



 **solo stove®**



**CAST IRON  
COOKWARE SET**

*Care & Maintenance Guide*



## *Say hello to your Cast Iron Cookware Set.*

This versatile skillet and reversible grill/griddle are ready to embark on a journey of culinary adventures with you. Cast iron's exceptional heat retention and even heat distribution qualities make it perfect for high-heat cooking in your outdoor oven. However, before you start searing steaks and roasting veggies, it's essential to season and care for your cast iron cookware properly. This manual will guide you through that process, ensuring that your cast iron pieces are perfectly primed for those sizzling, smoky, open-flame feasts that create good moments that lead to lasting memories.



# Seasoning Instructions

## Materials Needed:

- Cast iron
- Mild dish soap
- A stiff brush or sponge
- Dry, clean cloth or paper towels
- Vegetable Oil or shortening (or any other high smoke-point\* oil like canola or flaxseed oil)
- Oven

TYPE OF OIL	SMOKE POINT
Avocado (Virgin)	520° F
Safflower	500° F
Rice Bran	450° F
Soybean	450° F
Peanut	450° F
Corn	450° F
Sunflower	440° F
Canola	425° F
Grapeseed	420° F
Vegetable	400° F
Extra-Virgin Olive	375° F
Vegetable Shortening	360° F
Coconut	350° F
Flaxseed	225° F

**Preheat Your Oven:** Preheat your oven to 225°F (110°C) to 500°F (260°C). The ideal temperature varies depending on the oil you’re using, so make sure you preheat your oven to that oil’s smoke point, which will then cause a chemical reaction to create layers of seasoning.

**Clean the Cast Iron:** Scrub your cookware using mild soap, water, and a stiff bristle brush or sponge. Do not use steel wool or metal scrubbers as they can scratch the surface of the cast iron.

**Dry Thoroughly:** After washing, dry the cast iron thoroughly. You can dry it using a clean cloth or paper towel. Additionally, to ensure that it’s completely dry, you can put it on the stove over low heat for a few minutes.

**Apply Oil:** Once dry, apply a thin layer of your chosen oil or shortening all over the pan, including the handle and the outside. It’s important that the layer is thin; too much oil can lead to a sticky finish.

**Bake:** Put the pan upside down on the oven’s center rack (place a piece of aluminum foil or a baking sheet on the lower rack to catch any drips). Bake the cast iron for an hour (60 minutes).

**Let Cool:** After an hour, turn off the oven and let the cast iron cool down inside. Once it is cool enough to handle, feel free to take it out.

**Repeat the Process:** For the best results, you might want to repeat the oiling and baking process a few more times until the desired seasoning layer is achieved. A good seasoning layer should be dark and non-sticky.

And that’s it! Your cast iron cookware is now seasoned and ready to use. Remember to avoid cooking acidic foods on your skillet/griddle/grill as they might strip off the seasoning. With proper care, your seasoned cast iron cookware will continue to develop a beautiful, non-stick surface, for plenty of cooking adventures to come.





## Care & Maintenance

There are a few things that you can do to help maintain your cast iron and keep it in tip-top shape for years to come.

### Cleaning

Clean gently: After each use, rinse and gently scrub your pan with a soft brush or sponge. Avoid using harsh detergents and the dishwasher, as they can remove the seasoning that builds up over repeated use.

Dry thoroughly: Once clean, thoroughly dry your cast iron using a clean, dry cloth. To prevent rusting, ensure no moisture remains.

Heat to dry: To be extra sure all moisture is gone, place your clean cookware on the stove or in a warm oven for a few minutes.

### Seasoning

Apply oil: When the pan is dry and slightly warm, apply a thin layer of oil (such as canola, vegetable, or another high smoke point oil) to the entire cast iron, inside and out.

Heat to season: Place your oiled cookware in a preheated oven at approximately 225°F to 500°F for about one hour. This will bake the oil onto the surface and provide a natural non-stick layer.

### Storage

Store properly: Keep your cast iron cookware in a dry place with lids off to promote air circulation. If you live in a particularly humid

area, consider placing a paper towel inside the cookware to absorb any potential moisture.

### Additional Tips

Start with fatty foods: For the first few uses, cook fatty foods to help build up the non-stick seasoning layer.

Avoid acidic foods: Acidic foods, such as tomatoes or vinegar-based sauces, can strip away the pan's seasoning. It's best to avoid these until a good seasoning layer has been built up.

### Troubleshooting

#### 1. Food sticking to the surface

If food is sticking, it often suggests that your cast iron needs additional seasoning.

*Solution:* Add to your cast iron's seasoning by applying a thin layer of cooking oil and baking it in the oven, following the seasoning process detailed previously in this guide. Repeat multiple times to develop more layers of seasoning.

#### 2. Rust spots

Rust on your Solo Stove Cast Iron Cookware typically occurs due to exposure to moisture, using the dishwasher, or soaking it in water.

*Solution:* Remove any rust by scrubbing the affected area with steel wool. Since you will be reapplying a seasoning surface, it is okay to use steel wool in this step. Rinse the cookware, dry it thoroughly, then re-season it.

#### 3. Black residue

You might occasionally notice black residue coming off your cast iron cookware. This can often be attributed to excess seasoning or burnt food particles.

*Solution:* Gently clean your cookware with a non-abrasive scrubber to remove the residue. Rinse, dry, and apply a thinner layer of oil for seasoning. Always ensure food particles are completely cleaned off after each cooking session to prevent residue buildup.

#### 4. Uneven heating or hot spots

Uneven heating can happen, especially if the heat source isn't evenly distributed.

*Solution:* Preheat your cast iron on a low setting for 5-10 minutes, allowing the heat to distribute evenly across the surface before adding food.

#### 5. Sticky residue

A sticky surface often means that too much oil was used during the seasoning process, or the oil didn't fully polymerize.

*Solution:* Wash your cookware with a bit of soap, rinse and dry it thoroughly, and then apply a thinner layer of oil during the re-seasoning process.

#### 6. Unusual odors

Unpleasant odors can occur from leftover food particles or oil that's turned rancid.

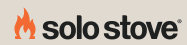
*Solution:* Thoroughly wash your cast iron, dry, and re-season it. Ensure to clean the cookware after each use to prevent food residue from building up.

#### 7. Cracked or broken cast iron

Although rare, thermal shock can lead to cracks or breaks in cast iron cookware.

*Solution:* Always allow your cookware to cool or heat up gradually. Avoid subjecting a hot cast iron to cold water or placing a cold pan into a very hot oven.





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