

## COOK-IT STICKS™

### Instant Cook Check Sensors

#### Instructions for Use

##### How to Read

1. Insert Sensor tip into the centre of the thickest section of the cooking meat, fish or baking/cakes. Wait 5 to 10 seconds then remove the sensor and check the tip for colour change.
2. The sensor tip will immediately tell you the level of cooking - How "done" the food is. If it does not change colour, continue cooking and re-checking until the special sensor tip turns red.
3. Single use sensors should then be disposed of. Multi use sensors can be washed suitably and re-used.
4. You can use Cook-It Sticks™ with any method of cooking - grilling, baking, boiling, frying, barbequing and microwaving. Cook-It Sticks™ avoid over or undercooking, particularly with barbeque cooking, and any associated health risks. Suitable for whole pieces, cuts, sausages and pies. The Steak Sensor shows when steak is rare, medium, or well done. Cook-It Sticks™ are also available for cake baking.
5. The special foodsafe Thermochromic coating bonded to the tip reacts to the cooking temperature of the food surrounding it. The colour change stops immediately when you remove the source of heat. In the single use sensors, it is cumulative. Therefore if you remove the sensor when the the tip has just begun to change, you can re-apply it until the temperature rises high enough to turn the tip red., you can keep checking a piece of meat or a whole chicken until the sensor eventually turns red. When the change occurs, it only requires to be at the trigger temperature for five to ten seconds.

##### The colour changing tip:

All sensors except the steak meat sensor have a binary colour changing tip:  
Black before use and when still under cooked.  
Red when it reaches the cooked temperature.

The Steak meat sensor has a 3 part tip to enable steaks to be cooked perfectly to your exact requirements.

