CAST IRON
Use and Care Guide

VALOR

I've heard of seasoning cast iron, but what does it mean?
Seasoning creates the natural, easy-release properties of cast iron. The more you cook, the better it gets. You do this by baking vegetable oil onto the iron at a high temperature.

How do I re-season my cast iron cookware?
Even if seasoned properly you may need to eventually re-season to restore your cookware back to ideal condition. Follow the following steps to do so:

1) Wash the cookware with hot, soapy water and a stiff brush
2) Rinse and dry completely
3) Apply a very thin coating of melted solid vegetable shortening to the inside and out side of the cookware.
4) Place aluminum foil on the bottom rack of the oven to catch drips
5) Set oven temperature to 350-400 degrees
6) Place cookware upside down on the top rack of the oven
7) Bake the cookware for at least one hour. Afterwards, turn the heat off and allow to cool inside of the oven.
8) Store the cookware uncovered, in a dry place when cooled
9) Repeat, if necessary

Should I use soap when cleaning?
You may wash with mild soapy water; make sure to dry and oil immediately afterwards. It is worth noting that cookware on medium heat reaches 400°F within 4 minutes, and reaches sterility at 212°F, so soap isn't completely necessary.

Can I place cast iron cookware in a dishwasher?

No. Dishwashers, strong detergents and metal scouring pads are not recommended as they could remove seasoning.

I've got rust! Is my cookware ruined?

If not properly seasoned, you may experience rust on your cookware; but fear not. Just simply scour the rusty spot(s), rinse, dry, and rub with a little vegetable oil.

Is there anything else I should know?

- Acidic foods like tomatoes, beans, and certain sauces can damage seasoning. Avoid until the seasoning is well-established
- Gas flames should not extend up the sides of cookware
- Do not use in the microwave
- When deep frying, fill cookware only to 1/3 of capacity