

Maintenance of cast iron cookware

Pots and Pans etc.



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Cast iron pots and pans

Cast iron is one of the oldest materials which is still being used right up to the present day.

In recent years it has become popular with ‘ primal lovers’ and ‘healthy cooking cooks’.

These products are easy to maintain without having to use cleaning products.

Using the cookware in the correct way produces the special aromatic taste when dishes are prepared in cast iron. The naturally produced non-stick coating makes roasting simple with no cleaning involved afterwards. This is necessary when using other types of pots and pans.

There are a few fixed rules which are important for the properties of cast iron cookware. See page 3.

Environmental friendly

Product:

- These products are made from recyclable materials.
- Use the products at the given temperatures.

Packaging;

- The packaging is 100 % recyclable.
- National regulations should be followed when removing the packaging.

Important maintenance tips

- Cast iron pots and pans are best cleaned with kitchen roll or with water and a brush.
- Do not place in the dishwasher
- Do not keep uncooked meat or other food in cast iron cookware.
- If the cast iron is hot do not pour cold water on it.
- After cleaning, rub in vegetable oil before storing away
- When preparing foodstuffs which contain acids (milk, tomatoes, lemon acids or vinegar) it is necessary to follow the cleaning instructions given on page 9. These acids dissolve the Patina (non-stick layer).
- Cast iron cookware improves every time after use. So the more often they are used the better the results

It is important not to clean the cookware too thoroughly as a natural non-stick layer has to form.

General tips

Pots, pans and grill plates are very robust. They will last for generations if well looked after.

Fat and food remains get into the pores and create a good non-stick layer (patina) giving the cast iron its particular cooking flavour. Any bacteria in the cookware will not survive because of the high temperatures reached when cooking or baking.

To remove any remains of burnt food the cast iron can be given a 'peeling' using 2 spoonfuls of salt and kitchen roll.

The rough cast iron has been treated with rap oil. Treating the pans with oil after use is recommended to stop any rust forming.

Rinse with water before use.

If the original oil layer has been removed follow the instructions on page 5.

Cast iron heats evenly and also cools evenly.

Cast iron is also suitable for induction plates and sensor techniques.

A great advantage of cooking with cast iron is that the prepared food is very healthy.

Cast iron cookware

If incorrectly taken care of it is possible that rust will start forming. This can easily be avoided or the rust can be removed. When first seasoned the pans are stood upright in racks and it is possible that certain spots have been coated with less rap oil. These spots may have a silver grey colour. This colouring will disappear in time. (This could have happened with new cookware.)

When cooling down after seasoning with rapeseed oil, a spot of a few centimetres may appear on the bottom of the product. This usually appears opposite the side of the handle where excess rape oil has accumulated. It is also possible that rust has formed on these spots on new cookware. If that is the case, the necessary treatment on page 5 can be followed.

Mistakes in maintenance and solutions

The following tips are in most cases for rough untreated cast iron.

The cast iron has turned grey

1. Rub a considerable amount of oil into the cast iron.
2. Place the cookware without the handles in the oven for 20 to 30 minutes at a temperature of 150 degrees until the oil has dried up.
3. Cookware with wooden parts that cannot be removed: place on the cooking plate with an evenly spread flame for 10 to 15 minutes and then leave to cool off completely afterwards. Remove excess oil.

Cast iron cookware is rusty.

There are more reasons for this.

1. The original seasoning has been removed.
2. Food has been kept in the cookware for long periods
3. Dishes have contained acid (milk, tomato, vinegar etc)
4. The cookware has not been dried properly and has been put away in bad air circulation conditions.

Solution

1. Remove spots of rust with steel wool.
2. Rub a thin layer of oil on the inside and outside.
3. Remove wooden handles if attached.
4. Place the cookware upside down in the oven.
5. "Bake" the cookware for 1 hour at 150°C (make sure to catch any excess oil).
6. Turn the oven off and let the cookware cool off completely in the oven.
7. If necessary, repeat this process.

Cast iron cookware is too dry and food sticks to the utensil.

Solution;

1. Put a large amount of salt into the pan and place on a warm cooking ring.
2. Burn the pan with the salt, let the pan cool off and remove the salt.

Scratches on cast iron cookware

Solution:

1. Rub a few drops of oil into the scratches to protect the cookware from rust. When used again the scratches will disappear. As a rule scratches occur on the surface where it has been seasoned with rap oil and these will disappear when the cookware is seasoned again. These scratches will disappear when the pots are used again with fresh oil.

Natural non-stick layer (Patina) on cast iron.

A good non-stick layer gives the pots, pans and grill plates its special character. The layers produced by using fats is a natural protection. This forms a non-stick layer but also a special cooking aroma.

The patina is not a 'must' but is recommended as it is important for the taste and cooking qualities of cast iron.

The correct way of cooking with cast iron

In order to reach optimal results in cooking , some foodstuffs have to be cooked at high temperatures.

This must always be a constant temperature.

Using cast iron is ideal for this purpose.

Cast iron pans are ideal for searing quickly and also for healthy baking at low temperatures.

By constant temperatures from 150 °C an intensive aromatic layer is formed, typical of cast iron pots, pans and grill irons. This is for both meat and fish.

When choosing oil this must be suitable for high temperatures. Both Rapeseed oil and sunflower oil are suitable to use.

Cleaning cast iron cookware

Never use washing up liquids or cleaning liquids. Using them will remove the patina and the cookware will rust.

Clean dirty cookware with a kitchen roll. Scrape off any bits of burnt food left in the hot pan with a metal spatula.

Any bits that have dried up can be removed with hot water.