

Seasoning a Carbon Steel Fry Pan



Setting
the Standard™



A Carbon Steel Fry Pan must be seasoned in order for it to cook food properly. An unseasoned or poorly seasoned Carbon Steel Fry Pan can rust and can produce discoloration in food. Follow the instructions below to season your pan.

Seasoning a Carbon Steel Fry Pan

- 1 Wash the fry pan in hot water with a small amount of liquid detergent and a scrubber (such as a stainless steel sponge or pad). The exterior of the fry pan can be scrubbed with the scrubber and an abrasive cleanser. Do not use the abrasive cleanser on the inside of the fry pan.
- 2 Rinse the fry pan and dry thoroughly.
- 3 Place the fry pan on high heat.
- 4 Move the fry pan, turning it and tilting it up to the rim and back, until the metal turns a bluish-yellow color.
- 5 Remove the fry pan from the stove element. Turn the heat down to medium-low.
- 6 Add a thin film of oil (about 1½ teaspoons) over the entire inside surface of the fry pan. There are several ways to do this. One is to use a paper towel to rub the oil over the surface. You may want to use tongs to hold the paper towels. Another way is to use a basting brush for barbecues or any other heat-proof brush to brush on the oil.
- 7 Heat the fry pan on medium-low heat for about 10 minutes.
- 8 Wipe off the oil with another paper towel. There will be black residue on the towel.
- 9 Repeat steps 7 through 9 until no black residue comes up on the paper (about 3 times). The fry pan is now ready to use.

After using and washing your pan, repeat the steps above as necessary to maintain maximum performance.