

campfire®



# CAST IRON CARE



*Traditional  
Outdoor Cooking*



# THE PROPERTIES OF CAST IRON COOKWARE

- Even heat distribution, no hot spots!
- Extremely durable
- You can fry, sauté, grill, roast, stew and bake with cast iron
- Properly cared for, cast iron will last generations

## PRODUCTION PROCESS

Produced in a sand-cast process. Sand moulds are made under extreme pressure so that the shapes are controlled and precise. Careful selection and testing of the metals is performed, as well as strong controls on the components of the sand and clay. The moulds are pressed into the sand, then molten iron is poured into its cavity. Once cooled, the mould is broken apart.

The casting is then sand blasted, and each piece is inspected for its wall thickness, balance, and overall shape. Once complete, the sand is recycled back into the system. Any pieces that do not pass quality inspection are recycled back into the system – and melted down. All those that have passed inspection are then ready to be pre-seasoned.

## PRE-SEASONED

For your convenience, your cookware has been pre-seasoned. During manufacturing, a controlled spray system coats the entire surface with a vegetable oil mix and is treated in an oven at 450°C. This ensures the superior coating soaks through the porous surface resulting in a rich deep finish.

**WARNING:** Campfire cast iron products are pre-seasoned with vegetable oil which may contain traces of nuts.

## INITIAL USE AND GENERAL CARE

- Rinse thoroughly in warm water, and dry well. May be placed in a warm oven for 15 minutes, or on low heat, to ensure it has dried thoroughly.
- As cast iron cooking diffuses heat perfectly, it is preferable to use on low heat.



- Overheating may damage the cast iron, causing the contents to stick.
- Do not touch the cast surface with any sharp or metal objects.
- Pre-heat the cookware for five minutes at low heat, before increasing the temperature.

## MAINTENANCE

### Cleaning

- Let the cast iron cool down to a warm temperature.
- Wipe any remaining food off the cookware.
- Place hot water on the cast iron cookware and bring to the boil for about five minutes.
- Remove boiling water and wipe dry with paper towel.
- While the cookware is still warm, apply a thin coating of oil all over. Any cooking oil will do.
- Place on the heat, or in a hot oven for approximately 30 minutes to protect and maintain the rich black finish. (As our products have been pre-seasoned, this process is not needed until you notice the coating starting to lose its deep rich finish).
- Once cooled, place in a cool dry location. If storing with a lid, place paper towel or old newspaper between the lid and the base to allow air circulation.

### What not to do

- Do not use detergent on your cookware.
- Do not place a hot cast iron product in cold water, it may cause the product to warp or crack.
- Do not use metal objects on the surface.
- Do not use abrasive scrubs or cleaners.
- Do not immerse in cold water whilst hot. This will cause the cast to crack. Should you need to loosen left over food – place hot water over the area required as this will loosen the residue from the cast iron.

## REMOVING RUST

If you notice rust appearing or a metallic taste, then you must re-season your cast iron cookware to repair the surface and return it back to its rich black finish. This is a simple process of absorbing oil back into its porous surface to protect and provide a non-stick coating.

**Follow the below steps to ensure your cast iron lasts for generations to come.**

- Scour off the rust.
- If you have quite a bit of rust, fill with water, bring to the boil and simmer for about 20 minutes. Remove hot water and let the cookware cool down. Then scour off the rust again.
- Pre-heat oven to approximately 200°C or heat up an outside grill.
- Wash cast iron product with hot water and a stiff brush, and repeat.
- Rinse and dry.
- Apply warm oil, melted vegetable shortening or lard with either a clean lint free cloth or quality paper towel, over the entire product.
- Remove excess oil as it will only flake off.
- Place upside down on an outside grill (to cut down smoke in the house), or place in a pre-heated oven (line oven with foil to catch excess oil).
- Leave for one hour and allow to cool.
- Apply another coat of oil and re-heat once more for an additional one hour.
- You should have a good hard black surface by now.

## WANT TO FIND OUT MORE?

Check out [www.campfirecook.com](http://www.campfirecook.com) for our range of hints and tips about cast iron care, restoration and recipe ideas.