

15 Things to Know about Cooking with Cast Iron

COOKING TIPS

1. Preheat your pan before cooking.
2. Cook over medium heat at most (lower heat prevents sticking).
3. Use wooden, metal, or silicon tools.
4. Don't move food too often (build a sear for better release).
5. Start with ingredients at room temperature for more even cooking.
6. Avoid sliding pans on cook surface.
7. Keep a potholder handy for the handle.

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DAILY CARE

8. For little messes, wipe clean with a paper towel under hot water.
9. For bigger messes, bring a cup of water to a simmer, then scrape with a stainless mesh square or nylon scrubber brush.
10. Always dry your pan immediately.
11. Avoid rapid temperature changes.
12. Rub with a light layer of cooking oil, preferably while the pan is still warm. (Too much oil leads to food sticking).

REFINISHING

13. It's time to refinish your pan when your food is sticking, you see rust, or the surface appears dull and gray.
14. Wash with hot, soapy water, then rinse and dry completely.
15. Apply a very thin later of oil, then bake in 400 degree oven for 1 hour until the pan is not longer sticky. Repeat.