



The Skillet Doctor M.D.

Prescription for Cast Iron Care

WWW.THESKILLETDOCTOR.COM

Skillet
Age: _____

Year
Mfg: _____

Diagnosis: _____

How To Clean Cast Iron Cookware:

Use hot tap water with a pinch of SD SKRUB as needed.

Use bamboo brush to remove stubborn food.

Pat dry skillet, heat on stovetop low.

Apply a small amount of Skillet Doctor Seasoning Salve to skillet. Use cotton bandana or paper towel to apply on front, back, bottom and handle of skillet.

Wipe off excess salve, let cool.

Cook ♥ Repeat ♥ Clean ♥ Maintain

Make two eggs and call me in the morning!

fixcastiron@gmail.com

415.531.2651

RX

Signature