



**KING KOOKER** *Outdoor Cooking Products* by: Metal Fusion Inc.

## SEASONED CAST IRON COOKWARE

The following is use and care for Seasoned Cast Iron Cookware. By following these instructions, your Cast Iron can last you more than a lifetime.

### USING YOUR CAST IRON

Rinse with hot water (do not use soap), and dry thoroughly. Before cooking, apply vegetable oil to the cooking surface of your pan and pre-heat the pan slowly (always start on low heat, increasing the temperature slowly). Once the utensil is properly pre-heated, you are ready to cook.

**Tip:** Avoid cooking very cold food in the pan, as this can promote sticking.

**WARNING:** Handles will become very hot in the oven, and on the stovetop. Always use oven mitts to prevent burns when removing pans from oven or stovetop.

### CLEANING YOUR CAST IRON

After cooking, clean utensil with a stiff nylon brush and hot water. Using soap is not recommended, and harsh detergents should never be used. (Avoid putting a hot utensil into cold water. Thermal shock can occur causing the metal to warp or crack).

**Tip:** If you are having trouble removing stuck-on food, boil some water in your pan for a few minutes to loosen residue, making it easier to remove.

Towel dry immediately and apply a light coating of oil to the utensil while it is still warm.

**Tip:** Do not let your cast iron air dry, as this can promote rust.

Store in a cool, dry place. If you have a cover, or lid, for your utensil, place a folded paper towel in between lid and utensil allowing air to circulate. This prevents moisture from collecting inside the utensil, which can cause rust.

**NEVER** wash in dishwasher.

If for some reason your utensil develops rust spots or a metallic smell or taste, scour off the rust using a very fine grade of sandpaper or steel wool. Once rust is removed, follow the below instructions for re-seasoning your Cast Iron.

### RE-SEASONING YOUR CAST IRON

While maintaining the seasoning (as mentioned above) should keep your Cast Iron in good condition, at some point you may need to repeat the seasoning process. If food sticks to the surface, or you notice a dull, gray color, repeat the seasoning process:

1. Wash the cookware with hot, soapy water and a stiff brush. (It is okay to soap this time because you are preparing to re-season the cookware).
2. Rinse and dry completely.
3. Apply a thin, even coating of MELTED solid vegetable shortening (or cooking oil of your choice) to the cookware (inside and out).
4. **For Cast Iron that will fit in your kitchen oven:**

Place aluminum foil on the bottom of the rack of the oven to catch any dripping. Set oven temperature to 350 - 400 degrees F. Place cookware upside down on the top rack of the oven. Bake the cookware for at least one hour. After the hour, turn the oven off and let the cookware cool in the oven. When pot has cooled completely, store the cookware in a dry area.

#### **For Cast Iron that is too large to fit in your kitchen oven:**

With a large King Kooker cast iron pot, use the outdoor cooker approved for use as the heat source. Place the pot onto the cooker frame and light according to the instructions provided in the cooker manual. Heat cast iron pot for approximately five minutes to remove any remaining moisture. When pot has cooled completely, store the cookware in a dry area.

Distributed by  
Metal Fusion, Inc.  
712 St. George Avenue  
Jefferson, LA 70121  
(504) 736-0201  
[www.kingkooker.com](http://www.kingkooker.com)