

Instructions for Caring for a Seasoned Cast Iron Skillet

A cast iron skillet is a wonderful tool which is a boon to any kitchen, unfortunately, for all the advantages, properly caring for them is of utmost importance. Without proper care, cast iron cookware will rust and corrode due to the vulnerability and reactivity of iron. In completing some of these steps there is a risk of burning your hand. The risk is low if proper care and caution are used in handling the hot pan.

Things You Will Need:

- A stove
- A sink
- Dish soap
- A towel
- Paper towels
- Cooking oil (olive or canola will work)

Instructions

1. Wash the pan thoroughly in hot, soapy water*
2. Dry the exterior of the pan with a towel
3. Heat the pan on the stove until it is dry
4. Turn off stove
5. Allow to cool briefly to reduce the risk of burning yourself
6. Pour about a tablespoon of cooking oil onto the pan
7. Wad up a paper towel such that you can wipe the pan without burning your hand
8. Wipe down the pan, spreading a thin layer of oil over its entire surface
9. Allow the pan to cool

*Due to the tendency of cast iron to rust, it is inadvisable to soak a cast iron pan in water for extended periods of time.

Conclusion

This process should be repeated after each use of the pan. If done correctly, the process will protect the pan from oxidation and make the surface more nonstick. Initial seasoning of a cast iron pan is beyond the scope of these instructions, however many reputable guides exist on the Internet. I would recommend you look there for instructions on that subject.

