

BAYOU CLASSIC®

CAST IRON COOKWARE USE & CARE INSTRUCTIONS

SEASONING INSTRUCTIONS

Seasoning cast iron cookware is the process of coating the surface with fat or oil to produce a non-stick surface. Seasoning also helps to prevent rust. Bayou Classic® Cast Iron Cookware has been pre-seasoned for your convenience using corn oil and is ready to use. We do recommend rinsing with warm soapy water and hand dry before you start cooking. Also, use a little extra oil in the pan the first few times you cook to reinforce the seasoning. Occasionally, it may be necessary to re-season your cast iron. Follow these instructions to season:

- Clean the entire unit completely. Usually, warm soapy water will accomplish this task. However, it will not damage cast iron to use a scouring pad or stiff brush to remove any previous seasoning or surface rust.
- Apply a light coat of oil/fat on the entire cooking surface. Many people like to use flaxseed oil, vegetable oil, shortening, or even bacon grease – the oil/fat needs to be food grade.
- Heat the unit slowly to about 350°F (176°C). The heated oil/fat will fill in the pores and crevices of the cast iron to make a waterproof, non-stick surface that is ideal for cooking.
- Eventually, a good non-stick, glossy black surface will begin to form. The best surface is attained over time by using your cast iron cookware frequently which creates multiple layers of seasoning.

CARE & CLEANING

- Try not to use metal spatulas or spoons with cast iron cookware, as they can scratch down into the layers of seasoning.
- After each use, clean off all remaining food. This can be accomplished several ways:
 1. Wipe out the food with a paper towel.
 2. Rinse in hot water and clean with a dish-rag or soft sponge.
 3. Allow the piece to soak with hot water for a few minutes to allow particularly sticky food to release before lightly scrubbing with a rag.
 4. Rub coarse salt along the surface to remove unwanted particles.
 5. Use a few drops of normal dish soap to clean your cast iron.*

*NOTE: A long-standing "rule of thumb" for cleaning cast iron has been that soap should NEVER be used. However, the suspected origin of this idea comes from a time when soap had high lye content, which damaged the seasoning. Dish soaps today do not contain lye. If only used occasionally, mild dish soap should have little affect on cast iron seasoning.
- Always dry cast iron cookware thoroughly. An easy method is to put the cast iron cookware back in a warm oven after it has been turned off.
- Always store cast iron in a dry environment.
- After cleaning cast iron cookware, it is best to apply a light layer of cooking oil using a lint free paper towel or rag. This will better maintain the seasoning.
- Do not use abrasives such as steel wool, steel coils, metal brushes, etc. on your cast iron for cleaning purposes. These tools can be useful to polish the cooking surface or restore an old piece of cast iron, but can remove the seasoning.

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COOKING HINTS

- Even Heating – Cast iron does not conduct heat well or heat as evenly as other materials like aluminum or copper. Therefore, cast iron should be heated differently (more gradually) than these other materials.
- Heat capacity – Cast iron may not conduct heat well, but its heat capacity and density help it store heat better than other materials. This means that cast iron is slow to heat up, but stays hot longer. This is the “even cooking” that most people refer to regarding cast iron.
- You can cook with cast iron using diverse methods: campfire, cooktop (induction, electric, or gas), oven, or an outdoor gas cooker. This all depends on the style of cooking, and the shape and size of the cast iron.
- Do not place cast iron on an undersized element or burner.
- Pre-heat a piece of cast iron slowly, over medium heat – not high. After pre-heating, the temperature may need to be turned down to prevent burning.
- Cast iron can cook at lower temperatures. Cooking at lower heat can help prevent food from sticking or burning to your piece. Cast iron will retain its heat and is less likely to produce temperature spikes.
- Cast iron will heat more evenly in an oven.
- Cast iron is excellent for searing meat.
- Always use a thermometer when cooking with oil or grease.
- Always have a BC or ABC type fire extinguisher readily accessible when frying.
- You may want to avoid simmering acidic foods in your well-seasoned cast iron for long periods of time. The acid in the food can damage the seasoning.

WARNING

- **Never put cast iron cookware in a dishwasher! The high heat, moisture, and detergent will remove the seasoning and cause rust.**
- **Do not expose cast iron cookware to excessive heat above cooking and seasoning temperatures! Refrain from placing cast iron cookware in a self-cleaning oven cycle, a gas grill turned on HIGH, buried in the hottest coals of a campfire, or other high heat sources for an extended period of time. This can cause the unit to turn a reddish color (not rust) and will most certainly warp.**
- **Never place cast iron on a cooktop element that is already hot! This can cause the unit to crack or warp.**
- **Failure to pre-heat cast iron gradually can cause cracks to form in the cookware.**
- **Cast iron will be hot during and after use; always use insulated mitts or gloves for protection from hot surfaces or splatter from cooking liquids.**
- **If cast iron cookware or cooking oil ever begins to smoke, immediately remove it from the heat source. Overheating like this can burn off seasoning, cause smoke or fire damage.**

WARRANTY

Bayou Classic® Cast Iron Cookware is warranted to the purchaser by Barbour International, Inc. to be free from defects in material and workmanship at the time of purchase. The warranty extends one year from the date of purchase. Small cosmetic blemishes inherent to sand casting and hand finishing which do not affect the performance of the cookware are not covered. This limited warranty covers normal household and outdoor cooking use; but does not cover damage from abuse, misuse, neglect, overheating, or use in a commercial setting. Also not covered is rust caused by failure to follow the instructions provided with the product. Proof of purchase from an authorized dealer is required; therefore retain your sales slip or invoice showing purchase date. Defective cookware will be repaired or replaced at Barbour’s option, free of charge, and replaced with the same or similar product if the original unit is no longer in production.