Cast Iron Care Checklist

Keep your skillet in great shape with this simple routine. Print it and stick it inside a cabinet door near the stove.

First Seasoning Refresh

- Wash the skillet with hot water and a little mild soap, then rinse well.
- Dry it fully on a warm burner until all water is gone.
- Rub a very thin layer of cooking oil over the whole surface, inside and out.
- Wipe off the extra oil with a clean cloth. It should look dry, not shiny or sticky.
- Heat it in the oven on low for about an hour, then let it cool in the oven.

Daily Cleaning

- Let the pan cool a bit before washing. Never plunge a hot pan into cold water.
- Wash with hot water and a little mild soap if needed.
- Scrub off stuck bits with a stiff brush or a non-metal scrubber.
- Rinse well and dry right away on a warm burner for a minute or two.
- Rub in a tiny drop of oil with a paper towel while the pan is still warm.
- Store it dry, with a paper towel inside if you stack another pan on top.

Storage

- Store the skillet in a dry place, never in a damp cabinet or sink.
- Put a paper towel inside it to absorb moisture and protect the surface.
- Keep the lid off, or leave it ajar, so air can circulate.
- Keep an oven mitt by the stove, since the handle is always hot when the pan is in use.

What Never To Do

- Never soak cast iron in the sink or leave it in soapy water.
- Never put it in the dishwasher.
- Never leave it wet or air dry it on the counter.
- Never heat it empty on high, and never slide it across a glass stovetop.
- Never store food in it for a long time.

A quick reminder: the best way to build seasoning is to cook. Chicken thighs, burgers, roasted vegetables, and cornbread all help the surface get smoother. Use your skillet often and it will only get better.

Free printable from Smart Mom Edit, smartmomedit.com