

With new cast iron cook wear, wash with mild soap, and rinse thoroughly. Use a low heat to dry out the cook wear (always use low heat after use to dry cook wear).

With a towel (paper towel is fine) lightly coat the entire surface of the cook wear inside, and out using Crisco, lard or soybean oil. Never use butter or margarine.

Heat home oven to 350 deg. place cook wear inside for 1 hour, then turn off oven let cool with cook wear inside. Place a cookie sheet or a catch basin under the cook wear to catch oil drippings.

In the case of a Dutch oven, place it upside down in oven.

Remove after oven has cooled, wipe out excessive oil. Cook wear is now ready to use. You should however avoid acidic foods such as tomatoes until you have used the cook wear several times.

Cast iron cook wear can be reseasoned if metallic taste or rust (rust is indicative of neglect, in my opinion). It is recommended that you not use soap to wash cast iron cook wear with after it has been seasoned, I have never had a problem with soap for hard to clean cast iron. Remember to get thoroughly dry the cook wear with a low heat, and re-wipe with oil as needed.