

Your cast iron is counting on you

This is a partnership between you and a tool. Field cast iron is pre-seasoned with several coats of grapeseed oil. That's enough to get you started. Dark, durable, non-stick seasoning is achieved through time & use.

To keep your new cast iron in top condition, use

Field Company Cast Iron Seasoning Oil: fieldcompany.com/seasoning

Before you start cooking

Gently scrub with soap and water. Wipe dry, heat on stovetop to evaporate moisture, and apply a thin coat of **Field Seasoning Oil** to all surfaces.

Breaking in your Field cookware

- Preheat your cast iron on low for 5 minutes before you start cooking
- Be generous with cooking oil
- Cook over low to medium heat as you build up your seasoning
- Avoid acidic foods to protect your seasoning (tomatoes, wine, citrus, vinegar)
- Avoid long simmers with salty liquids
- Build seasoning by sauteing onions, baking cornbread, roasting vegetables, or frying just about anything
- Contrary to popular belief, many proteins (including bacon) may stick a bit in the early stages before your seasoning builds up
- No soaking, no drip-drying, and never in the dishwasher
- For best results, follow the Field Method as outlined below after every meal

Cleaning and Maintenance: The Field Method

1. Rinse and remove loose food with brush
2. Use chain mail scrubber to:
 - dislodge any remaining gunk
 - gently scuff cooking surface and side walls
3. Heat on stovetop to evaporate moisture
4. If necessary, wipe up remaining moisture with a paper towel
5. Apply a dab (~ ¼ tsp) of **Field Seasoning Oil**. Use a paper towel or cloth rag to rub over all surfaces, inside and out.
6. Wipe away excess oil to leave a dry, matte finish

More questions? Drop us a line at help@fieldcompany.com

Time & Use | Learn how to care for cast iron cookware: fieldcompany.com/care



Thank You

We can't wait to see what you make
with your Field Skillet!



**FIELD
COMPANY**