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Cast Iron - Cooking Tips

Always preheat the pan before you use it.

Cast iron works better when your pan is already hot. Heat the pan on a low to medium heat for 5-10 minutes before you use it.

Use a sufficient amount of butter or oil when cooking.

This is especially true in the first several uses after initial seasoning. Remember, the seasoning will improve just by using your pan normally.

Don't flip the food right away.

Let your food cook before you start trying to flip it!



Cast Iron - Care and Maintenance

1. Cover the bottom of the pan with water soon after cooking – but not right away! You do not want to put water in a searing hot pan.
2. Use a brush or light scrubbing to remove all the food from the pan. If it does not come off easily – soak it longer.
3. Don't put the pan in the dishwasher but remember that a little soap will not harm your pan.
4. After the pan is clean of food, dry it with a towel and put on stove for 5 minutes until the pan is completely dry and hot.
5. Put a small amount of oil in the pan and spread it with a paper towel. Buff out all the oil until you leave just a sheen and place the pan back on the heat for a few more minutes.
6. Turn off and leave to cool.



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