



HOW TO CARE FOR & SEASON YOUR CAST IRON PAN

To Season:

No. 1 Wash cast-iron skillet with warm soapy water and scrub brush to remove factory coat of wax.

No. 2 Coat handles and exterior of pan in thin layer of shortening or vegetable oil. Then spread a layer of pork fat, shortening, or vegetable oil in skillet.

No. 3 Set oven to 225 degrees. Place skillet in broiler pan and bake for about an hour. Allow to cool down with oven.

No. 5 Skillet is seasoned and ready for use.

Caring for Your Cast Iron:

No. 1 Wash in warm water with brush. Dry immediately and rub with thin coating of vegetable oil.

No. 2 Remove stuck on food with coarse salt in still-warm skillet and scour with paper towel.

No. 3 Never use harsh detergents to clean or put in dishwasher.

No. 4 Store in cool dry place.

No. 5 Periodically re-season to darken color and improve non-stick quality.

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Serves 6



GRANDMA'S CORNBREAD RECIPE



25 Minutes

Ingredients:

2 Cups Cornmeal

1 Cup Self-Rising Flour

1 egg

1 1/2 Cups Buttermilk

2-3 Tbsp. Vegetable Oil

1/2 Cup Diced Onion (optional)

To Make:

No. 1 Pre-heat oven to 450 degrees.

No. 2 Heat oil or bacon drippings in round cast iron skillet, 2-3 inch depth, in oven.

No. 3 Whisk together buttermilk and egg.

No. 4 Gently mix all ingredients together in mixing pitcher. Do not beat as it will toughen bread.

No. 5 After oil heats, roll it around skillet to coat bottom and sides then pour remainder into cornbread mix.

No. 6 Fold cornbread mix into skillet (batter should sizzle when hits the pan) and bake in oven for 20 minutes or so until top is golden and toothpick test comes out clean.

No. 7 Slice into wedges and enjoy!

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