

How To Clean And Maintain Your Cast Iron Cookware by Food Storage Moms

Here are the instructions on how to season used or old cast iron cookware:

1. Scrub the used cast irons pans to get as much debris off of them as possible, sometimes you will see some black residue, that's okay
2. Lightly sand the pans and lids with fine steel wool
3. Wash the cast iron cookware with warm soapy water and pat dry
4. Coat the pans completely with vegetable oil
5. Place a large piece of foil in your oven and place the lid and pan upside down to catch the drips from the oil
6. Heat your oven to 350 degrees
7. Bake your cast iron cookware for 60 minutes
8. Turn the oven off after 60 minutes and let the pans sit overnight or until cool
9. Remove the pans and lids and wipe off any excess with a soft old cloth
10. I place paper towels between my pans and store them in bags or at least the ones I don't use often like this one for my 6-quart Dutch oven. My kitchen is so small I store most of my cast iron cookware in the garage.