
Caring for Cast Iron Cookware

Wednesday, 13 September 2006

Last Updated Sunday, 10 December 2006

Seasoning a cast iron pan is a natural way of creating non-stick cookware.

And, like you cook and clean the modern non-stick cookware with special care to avoid scratching the surface, your cast iron cookware wants some special attention too.

Seasoning a cast iron pan is a natural way of creating non-stick cookware.

And, like you cook and clean the modern non-stick cookware with special care to avoid scratching the surface, your cast iron cookware wants some special attention too.

- Clean the cookware while it is still hot by rinsing with hot water and scraping when necessary. Do not use a scouring pad or soap (detergent) as they will break down the pan's seasoning.

- Never store food in the cast iron pan as the acid in the food will breakdown the seasoning and the food will take on a metallic flavor.

- Store your cast iron cookware with the lids off, especially in humid weather, because if covered, moisture can build up and cause rust. Should rust appear, the pan should be re-seasoned.

When you purchase cast iron cookware, they are medium gray in color, but after usage, they start turning darker. This is normal and should be expected.