



## **Samuel Groves Recycled Cast Iron Care Guide**



### **Before First Use**

Remove any labels from the product and wash in warm soapy water before use. Rinse with clean water and dry thoroughly. To improve the pan's cooking performance, before first use, we recommend adding oil to the pan and heating it at a low temperature for a few minutes. Wipe off excess oil or fat with a cloth.

### **Cooking**

Always select the appropriate hob ring to match the pan's base size so that the heat touches only the bottom of the pan. Before cooking, gradually pre-heat the pan at a low to medium temperature to avoid thermal shock. The cooking should be monitored at all times to prevent overheating, which might result in damaging the pan. Do not overheat a pan when empty, and never allow a pan to boil dry. Please take extra care when moving pans during cooking as the pans are heavy and handles can get very hot, especially when cooking at high temperatures in the oven or on BBQs and open fires. We recommend that you always use a dry oven glove or cloth all the time when handling hot pans during and after cooking. To avoid damage to the patina, do not use pans to store raw, marinating or cooked foods. After each use, rub oil into your pan to ensure the seasoning remains for quality cooking.

### **Cleaning**

Clean by hand using a sponge and washing up liquid, fill the pan with warm soapy water and leave to soak if necessary. Never use wire wool or any other metal based scrubbers. Never use a dishwasher, as the detergents used will tarnish the cookware permanently. Do not use wire



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wool or any other metal based scrubbers. Using a scouring pad, soap or any other detergent is not recommended, as they will break down the pans seasoning and could cause rust spots. Use a scouring pad and a mild detergent only if you are planning to re-season the pan in the oven. Do not fill a hot pan with cold water or plunge it into cold water, as sudden temperature changes may cause warping.

Always store your cast iron pan in a dry place. Moisture causes cast iron cookware to rust, so it's important you store it in a dry area, away from steam and water.

### **Seasoning**

Although our Cast Iron cookware comes pre-seasoned and is ready for immediate use without additional seasoning, you might occasionally need to apply a new layer to restore the patina or to maintain the pans performance. Cooking acidic foods, using excessive heat, scrubbing with abrasive utensils, or scouring pads can damage the layer of seasoning. If a portion of the layer wears off and food sticks to the surface, simply scrub the pan with a nylon brush, rinse, hand dry, and rub with vegetable oil.

It would be beneficial to season your cast iron in the oven a few times a year to maintain great performance. We recommend oven seasoning to build up a stronger layer of seasoning, especially when restoring a rusty pan. Scrub the pan well in hot soapy water and dry thoroughly. Spread a thin layer of vegetable oil over the inside and outside of the pan and place it upside down on a middle oven shelf at 240°C. Bake for an hour, and once finished, let it cool in the oven.