

Quick Start Guide

IMPORTANT: We recommend seasoning this pan before you cook for the first time.

Initial Seasoning

To season, we recommend using a neutral high smoke point oil such as grapeseed oil, vegetable oil, canola oil, or sunflower seed oil

1. **Preheat oven** to 425 °F.
2. **Clean the pan** thoroughly with soap and hot water to remove the protective coating.
3. **Dry the pan** by heating it up briefly on a burner for about 30 seconds after drying with a towel.
4. Add approx. ¼ tsp of **high smoke point oil** to the cooking surface and coat the inside of the pan by wiping with a clean towel. Don't coat the stainless steel underside and handle.
5. Take a clean towel and **wipe down the surface again** until it looks almost dry.
6. Place the pan upside down **in the oven**.
7. After about **2-3 minutes** remove the pan and give it a quick wipe to prevent oil beading, then return it to the oven.
8. **After an hour**, turn off the oven and let pan cool down in oven.
9. In the end, the pan should have a bronze patina. It may turn blueish if it's a little too hot or in for too long. This is ok.
10. For best results, **repeat for a second coat, or start cooking!**

Cooking Tips

- Use extra oil or fat in the very beginning to reduce sticking.
- Seasoning will come off easily at the start. Just keep cooking!
- Start with foods like sautéed veggies or steak .
- Acidic food can remove seasoning

Cleaning

- **Hand Wash Only** - Wash with a sponge, dish soap, and hot water. You can use the scrubby side of the sponge if needed! Use your fingertips to feel for any stuck on food. It's important that the pan feels smooth. Crusty bits are burned on food and can affect performance. Do NOT put in the dishwasher or leave soaking.
- **Dry Immediately** - To avoid rusting, dry completely. To ensure the pan is completely dry, heat it up briefly on a burner for about 30 seconds after drying with a towel.
- **Storage** - Let cool, and add a drop of oil. Wipe with a towel to lightly coat the cooking surface with oil. Store in a dry place.

See the Carbon Steel Reference Guide for more detailed info.



READ BEFORE COOKING!