

Cleaning Equipment

Kitchen

What each material tolerates, and what quietly destroys it.

What is safe where.

Item	Dishwasher?	Note
Stainless steel	Yes	Fine
Cast iron	NO	Strips seasoning, causes rust
Non-stick	Not advised	Shortens coating life
Wooden boards & spoons	NO	Cracks and warps
Sharp knives	NO	Dulls edges, damages handles
Aluminium	NO	Discolours
Enamelled cast iron	Yes, but hand-washing is kinder	Chips over time

Oil wooden boards monthly with food-safe mineral oil. Dry, cracked boards harbour bacteria in the splits.