



# Solidteknics Care Guide.

How to season, cook with and  
maintain your new iron pan.

**Buy Me Once.**

# An introduction to iron.

There's a reason iron pans are the professional's choice (in fact, there's a few):

- Builds up a natural, renewable and healthy non-stick called seasoning, that improves with use.
- Super strong and durable.
- Climbs to hot temperatures for an incredible sear.
- Happy on all hob types, including an open fire.

Using your Solidteknics iron pan is very different to Teflon or stainless steel. Using it might take a little getting used to, but once you've got the basics, maintaining it is very easy.



# Before you cook.

The natural non-stick coating that iron pans build up is called seasoning. It's essentially burnt-on oil that has polymerised into a hard, shiny surface.

A well-seasoned Solidteknics pan will become lovely and black, like this one modelled by Solidteknics founder Mark Henry here.

Your Solidteknics pan comes lightly pre-seasoned. We recommending seasoning your pan a further 2-3 times in the oven and for 10-15 minutes on the stovetop before using it for the first time.

This will provide a solid foundation of seasoning, so that your pan won't rust or get food stuck to it when you cook.

[Watch a quick 'How To' season video here.](#)



# Step 1: oven seasoning.

Oven seasoning provides all-over rust resistance to your pan, whereas the hob seasoning will build a non-stick layer on the cooking surface. You'll want to set some time aside for this.

- Preheat your pan/s in the oven to 90°C for 15 minutes. Carefully remove from the oven (take care, it'll be HOT!), and place on a heat-resistant surface.
- With a lint-free cloth or tough paper towel, wipe a very thin layer of oil over the entire pan. We recommend rice bran or vegetable (rapeseed) oil. You only want the lightest layer possible - wipe on, then wipe off, so that the pan looks practically dry. Too much oil is one of the most common causes of weak, flaking, sticky or problematic seasoning.



# Oven seasoning continued.

- Increase the oven temperature to 250°C. Place the pan upside-down in the oven for 1.5 - 2 hours.
- Switch the oven off and without opening the door, leave the pan to cool in the oven for at least 30 minutes. Cooling the pan between layers helps build stronger seasoning.
- Repeat the oven seasoning process three or more times to establish a strong seasoning foundation for corrosion resistance. You will notice your pan start to darken in colour.



# Step 2: hob seasoning.

Important: do not rapidly heat your pan on high hob temperatures straight from cold, especially with an induction hob and especially on a ring that's too small for the pan. The rapid, uneven heating can cause it to warp. Iron is very conductive and retains heat, so let the temperature climb and gradually increase it.

- Open some windows and turn on your extractor fan - things are going to get smoky!
- Heat the pan slowly, gradually increasing the temperature to get your pan hot. Drop in a teaspoon of oil (we recommend rice bran oil or regular vegetable/rapeseed oil) and wipe the inside surfaces with a paper towel or lint free cloth. Use tongs to hold the cloth for safety.



# Hob seasoning continued.

- Continuously wipe the oil around the pan until the pan starts to smoke. Once smoking, continue to wipe for 20 seconds. The oil should be a very thin polish - no pools or lumps.
- Remove from the heat and cool for at least 1 minute. Cooling the pan between layers helps build stronger seasoning.
- Repeat these steps for 10-15 minutes, over two or more sessions, until the base is black and slick, or until you are satisfied with the pan's non-stick performance.
- Cooking normally on this pan will now develop the seasoning more and more. Whilst the seasoning is young, use plenty of fats/oils to help prevent sticking.



# Patchy pans are normal.

To the right is the Solidteknics founder's collection of seasoned and well-loved pans.

Even well-used and seasoned pans are likely to look patchy.

This is absolutely normal for iron pans, so don't panic!

['How To' seasoning video here.](#)





# Cleaning and maintenance.

- If there's just a little oil left from cooking, simply wipe out the pan with a cloth or paper towel.
- For substantial food residue, clean your pan under hot, running water – preferably whilst your pan is still warm. Use a wooden or steel scraper to remove food residue. Avoid using soap (this can erode your seasoning). Use a brush if necessary - but be careful not to scrub off your seasoning.
- Immediately dry with a cloth or paper towel. If possible, place your pan on a warm stovetop (or turn heat on low), to ensure your pan is completely dry before storing. This will help prevent rust.
- Do not soak the pan, quench it with cold water or put it in a dishwasher. Don't leave leftover food overnight in the pans.
- Got a little rust? Scrub it off using a scouring pad or wire brush until the bare iron is revealed, then dry thoroughly. Afterwards, complete at least 1 seasoning cycle to protect the iron.

[Watch an instructional cleaning video here.](#)



# Seasoning tips.

- Good seasoning is made up of many thin, even layers of polymerised oil. Ensure your pan is allowed to cool sufficiently between layers.
- Seasoning oils - we recommend rice bran oil for best results, though any cooking oil or fat with a high smoke point can work well, such as vegetable (rapeseed/canola) oil, grapeseed oil, lard etc. Olive oil is not good for seasoning due to its low smoke point. You can use whatever oil you choose to cook with.
- If you find your seasoning flaking easily, or your food still sticking, check out these [seasoning FAQs by Solidteknics](#).



# Cooking tips.

- Starting with a low temperature, preheat your pan thoroughly before adding oil, then let the oil heat before you add food. This helps prevent sticking and makes for better searing.
- While your seasoning is still young, cook with plenty of fats and oils to help build it up.
- Make sure meats are allowed to come to room temperature before cooking. When searing, don't flip it too early to allow a crust to form. Finish off bigger pieces in the oven.
- Until your iron pan is very well seasoned, avoid slow-cooking highly acidic food such as tomatoes, as this can strip some of the seasoning layer away and impart a (harmless) metallic taste.



# Love your pan and it will love you back!

For more tips, tricks, FAQs and videos, visit the Solidteknics website, which has plenty of advice and support relating to iron care:

[www.solidteknics.com/ironcare](http://www.solidteknics.com/ironcare)

For any customer service enquiries, contact our friendly team here:

[uk.buymeonce.com/pages/contact](http://uk.buymeonce.com/pages/contact)



**Happy cooking.**



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