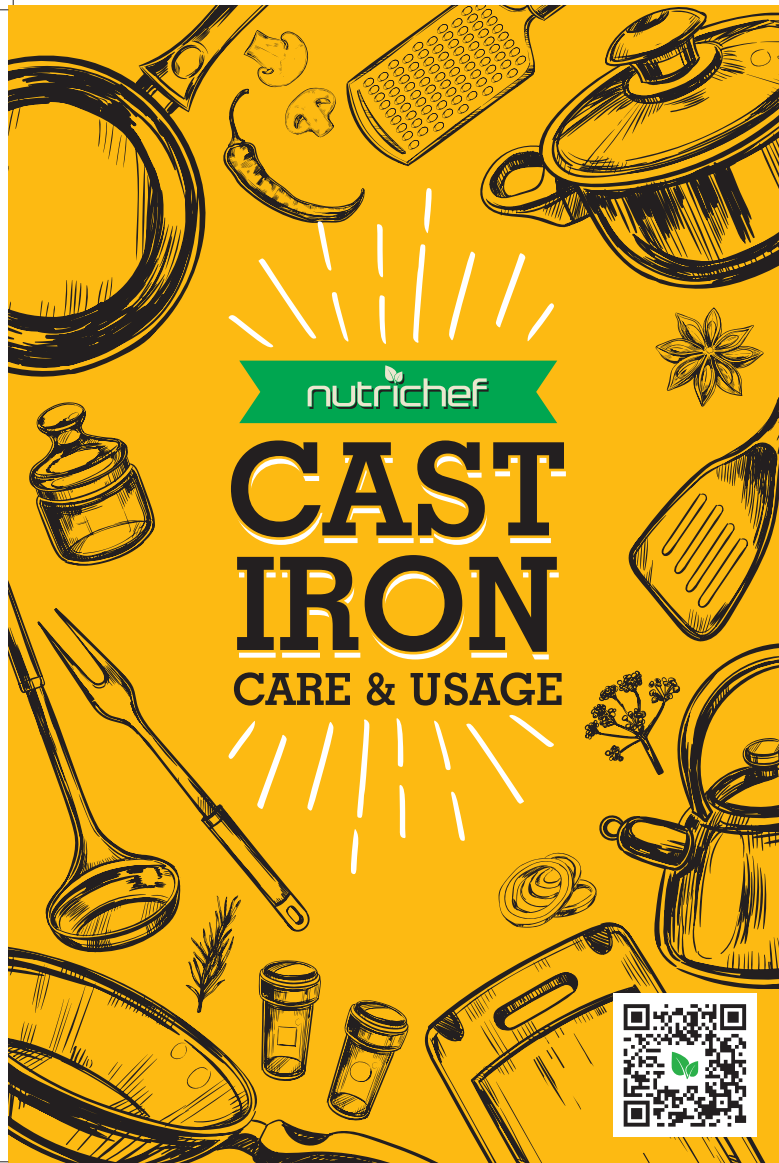


FRONT



BACK



CAST IRON COOKWARE

THE KEY TO MAKE YOUR CAST IRON COOKWARE LAST FOR YEARS IS TO SEASON THEM. "SEASONING" IS MADE OF OIL THAT IS BAKED INTO THE SURFACE OF THE COOKWARE. THOUGH NUTRICHEF CAST IRON COOKWARES ARE PRE- SEASONED, WE STILL RECOMMEND TO SEASON THEM BEFORE FIRST USE.

Rub a light layer of oil over the entire surface, including the inside, outside and the handle. Make sure it is completely coated. Use un-saturated oils because their chemical structure is more re-active than those saturated ones. **Do not use olive oil or butter when seasoning.**

Do not plan on cooking any- thing else in the oven while you season the cast iron since the process can be affected by steam created by cooking other food.

Bake pan upside down in the oven for one hour on 400F. After one hour, leave the pan inside the oven to cool.

Repeat the process three times. It takes more than one coating of oil to completely season cast iron cookware. To make sure to have a good non-stick surface that won't strip off when cooking food, give it another coat of fat or oil, cook it, let it cool, and repeat the process again.



THE FIRST FEW TIMES YOU USE YOUR COOKWARE, RUB A SMALL AMOUNT OF COOKING OIL ON THE INSIDE OF THE PAN BEFORE YOU START COOKING. OTHERWISE FOOD MAY STICK ESPECIALLY THE ACIDIC ONES.

RUST: Cast iron rust easily when not dried properly or when exposed to humidity. To prevent rust, always dry them thoroughly and promptly. **No air drying.** Store it in a dry place. Make sure never to soak it in water. If rust does form, remove by scrubbing the affected area with kosher salt and steel wool. If the cookware keeps getting rusty, splochy, or sticky residue that refuses to come off, it's time to re-season.

CLEANING & CARE

- Clean immediately after use, while it is still hot or warm. **DO NOT** soak or leave it in the sink because it may rust.
- Wash by hand using hot water and a sponge or stiff brush. Avoid using the dishwasher soap, or steel wool, as these may strip the pan's seasoning.
- To remove stuck-on food, scrub the pan with a paste of coarse kosher salt and water, then rinse or wipe with a paper towel. Stubborn food residue may also be loosened by boiling water in the pan.
- Thoroughly towel dry or dry it on the stove over low heat. Using a cloth or paper towel, apply a light coat of oil or melted shortening to the inside of the skillet. Some people also like to oil the outside of the skillet. Buff to remove any excess. Store the skillet in a dry place.

Questions/Concerns: jb@pyleusa.com