

Cast Iron

Kitchen

Seasoning, cleaning and the myths that persist.

Well-maintained cast iron lasts generations.

1

Season it

Thin layer of neutral oil, wipe almost all of it off, bake at 230°C for an hour.

2

Cook in it

Fatty cooking maintains the seasoning better than any deliberate re-seasoning.

3

Clean while warm

Hot water, brush or chainmail scrubber. Soap is acceptable.

4

Dry immediately

On the hob if necessary. Rust is the only real enemy.

5

Wipe with oil

A very thin film before storing.

MYTHS

Soap does not strip seasoning

You can cook tomatoes — just not for hours

Rust is fixable: scrub it back and re-season

Seasoning is oil polymerised into a hard plastic-like layer by heat. That is why washing-up liquid cannot dissolve it.