

# SEASONING & CARE OF CAST IRON COOKWARE

New Cast Iron Pots are coated with paraffin to prevent rusting. Before using for the first time, wash with mild soapy water, rinse, and dry thoroughly. Never use abrasive detergents. Grease the entire surface of the cookware with a thin coating of solid vegetable shortening. Do not use salted fat (margarine or butter). Heat for 30-60 minutes in oven at 300-350°F (149-177°C). Remove from oven, pour out excess grease, and wipe with a paper towel. This completes the seasoning process. Each time the cast iron is used, coat the entire surface with a thin coat of solid vegetable shortening, wipe with a paper towel, and store.