

How To Season Cast Iron

STEP one



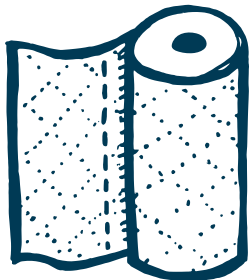
Start by thoroughly cleaning your skillet (especially if you are re-seasoning it) and fully dry it.

STEP two



Apply a small amount of oil or shortening to your skillet (don't use too much or it will become sticky).

STEP three



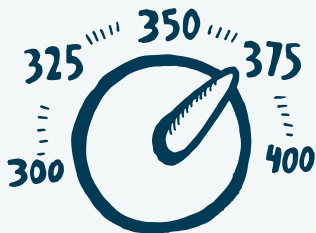
Use a paper towel to spread the oil evenly over the surface of the entire skillet (including the outside).

STEP four



Place the skillet UPSIDE DOWN on the middle rack of the oven. Place a sheet of aluminum foil on the bottom rack to catch any oil that drips off.

STEP five



Set your oven to 375°F and let the cast iron bake for about 1 hour.

STEP six



After an hour, turn off the oven and let the skillet cool completely in the oven.

STEP seven

Repeat the process a couple of times if desired, and any time you need to re-season.