

Cast Iron Cookware Care

Seasoning: As long as cast-iron cookware has been around, cooks have talked about the best way to season it. We've taken some advice from those cooks, from independent testing and our own experience to arrive at a formula which should keep your pot, pan or skillet cooking well.

The first step is to remove the pre-seasoning coat applied at the factory. Start by scouring all surfaces with steel wool soap pads and hot water, then rinsing. Repeat until factory coat has been removed, then dry the cookware thoroughly.

Begin your own season immediately, since iron will rust if left uncoated. Using unsalted vegetable oil or shortening, coat the inside and outside of the cookware and the cover, if it has one.

Next, place the cookware upside down over a flat pan or aluminium foil in a 250-degree oven and leave it there for two or three hours. Wipe out the inside of the cookware or its cover with a paper towel and re-oil several times during the