

How To Season Cast Iron Skillet



How To Season Cast Iron

You can use a cast iron skillet for almost anything — as long as you take the time to maintain it and keep it in good condition. That's why I'm going to show you how to easily season your cast iron skillet and keep it in great working order!

How To Season a Cast Iron Skillet | Kitchn

If you want to season cast iron cookware, start by washing the cookware with warm water and soap. Dry the cookware thoroughly by placing it in the oven at 350 °F for about 10 minutes. Take the cast iron out of the oven, then coat it inside and out with cooking fat or oil. If the cookware has a lid, coat it too.

How to Season Cast Iron Cookware: 11 Steps (with Pictures)

Here's how to season your cast-iron skillet. Scrub skillet well in hot soapy water. Dry thoroughly. Spread a thin layer of melted shortening or vegetable oil over the skillet. Place it upside down on a middle oven rack at 375°. (Place foil on a lower rack to catch drips.) Bake 1 hour; let cool in the oven.

How To Season A Cast-Iron Skillet - Southern Living

A cast iron pan is, quite literally, a big hunk of iron molded into the shape of cookware. Iron, on its own, is gunmetal gray and highly reactive, able to rust within minutes in humid air alone. Try to cook in a bare iron pan, and not only will the rusting be a problem, but your food will stick to it as well.

How to Season a Cast Iron Pan (It's Easier Than You Think ...)

Cast iron pans, pots, skillets, griddles, and Dutch ovens are practically indestructible. They can last for generations. The key to cast iron's longevity is seasoning. In this video, you'll learn how to season, cook with, and care for cast iron cookware so it lasts for years and years. Seasoning cast iron is simple.

How to Season Cast Iron Video - Allrecipes.com

About the Oil. All cooking oils and fats can be used for seasoning cast iron, but based on availability, affordability, effectiveness and having a high smoke point, Lodge recommends vegetable oil, melted shortening, or canola oil like our Seasoning Spray. Traditionally lard was used to season cast iron, and while that is still okay,...

Lodge Cast Iron | All About Seasoning

Find step-by-step instructions for how to season a cast iron skillet and how to clean a cast iron skillet. Scrub the pan with hot, soapy water and a stiff brush to remove any rust. Towel-dry and apply a thin coat of vegetable oil to the entire pan—outside and handle included. Place on top oven rack, upside down; bake for 1 hour. Turn off the oven and leave the pan inside to cool. Now you're ready to cook.

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