

The Convivio Volcanic Cooking Stones are professional quality - the same ones we supply to restaurants - with superior attributes from the high quality and thickness of the stone. In restaurants they are usually heated at a very high temperature in the oven, or on professional double-crown flame burners when heated on the stove.



Since ancient times, this particular type of stone has been used to create cooking surfaces. The principal characteristic of Volcanic Stone is that it is capable of amassing heat very easily and staying hot for a long time, only slowly and gradually losing the heat. In fact, once the desired temperature has been reached, only a small burner is needed to keep it hot. Cooking on volcanic stone can be quite healthy, as it doesn't require the addition of fats. Use the Stone to cook meats, fish, eggs, fruit, cheese, and vegetables.

The following recommendations will give you the best results when using our lava stones at home:

Before First Use:

1. Clean the cooking surface well with a wet sponge (no soap) and leave it to dry.
2. Apply cooking oil to the stone and leave to absorb for at least 4 hours. For best results leave the stone for approximately 24 hours. This way the stone will be saturated and it will not be necessary to apply oil in the future.
3. Allow the excess oil to evaporate by heating the stone slowly using a moderate flame, until a drop of vinegar evaporates immediately when dropped on the stone.
4. Leave the stone to cool naturally.

Heating The Stone:

The preferred method is to heat the stone in the oven. Place the cold stone in a cold oven on the highest oven grate, then use the Broil setting. If the oven does not have this setting, place the stone on the bottom of the oven, not on the grate, so it is in contact with the very base of the oven. When the oven reaches maximum temperature, let the stone continue to heat for **20** minutes. You can calculate about **35** minutes total preparation time: **15** minutes for the oven to reach maximum temperature plus **20** minutes of additional heating.

If an oven is not available, place the stone on the largest burner and regulate it to its maximum flame. (It is always advisable to heat the stone slowly when using it for the first couple of times.) If possible, place the stone to allow the use of the flames of two burners at the same time. We recommend placing a diffuser screen between the flame and the stone. To limit heat dispersion, it is useful to cover the stone with a lid during the heating process. The heating time varies from **35** minutes up to about an hour, depending on the power of the burner.

You can heat the stone on its carrying rack, which will make it a lot easier to move. However the rack will become discolored when subjected to high heat, and extreme care must be used in handling it when hot.

With the stone heated to **250° C (475° F)**, you will be able to cook for about **20-25** minutes without additional heat. You can keep it hot longer by keeping it over lit burners on your stove, or over canned fondue or chafing dish fuel.

Cleaning:

Absolutely avoid using any type of detergent. For cleaning, it is best to scrape the surface of the stone with a spatula when it is still lukewarm, then sprinkle a little salt and dry with a cloth or soft paper towel. If necessary, use a cloth soaked in vinegar.

Important Safeguards:

Use care and heavy mitts when moving a hot stone, and use a trivet if placing it on a table or counter.

Absolutely avoid sudden changes in temperature, so never run water on the stone while it is still hot.

We advise against using the stone directly on charcoal briquettes.

The stones are very heavy so attention is needed in handling them.

The stones are rather fragile, and therefore subject to cracking from rough blows or knocks.

Some light crazing or cracking which may present itself over time on the surface of the stone is totally normal.