

CAST IRON COOKWARE

Seasoning and Care

What is seasoning?

Seasoning is preparing the cast iron cookware for use. There are two objectives in this process:

1. Coat the cookware to prevent rust.
2. Create a natural, permanent non-stick cooking surface.

Seasoning is an easy, but very important first step when using cast iron. Unlike synthetically coated cookware, cast iron can be seasoned, re-seasoned, and its cooking surface restored. Seasoning is an ongoing process which takes time and repeated use to achieve a shiny, black surfaced skillet.

How to season cast iron cookware:

1. Wash cookware in hot, soapy water. Use soap this time only. Rinse cookware and dry completely. (Discoloration on towel is normal.)
2. Apply a thin, even coating of melted shorting to cookware with soft cloth or paper towel. Apply inside and outside of cookware. (Do not use butter or butter flavor shortening)
3. Preheat oven to 350 degrees. Place cookware upside down on rack and bake for one hour, then turn oven off and keep cookware in oven until cool. Place a sheet pan in bottom of oven to catch any oil drippings.

How to care for cast iron cookware:

1. Clean cookware with boiling water and a plastic scrub or brush. Do not use soap, unless you are going to repeat the seasoning process. NEVER PUT COOKWARE INTO DISHWASHER.
2. Wash immediately after use, while still hot.
3. After washing cookware, dry thoroughly, then spray with a little vegetable oil, wipe with paper towel, and store in a cool, dry place. Do not let the cookware sit in water as the cookware will rust.
4. For heavy foods or grease build-up, use steel wool, SOS pads, etc., then re-season using the above steps.

Newly seasoned cast iron cookware may have a brownish, caramel-like color. This is normal and over time, with re-seasoning and use the pan will become shiny and black. The more you use the cookware, the better seasoned it gets.

