

# How To Season Your Cast-Iron Skillet:

1. Scrub skillet well in hot soapy water.
2. Dry thoroughly.
3. Spread a thin layer of melted shortening or vegetable oil over the skillet.
4. Place it upside down on a middle oven rack at 200C°. (Place foil on a lower rack to catch drips.)
5. Bake 1 hour; let cool in the oven.

## How to Care for Cast Iron

- To rid of rust stains, rub [this handy rust eraser](#) on the stain, and then reseason pan. Find it at hardware stores, bike shops, or wood-working shops.
- To clean, use a [stiff brush](#) or [plastic scrubber](#) under running water while the cast iron is still warm but cool enough to handle with ease. Kosher salt is also a good scrubbing agent for baked-on stains. The most important tip is to never use soap!
- Before cooking, apply vegetable oil to the cooking surface, and preheat the pan on low heat, increasing the temperature slowly.
- Never marinate in cast iron. Acidic mixtures will damage the seasoning. Reseason if food particles start to stick, rust appears, or you experience a metallic taste.