



Cast Iron use and maintenance

Pre-seasoned, ready to use

Caring for your pre-seasoned, Cast Iron Cookware

Initial use and general care

Thank you for choosing to purchase our pre-seasoned, Cast Iron Cookware. Before initial use.

- Rinse thoroughly in warm water, then dry well. Can be placed in a warm oven for 15 minutes, or on low heat, to ensure it has dried well.
- Because cast iron cooking diffuses heat perfectly, it is preferable to use on low heat.
- Overheating may damage the cast iron, causing the contents to stick.
- Do not touch the cast surface with any sharp or metal objects.
- Pre-heat the cookware for 5 minutes at low heat, before increasing the temperature.

Cleaning & maintenance

- Let the cast iron cool down to a warm temperature.
- Wipe any remaining food off the cookware.
- Place hot water on the cast iron cookware, and bring to boil for about 5 minutes.
- Remove boiling water, and wipe dry with a paper towel.
- While the product is still warm, apply a thin coating of cooking oil all over.
- Place on heat, or in hot oven for approximately 30 minutes to protect and maintain the rich black finish. (As our product has been pre-seasoned, this process is not needed until you notice the coating starts to lose its deep rich finish).

- Once cooled, place in cool dry location. If storing with lid, place a paper towel or old newspaper between the lid and the base to allow for air circulation.

Bring it back to life today!

- If you have quite a bit of rust, fill with water, bring to boil and simmer for about 20 minutes. Remove hot water and let the cookware cool down. Then scour off the rust again.
- Pre-heat oven to approximately 400° degrees, or heat up an outside grill.
- Wash cast iron product with hot water and a stiff brush, and repeat.
- Rinse and dry.
- Apply warm oil, melted vegetable shortening or lard with either a clean lint-free cloth or quality paper towel, over entire product.
- Remove excess oil as it will only flake off.
- Place upside down on outside grill (to cut down smoke in the house), or place in pre-heated oven (line oven with foil to catch excess oil).
- Leave for 1 hour and allow to cool.
- Apply another coat of oil and re-heat once more for an additional 1 hour.
- You should have a good hard black surface by now.

Camp Oven use and fire placement

For best results, cook slow and steady. As cast iron is a great conductor of heat, the following steps should be taken to ensure consistent heat when cooking:

1. Find a sheltered spot several metres from the fire
2. Dig a small hole about 15cm deep and twice the diameter of the oven
3. Take a shovel full of coals from the fire and spread evenly at the bottom of the hole
4. Place oven on top of coals
5. Place another shovel full of coals around and on top of the oven

Removing the lid:

Use a lid lifter to remove the lid as the handle will be hot

Travel:

Cast iron can be very brittle and easily cracks. Care should be taken when packing. Make sure it is well padded and cannot bounce around your car boot or trailer.