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Cast Iron Care

With properly seasoned cast iron, food slides easily from the pan to the plate; and cooks can use their cast iron cookware both on the stovetop and in the oven. Another advantage to owning cast iron is that you will notice that your cookware stays stick resistant perpetually without any additional oil. Cast iron cookware is truly an example of a precision cooking tool, because the temperature of is easy to control and the heat is distributed evenly across the surface. With proper care, your cast iron cookware will last for many generations..

When you first purchase cast iron, you may feel overwhelmed at the thought of taking care of it and getting it ready to cook. Don't worry. Caring for and cooking with your cast iron cookware is as easy as taking care of your Teflon and stainless steel cookware.

Ten Commandments for Seasoning Cast Iron Cookware

- 1) Warm cookware before peeling off any label
- 2) Wash the utensil, make sure to rinse and dry. Use soap THIS TIME ONLY
- 3) Melt solid vegetable shortening (Crisco, for example). Apply melted shortening onto the utensil with a soft cloth inside and out.
- 4) Preheat oven to 350° - Place utensils in the oven upside down. Place aluminum foil on rack below to catch any dripping. Bake for one hour, then turn off the oven and let utensil remain in the oven until cool. (Note: Make sure lids are seasoned inside and outside as well -
- 5) Re-season after cooking beans (any kind) or any acidic foods (tomatoes).
- 6) Do not wash utensil in soap or dishwashing detergents, Using boiling water and a bristle brush to clean
- 7) Wash immediately after use, while still hot. Do not use as storage vessel
- 8) After washing utensil, dry carefully over light heat, then spray lightly with a food grade mineral oil, wipe dry and store. Never store utensil with lid on, cast iron needs air circulation
- 9) Deep fry in Dutch ovens at least six time prior to cooking beans of any kind and re-season after cooking beans or any acidic foods (tomatoes).
- 10) If you failed to follow the above instructions you will need to re-season the utensil. Scour any rust or grease buildup with steel wool, SOS pad, sand paper, etc., and re-season by melting solid vegetable shortening (Crisco, for example).

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