

- ▶ Leave for 1 hour and allow to cool.
- ▶ Apply another coat of oil and re-heat once more for an additional 1 hour.

Suitable for most cast iron cookware, as follows



**Cast Iron use
and maintenance
Pre-seasoned
ready to use**



INITIAL USE AND GENERAL CARE

Thank you for choosing to purchase our pre-seasoned, Cast Iron Cookware. Before initial use.

- Rinse thoroughly in warm water, then dry well. Can be placed in a warm oven for 15 minutes, or on low heat, to ensure it has dried well.
- Because cast iron cooking diffuses heat perfectly, it is preferable to use on low heat.
- Overheating may damage the cast iron, causing the contents to stick.
- Do not touch the cast surface with any sharp or metal objects.
- Pre-heat the cookware for 5 minutes at low heat, before increasing the temperature.

CLEANING & MAINTENANCE

Step 1 Wash

Wash your cast iron cookware by hand. You can use a small amount of soap. If needed, use a pan scraper for stuck on food. For stubborn, stuck-on food, simmer a little water for 3-5 minutes, then use the scraper after the pan has cooled.

Step 2 Dry

Dry promptly and thoroughly with a lint-free cloth or paper towel. If you notice a little black residue on your towel, it's just seasoning and is perfectly normal.

Step 3 Oil

Rub a very light layer of cooking oil onto the surface of your cookware. Use a paper towel to wipe the surface until no oil residue remains.

Step 4 Store

Once cooled, place in cool dry location. If storing with lid, place a paper towel or old newspaper between the lid and the base to allow for air circulation.

RE-SEASONING YOUR CAST IRON

- If you have quite a bit of rust, fill with water, bring to boil and simmer for about 20 minutes. Remove hot water and let the cookware cool down. Then scour off the rust again.
- Pre-heat oven to approximately 200° degrees Celsius, or heat up an outside grill.
- Wash cast iron product with hot water and a stiff brush, and repeat.
- Rinse and dry.
- Apply warm oil, melted vegetable shortening or lard with either a clean lint-free cloth or quality paper towel, over entire product.
- Remove excess oil as it will only flake off.
- Place upside down on outside grill (to cut down smoke in the house), or place in pre-heated oven (line oven with foil to catch excess oil).