



MIDDLESEX Community College

Tools and Technologies for Tech Writers 2024

Week 11

Cast Iron Care and Use Basics

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Prepping Your Cast Iron Pan

Before you start cooking with your cast iron pan, it's essential to properly prep it to ensure optimal performance and longevity. Let's take a look at some basic methods to get and keep your cookware in its best condition.

Seasoning Cast Iron Introduction

Before you dive into the world of cast iron cooking, it's essential to prep your pan properly. In this section, we'll guide you through the steps to season your cast iron pan, ensuring it develops a smooth, non-stick surface that enhances your cooking experience. Follow the steps in this guide to guide you through the basics of cast iron seasoning.

Seasoning New Cast Iron for First Use

1. Wash the pan with warm soapy water to remove any factory residue.
2. Dry the pan thoroughly with a towel.
3. Apply a thin layer of vegetable oil or melted shortening to the entire surface of the pan including the handle.
4. Place the pan upside down in a preheated oven at 350 degrees Fahrenheit for one hour.
5. Let the pan cool in the oven before removing it. Repeat this process if necessary until the pan develops a smooth, non-stick surface.
 - Avoid Soaking: Never soak your cast iron pan in water or leave it submerged for an extended period as it can lead to rust
 - Maintain Seasoning: After each use, wipe the pan with a thin layer of oil to maintain its seasoning and prevent rust.

For more detailed instructions on seasoning your cast iron pan, refer to [Lodge Seasoning and Care for Cast Iron](#).

References

Related information

<https://www.lodgecastiron.com/discover/cleaning-and-care/cast-iron/all-about-seasoning>

Cooking Tips

Cooking with cast iron pans can be a delight when done correctly. We've included a basic framework to help you establish good cooking habits for the best cast iron experience!

Cooking Tips Introduction

Cooking with cast iron pans requires a few techniques to achieve optimal results. In this section, we'll share valuable tips and tricks to help you harness the full potential of your cast iron cookware, from preheating to handling with care.

Cooking Tips

1. Preheat Properly:
 - Always preheat your cast iron pan on low to medium heat for a few minutes before adding any ingredients. This ensures even heating and prevents food from sticking.
2. Use Adequate Oil:
 - When cooking, use enough oil or fat to coat the bottom of the pan evenly. This helps prevent sticking and promotes browning.
3. Avoid Acidic Foods:
 - Avoid cooking highly acidic foods, such as tomatoes or citrus-based dishes for prolonged periods in cast iron pans as they can strip away the seasoning.
4. Handle with Care:
 - Be cautious when handling the hot pan and always use oven mitts or potholders to prevent burns.

Explore more cooking tips and techniques at [References](#) on page 5

References

Related information

<https://www.serious-eats.com/how-to-buy-season-clean-maintain-cast-iron-pans>

Storing Cast Iron

Proper storage is crucial for maintaining the quality of your cast iron pan. To extend the longevity and quality of your cast iron, follow the storage guidelines outlined in this section.

Cast Iron Storage Introduction

Proper storage is key to preserving the quality of your cast iron pan for years to come. In this section, we'll discuss the best practices for storing your pan to prevent rust, maintain seasoning, and ensure it's ready for your next culinary adventure.

Storing Cast Iron

1. Cool completely:
 - Allow the pan to cool completely before storing it to prevent moisture buildup.
2. Stack Safely:
 - If stacking pans, place in a dry place with a lid or cover to protect it from dust and moisture.
3. Cover or Hang:
 - Store your cast iron pan in a dry place with a lid or cover to protect it from dust and moisture.
 - Alternatively, you can hang the pan using a sturdy hook or rack to save space and ensure proper air circulation.
4. Regular Inspection:
 - Periodically check your cast iron pan for any signs of rust or damage. if needed, re-season the pan to maintain its non-stick surface.

For additional tips on storing cast iron cookware, visit [Storing Cast Iron References](#) on page 6

Storing Cast Iron References

Related information

<https://www.thespruceeats.com/how-to-care-for-cast-iron-skillets-griddles-and-cookware-1388122>