

# PYROLUX®

## Cooking with Cast Iron:

PYROCAST is pre-seasoned cast iron cookware which is durable and performs beautifully in today's modern cooking environment.

- **Versatile:** the range offers a range of over 30 pieces of cookware to suit your kitchen and all your culinary needs.
- **Tough:** made to last a lifetime and almost indestructible.
- **Cooks almost anything:** sear steak, sauté vegetables, fry bacon and eggs, make frittata, bake bread, make a cake and more.
- **Cook anywhere:** use your cast iron on any kitchen stovetop, outdoor grill or open campfire.
- **Better Performance:** whether you are stir-frying, slow-cooking, searing or baking, cast iron performs well for either slow cooking or high-temperature searing.
- **Tastier food:** perfect for crispy fried chicken, flavoursome vegetables or a rustic loaf of bread
- **Reliable:** cast iron can be used reliably on any heat source, including induction, and with any oven or grill.
- **Efficient:** the cast iron construction retains heat very efficiently, perfect for browning and cooking with even heat distribution.
- **Heat Retaining:** this allows for use of lower heat settings in stovetop and oven cooking. Once served at the table, your cooked dish will keep hot longer.
- **Natural non-stick finish:** the seasoning process is started for you at the factory to prevent sticking on first time use. With each use the performance gets better and better.
- **Improves with age:** cook with a future heirloom – a well-seasoned pan can last for generations

## Cleaning and Care

- Wash cast iron by hand with a nylon brush or sponge and hot water. If needed, use a pan scraper for stuck on bits. You can use a little detergent to wash your pan, however, too much detergent may wear away the seasoning effect on the pan, especially if it is not fully seasoned.
- For extra sticky situations, simmer a little water for 1 minute, then use the scraper after cooled.
- Dry promptly and thoroughly with a lint-free cloth or paper towel.
- Rub with a very light layer of cooking oil while the cookware is still warm.
- This protects the pan from rusting.
- Hang or store cookware in a dry place.
- The surface of the cookware is not impervious, therefore do not wash the cookware in the dishwasher as it will destroy the seasoning and cause the pan to rust.

## Seasoning

- Seasoning is simply oil baked onto the cast iron, giving it a natural, easy-release finish. Seasoning can be both the initial finish of the cookware and the ongoing process of maintaining that finish.
- Any food-safe cooking oil will work for maintaining your cookware. Vegetable oil is recommended.
- If the seasoning on your pan is sticky, this is a sign of excess oil building up and is not fully converting to seasoning. To remedy this, place the cookware in the oven, upside down on the top rack and bake at 180 - 200 degrees C for 1 hour. Allow to cool and repeat if necessary

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- Seasoning is an ongoing process that improves the pan surface the more you cook.
- With some foods, new cookware might require a little extra oil or butter the first few uses.
- Sometimes your seasoning may react with acidic foods or high heat and you may notice some dark residue on your towel when cleaning. This is perfectly safe and normal and will go away with regular use and care.
  
- Very acidic foods such as tomatoes, citrus juices, etc. should not be cooked in seasoned cast iron until the cookware is highly seasoned. The high acidity of these foods will strip the seasoning and the pan will become discoloured and cause the food to have a metallic taste. Wait until cast iron is better seasoned to cook these types of foods. PYROCHEF enamelled cast iron is not affected by acidity and can be used to cook all foods.
- Dishwashers, metal scouring pads, and harsh detergents will harm the seasoning.
- Rust can form, and it is easy to fix. Just follow the directions.

## **How to refurbish your cast iron pan**

Maintaining the seasoning between cooking sessions should keep your PYROCAST in good condition, however, at some point you may need to re-season your cookware. If food sticks to the surface, or you notice a dull, grey colour or if rust appears, follow the seasoning process below.

- Wash the cookware with hot, soapy water and a stiff brush. (It is okay to use detergent this time because you are preparing to re-season the cookware). If the rust is pronounced, use a metal scourer and scrub well all over to remove it. You can use detergent or a paste of bicarbonate of soda to clean your pan.
- Rinse and dry completely with a paper towel. You can place on a low heat on the cooktop for a minute or two to complete the drying process if you prefer.
- Apply a very thin, even coating of vegetable oil to the cookware inside and out. Too much oil will result in a sticky finish.
- Place aluminium foil on the bottom rack of the oven (not directly on bottom) to catch any drips.
- Set oven temperature to 180 – 200 degrees C.
- Place cookware upside down on the top rack of the oven to prevent the oil pooling.
- Bake the cookware for at least one hour. After the hour, turn the oven off and let the cookware cool in the oven.
- Store the cookware uncovered, in a dry place when cooled.
- Repeat as necessary (3 repeated seasonings should give it a good coating)
- It is very important to maintain the seasoning of your cast iron cookware by applying a very thin layer of oil after each cleaning. This will help keep you cooking for many years to come.