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IRON CHEF

A cast-iron pan distributes heat evenly and is ideal for searing and frying, but it needs a few seasoning sessions (even if yours is "preseasoned," or rusty) every year to maintain that shiny, nonstick surface. Try this trick from Mark Kelly of Lodge Cast Iron Cookware.

① Heat your oven to 350°F.

② Wash skillet. Use soap on a new one, but just water after it's seasoned—otherwise you'll ruin the coating. Rinse and dry thoroughly.

③ Cover the entire pan with a thin coat of Pam spray.

④ Place the pan upside down on the second-lowest rack for an hour. (Place a baking sheet on lowest rack to catch drippings.)

⑤ Turn off oven. Remove the skillet when cool.

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