

# SKOTTSSBERG

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## CAST IRON COOKWARE



### **USE AND CARE**

Please read this user manual  
before you start using the pan.

## INSTRUCTIONS FOR USE CAST IRON COOKWARE:

An instruction manual? You don't need one, do you? No, of course not, you really are the greatest cooking genius on this planet, no doubt about it. But... it's a good idea to read the 10 questions and answers below. Because then you can make sure your new favorite pan lasts a life time. We will keep it kind of short; we promise.

### 1. My pan is brand new. Can I use it right away?

Almost. Because your pan has been pre-seasoned with vegetable oil, you can start using it in the kitchen almost immediately. Just rinse it off with hot water. And run a dishwashing brush through it, just to be sure. Do not put it in the dishwasher!

Although your pan is already fired up, real cast-iron purists will want to re-apply a protective layer themselves. That's even better, of course, because it improves the natural non-stick coating considerably. See below for how to do that.

### 2. How do I prevent my meat from sticking?

What do you prefer? A piece of meat that moves smoothly through your pan, or a piece of meat that sticks to the bottom like a lump of misery? Exactly. We thought so too. So here are five great tips.

- Tip 1** Don't be too stingy with the amount of fat you use the first time.
- Tip 2** Make sure you have taken the things you want to prepare out of the fridge. Things that are at room temperature are less likely to burn.
- Tip 3** Let your pan get really, really hot before you put oil or butter in it.
- Tip 4** Make sure the food you want to cook is dry.
- Tip 5** Does your meat stick? Then don't lash out at it but be nice and Zen. Turn down the heat and have a chat with someone

about, for example, that awkward situation at work the other day. Because often, if you wait a little, the meat will loosen without causing a huge mess in your pan.

### **3. Can I use my pan on an induction hob, or do you have an unqualified opinion on that as well?**

Yes, you should. Your cast-iron pot and induction hobs are best friends. But we do have some advice. Always lift your pan when you want to move it. Don't slide it. And for goodness's sake: cast iron gets hot very quickly. So, use a low setting and the pan will be hot before you have had a chance to walk three rounds of your barbecue.

### **4. Can I put my pan in the oven?**

You ask such good questions! Yes, you can put your Skottsberg in the oven. We have not screwed any melting parts to it. You can therefore cook the dish on the cooker and then put it in the oven to finish cooking. Super tasty!

### **5. Can I use my pan more than once?**

Yes, a Skottsberg is so strong that you don't have to throw it away. That's good for the environment, for your wallet and for the bond that you and your pan will build over time. But there is one catch: clean your pot thoroughly every time.

**Tip 1** Let your pan cool thoroughly before polishing it. If you hold it directly in cold water, it can warp.

**Tip 2** Use warm water and a dishwashing brush or non-scratch scouring pad and not dishwashing liquid. Because the acid in it can corrode the natural non-stick coating. Or cause rusting.

**Tip 3** Never put your pan in the dishwasher.

### **6. Can I really, really not put my pan in the dishwasher?**

No, absolutely not, never!

## **7. Can I thoroughly clean my cast iron pan once?**

Yes, you can.

- Tip 1** Put a little water in the pan and bring it to a boil. Let it cool and remove the residue with a dish brush, spatula, spoon, or other non-sharp objects.
- Tip 2** Even better is to ask for our special chain mail cleaner for Father's Day. This will get all the residue neatly polished away. And it's fun to do, too.
- Tip 3** You can also use salt as an abrasive. Just add a few tablespoons of salt to the hot pan. Then scrub vigorously with kitchen paper.
- Tip 4** Even more fun than scrubbing with kitchen paper is scrubbing with a potato. Cut it in half and you have the perfect scouring pad.
- Tip 5** After cleaning, you can grease the pan with a very thin layer of oil (not olive or nut oil) and rub it out with a paper kitchen towel. This will help against rusting.

## **8. My pan is nice and clean again. How do I store it?**

It's best to store your pan in a dry area. And if you store the pan with the lid on, put a paper towel in between. That way the air can circulate, and your pan will stay nice and fresh longer.

## **9. I have had my pan for a while now and let me put it this way: you can clearly see that it is my favorite pan. Can I give it a new coat of protection?**

Yes, it's very good for the life of your pan to regularly re-fire it. The best way to do this for cast iron is to put it in the oven. By warming and cooling the pan slowly and heating it for a long time in the oven, the cast iron becomes more corrosion-resistant and the non-stick coating seasons more evenly. If you don't have an oven, or if you're in a hurry, you can also season the pan on the stove. This is slightly faster, but less resistant. In any case, follow steps 1 - 6 and at step 7 choose whether you are an oven person or stove type.

### **Step 1: Remove Rust.**

If there is rust on your pan, first remove it with a scouring pad, fine sandpaper, or steel wool. You can also soak an old cloth in vinegar and rub it over the rust spots.

### **Step 2: Cleaning.**

Wash the pan in very hot water with a dish brush or scouring pad. And since you're going to re-season it anyway, you can use some dish soap now. Just give it a good, vigorous scrub. And then dry your pan. You know what to do: rub it with a tea towel.

### **Step 3: Heating.**

Now heat the pan on the stove for a few minutes on a low setting. This will open up the pores of the pan, and make sure the pan is really completely dry.

### **Step 4: Rub in oil.**

Sprinkle oil on a lint-free cloth and rub the pan thoroughly. Don't hold back: the outside of the pan should be included as well. Do not put oil on the handle, it may turn brown. You can use almost all natural oils, but it is better not to use cold pressed olive oil. Also not nut oil, because there will be an eater with nut allergy (smart, huh, from us?). Boiled linseed oil is also better left alone. The best oil is our Skottsberg burning oil.

### **Step 5: Oil removal.**

An important step. Grab a clean, non-fluffy rag and remove the oil from the pan again. Weird, you'll think, because why rub some on first and then rub it off again? Well, you don't rub it all off, a thin layer of oil remains on the pan. And that's exactly what we want. Besides world peace, of course.

### **Step 6: Ventilate.**

Turn on the cooker hood or open a window: this process can be a bit smelly. It's not toxic, but not everyone likes the smell.

### **Step 7: Season in the oil.**

Now you're going to season that layer of oil that's left in the pan.

#### **In the oven:**

Place your pan upside down on the rack in the oven and set your oven to 250°C, or gas setting 8/9. After an hour, turn off the oven and let the pan cool in the oven. When the pan is completely cooled you can store the pan in a dry place.

#### **On the stove:**

Put your pan on the stove. Heat the pan until the oil starts to smoke and smoke. That's the point. Wait a few more minutes and turn off the stove.

### **Step 8: Store or repeat.**

Once the pan has cooled completely, you can store it in a dry place. Your pan has now regained its beautiful even black appearance. You could repeat this treatment, because the more you season the pan, the better the natural non-stick coating becomes. You can also just use it a lot, that works like a charm too.

### **10. Do you have a free bonus tip?**

Of course we do. We'll even give you two. That's how nice we are.

**Free bonus tip 1** Put your cheese slicer, hole punch or souvenir from Tuscany in your pan, but don't use your pan to store food. This will damage the non-stick coating irreversibly.

**Free bonus tip 2** Are you cooking with tomatoes, wine, lemon, or other ingredients that contain a lot of acid? That acid will affect your non-stick coating. No problem, just re-season your pan afterwards.

**The warranty does not apply to**

- Incorrect use or negligence of the products.
- Please refer to the instruction manual to the purchased goods use correctly.
- Normal wear and tear of the product.

LIFETIME  
LIMITED  
GUARANTEE

**Suitable for all cooktops, including induction.**



Suitable for open fire. Suitable for oven.

Not suitable for dishwasher. Not suitable for microwave.

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