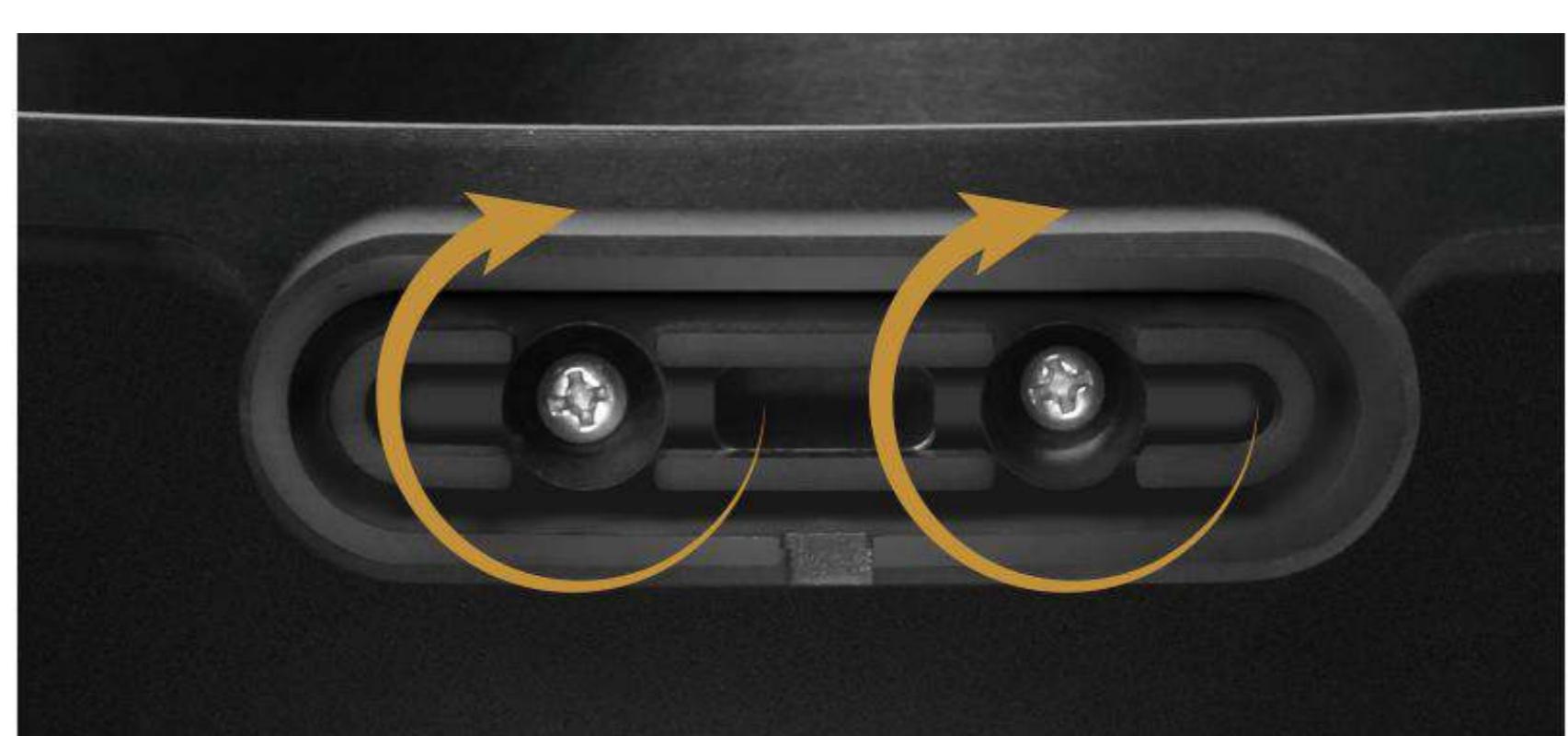


To lock, simply spin the lever to the right.

To unlock, push it to the left and press the button.

## Fixing soup pan handles

The soup pan handles may come loose over time because of the temperature differences. You can remove the metal plate and tighten the screws as shown.





## Pan-tastic cleaning quiz



Cleaning CookingTotem is super easy! The non-stick layer makes cleaning the pans super quick and easy. But some things can always stick to the pan, so we prepared a quiz to tell you how to clean out even the toughest foods, and what not to do.

For instance, can they go in the dishwasher?

*Open the digital guide to do the quiz and find out*

## How to damage the pans?



Here's another trivia for you, this time about what you should not do with your pans! How could you damage the pans?

### Which of these options are harmful for the pans?

Placing a hot pan in cold water

Baking a cake in it in the oven

Holding candles and catching the wax

Storing it in the fridge with leftovers

Putting a pan in the microwave

Using metal utensils in the pan

*Open the digital guide to answer the question and learn more*

# CookingTotem inspiration



Here's some ways others are using CookingTotem. Maybe it's nice inspiration to you to use it in your own way!



-Boris

*"To be honest, I don't really use the small sauce pan. But I've found it to be a perfect size for a basil plant. I placed it on top of the totem and it looks great!"*



-Katherin

*"I LOVE how easy it is to combine the oven and the stove in my meals, without having to move the food to an oven bowl. In this post, I share some simple recipes to make use of this feature."*



-Henry

*"I usually cook way too much dinner for me alone, because buying larger portions is cheaper. I just serve it from the pan, and whatever is left over goes into the fridge for the next day. Less stuff to clean!"*



-Lisa

*"I have a small kitchen, but CookingTotem is so space efficient I suddenly have a lot more space to store ingredients and other stuff! I'll tell you what other stuff I can store now."*

*Read these posts and more in the digital guide. You can also write your own and share how you use CookingTotem!*

## Dishwasher?

It is safe to put the pans in the dishwasher.

However, handwashing with soap is best and will make the CookingTotem last longer.

## Avoiding damage

The following things are harmful:

- Anything metal (utensils, steel wool, etc)
- Cooking / oven above 220°C
- Using a pan when it's still dirty
- Placing a hot pan in cold water
- Putting a pan in the microwave
- The lids, handles and soup pan can't go in the oven. The other pans can!



No Microwave



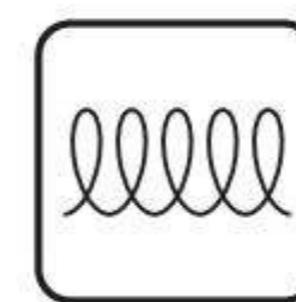
Dishwasher Safe



Gas



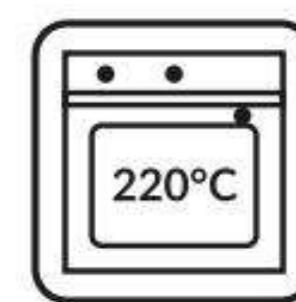
Ceramic



Induction



Electric



Oven

\*Except for lids,  
handles and  
soup pan

## Make your own totem



CookingTotem can be stacked in various configurations. Try to find one that works for you!

- Select one pan you expect to use most
- Try to stack the CookingTotem in a way so this pan ends up near the top
- Try to make sure no metal is touching the flat surfaces of any pans
- After stacking, try to find a place to store the handles. Also in the totem?



*Can you share with us how you stacked the pans, and why? We would love to know! You can do so in the digital guide.*

## Want to stay in touch?

We have a newsletter where we share cool stuff, new products, and ask for your input when it comes to CookingTotem or related products we're working on.

*You can sign up in the digital guide. No worries, you can always unsubscribe.*



## You can always reach out!

If you have any questions, don't understand something, or aren't happy with something, send us an email! Production errors always happen, and things can always break. We care about our customers and what they think, and would love to help with any issues you find!

[support@cookingtotem.com](mailto:support@cookingtotem.com)