

CAST IRON

CAST IRON TIPS:

- NEVER clean in dishwasher. Follow cleaning instructions before first use.
- Cast iron handles get hot, use protective mitts & trivets.
- Cooking oil can be: Palm, Flaxseed, Coconut, Canola, Crisco, or other.
- Proper care & seasoning will make your cookware progressively more non-stick.
- Acidic foods (citrus, beans, tomatoes) can weaken the seasoning.
- Avoid cooking these foods until the cookware is very well seasoned.
- NEVER slide cookware on glass or ceramic cooktops to avoid scratches.
- Not suitable for the microwave.
- Some foods may stick the first few times of use. Use a little extra cooking oil until the seasoning is strong and settled.
- Due to sand molding and traditional practices, each cast iron piece is unique. Your cookware may have some irregularities that are purely cosmetic and do not affect the use of the product.

ATTENTION: Use caution when moving or holding griddles that have removable handles. Removable handles can become undone from the griddle if carrying too much weight, or carrying inappropriately. Never use the removable handles to carry the griddle while hot and/or with food items. Careful not to pinch the handles while carrying.

HOW TO RESTORE CAST IRON:

- If there is rust or gunk, first scrub the whole cookware with a steel wool sponge.
- Using a scouring pad, wash with soap & hot water.
- Use a towel to dry thoroughly (important!)
- Place on hot stove to completely evaporate any excess moisture.
- Rub a thin layer of oil all over the cookware, inside & outside. (Palm, Flaxseed, Coconut, Canola, Crisco, or other).
- Once the oil is rubbed in thoroughly, use a clean paper towel to wipe off excess oil (this avoids stickiness).
- Place cookware in an oven at 450° to 500°. Bake for 1 hour. Depending on the type of oil you use, it can get quite smoky (research oil smoking points).
- Allow to cool completely & store in cool, dry place.

HOW TO CLEAN CAST IRON FOR EVERYDAY USE:

By following these steps you can make sure your cookware stays clean and increasingly seasoned:

1. Allow cookware to cool enough to handle, but still quite warm.
2. Hand wash with hot water & salt or mild soap.
3. Use a towel to dry thoroughly (important!)
4. Rub a thin layer of oil inside the cookware & on the rim (Palm, Flaxseed, Coconut, Canola, Crisco, or other).
5. Place on stove (or oven) & heat up until lightly smoking.
6. Turn off heat. Carefully use a paper towel to wipe off excess oil (this avoids a sticky surface).
7. Once completely cool, store in a cool, dry place.