

The Skillet Doctor's

Cast Iron Prescription:

NEVER WASH CAST IRON COOKWARE WITH SOAP!!!

Soap will break down the seasoning you've worked so hard to create over time and will cause your cookware to rust.

When a skillet is well seasoned it will clean up easily with **HOT TAP WATER** coarse salt and *The Skillet Doctor's* bamboo cleaning brush. **DO NOT USE A SOAPY STEEL WOOL PAD!** This will break down the seasoning and possibly scratch the cooking surface!

Here are the steps:

1. Heat skillet slowly on stove
2. First meal, cook something fatty like chicken, bacon or ground meat.
3. Vegan minded folks can use potatoes and grapeseed or canola oil to make breakfast potatoes.
4. When done, rinse with hot tap water and use *The Skillet Doctor's* bamboo cleaning brush to clean excess food. If food is stubborn, use coarse salt. I use Baleine Coase Salt in the red container. You can use a wooden spoon to scrape out excess food also.
5. When finished with bamboo brush, store butt side up to dry.
6. I would avoid using metal utensils with your cast iron cookware for at least 10 meals!
7. Dry cast iron with paper towel and place skillet and lid on stove to heat up. Be careful to not burn yourself! Heat up the skillet for 30-60 seconds and shut off flame.
8. Use *Skillet Doc's Seasoning Salve*tm, or any light oil to thinly coat the **inside** and **outside** of the skillet. **Be sure to coat the handle too!** Rub oil in until you can see your face in the sheen, **then wipe it off!** Make sure the oil is not too thick and shiny. This can cause the oil to possibly go rancid over a long period.
9. Store in a cool dark place with a paper towel protecting the cooking surface.

Enjoy!

Thank you for letting the Skillet Doctor revive your cast iron cookware. It will last for generations with simple care and provide your family with memorable meals!

If you have a recipe you would like to share please email it to:

Fixcastiron@gmail.com

Happy cooking!

The Skillet Doctor

Seth Affoumade 415-531-2651

www.theskilletdoctor.com

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