

# Classic Cuisine

## Cast Iron Care & Use

- Before use, clean the cast iron cookware with hot water and a sponge or stiff brush. Never use synthetic detergents, soaps, or the dishwasher to clean cast iron. Dry your cookware on the stove before storing by heating on low, then thinly coating with your choice of oil, remove from the stove and wipe with a paper towel.
- After washing your cookware, it is time to season your cast iron. To season your pan, cover completely with a thin layer of vegetable oil or shortening, place cast iron upside down on the top rack of your oven, place foil on the bottom rack to catch oil drippings, then heat your cookware for one hour at 350 degrees Fahrenheit. Let your cookware cool, and it is ready for use!
- If you detect rust or a metallic taste, wash thoroughly with hot water and scour with a stiff brush or steel wool. Re-season the cast iron cookware after washing.

(Tip: To remove cooked on food, rinse with warm water, add coarse salt, scrub, rinse, and then re-season)

- Flat bottom cast iron cookware heats evenly, and can be used on induction, oven, grill, or campfires! Best cooking results are obtained with medium-high temperature settings; be sure to allow the cookware to heat as the burner does.