



Cast Iron Care Guide

Home

Ingredients

- Tallow or lard (preferably grass-fed)
- Hot soapy water (initial cleaning)
- Lint-free cloth

Directions

1. Scrub with hot, soapy water and non-abrasive scrubber; rinse, dry thoroughly.
 2. Preheat oven to 450°F.
 3. Slather tallow/lard everywhere (inside, outside, handle); wipe thin with cloth.
 4. Bake upside down 1 hour, with baking sheet below for drips.
 5. Cool in oven.
 6. Repeat if needed (I'm too impatient!).
- **Pro Tip:** Re-season every 6 months or if food sticks. Acidic foods (e.g., tomatoes)? Season more often.



Cleaning: Keep the Magic

No soap after seasoning—it strips the non-toxic layer!

Steps:

1. Wipe under hot water with soap-free cloth or chainmail scrubber; be gentle.
 2. Towel-dry, then heat on medium-low burner until bone-dry.
 3. Stuck food? Boil water in pan, scrape gently, wipe, dry, re-season.
- **Pro Tip:** Rub a whisper of tallow/lard post-drying for rust protection in humid kitchens.

Tips (The Wise & Wild Way)

- **Ancestral fats:** Tallow or lard for seasoning—clean, high-heat, holistic.
- **Chainmail scrubber:** Tough on grime, kind to seasoning.
- **Store dry:** Paper towel inside to wick moisture; stack carefully.
- **Cook holistic:** Sauté veggies/meats, fry eggs (e.g., grass-fed burgers, zucchini) to build seasoning.
- **No soaks/dishwashers:** They invite rust, strip seasoning.

