



CAST IRON USER GUIDE

About your Cast Iron Set:

Cast iron is thick and heavy, which allows heat to absorb and evenly distribute throughout, ensuring foods cooked is full of flavour.

IMPORTANT!

- * **Keep children away during the heating up, cooking and cooling down processes.**
- * **Cast iron remains hot long after you remove it from the heat source. Therefore, always use with caution to prevent burns.**
- * **Initial factory pre-seasoning process may contain traces of nuts.**
- * **To prevent rusting, do not boil water using the cast iron pots and do not use any citrus ingredient such as lemon, lime, orange, tomato, vinegar etc. in the cast iron pots.**

Before first use :

Though the item is pre-seasoned (greased with oil and heat set ready for cooking), we recommend rinsing the pans/pots with warm water and immediately wipe dry with a damp cloth and leave to dry before first use. (Do not fully soak these items in water.)

Usage:

- Always apply oil to the surface of the cast iron cookware before every use.
- The camp oven is best used as a slow cooker. This ensures the highest heats are reached, and the food has time to evenly cook through.
- "CAUTION - HOT" when handling the pots, you should use with caution as handle is HOT during operation, in particular, making sure to use the lid lifter to handle the lids.



Hot Surface!

Protective gear such as oven mitts and an apron is recommended for protection.

Insulated gloves will offer some degree of protection from the heat of the handles during handling but it is not heat proof so care must always be taken.

Always keep insulated gloves away from naked flames at all times.

- The handle may become loose from time to time, please inspect and tighten the handle every time before the product is to be used
- The grill plate will provide you with a very hot griddle style surface for your outdoor cooking.
- Cooking fatty or oily foods will keep your cookware in great shape because of the nature of cast iron. Being able to extract the oils from your food reinforces the cast iron cookware every time it is used.
- Acidic foods like tomato sauces, lemon, lime, orange or vinegary solutions can break down the oily surface you have built up, and possibly expose the raw metal. Do not use these acidic ingredients in the cast iron pots. Remove the cooked food from the cast iron pots then add the acidic ingredients directly in the cooked food. Ensure you clean the cookware thoroughly immediately after cooking, and that you use oil on the cookware before storing away.



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Cleaning/Storage:

IMPORTANT!

- * **Do not pour cold water onto hot cast iron as this can damage the product.**
- * **Do not clean with any sharp cleaning tools or harsh chemicals.**
- * **Cast iron remains hot long after you remove it from the heat source. Therefore, always use with caution to prevent burns.**
- For best results, rinse the cast iron items with warm water immediately after cooking.
- If you need to remove burned-on food residuals, scrub with a mild abrasive, like coarse salt, and a non metal brush to preserve the cast iron cookware surface.
You may also use a few drops of a mild dishwashing liquid.
- We recommend lightly greasing the cookware before storage so it is ready for next use.
- Allow the cookware to completely cool down before storage.
- Store in a cool, dry place.

Maintenance- Seasoning your cast iron cookware:

Seasoning is an ongoing process. Regular use and proper maintenance are the best way to build up the coveted surface.

You will reinforce the surface every time you heat oil in the cookware and you can hasten the process by seasoning as often as you like.

- Wash the cast iron cookware with warm, soapy water with a sponge.
Note: Cast iron should not normally be washed with detergent liquid unless it is to be seasoned immediately after wash.
- Rinse and thoroughly dry the cast iron cookware.
- Using a cloth or paper towel, apply a thin layer of vegetable oil or any oil of your choice, to the inside and outside of the cast iron cookware.
- Place the cookware upside down on a flat surface.
- Place a sheet of aluminium foil on the bottom to catch any oil drip.
- The cookware is ready to be used again.

Note: A seasoned cast iron cookware is smooth, shiny and food is easily removed. You will know it's time to re-season if food sticks to the surface or if the cookware surface appears dull or rusted.

Maintenance- Restoring a rusty cast iron cookware:

- Use a fine steel wool to remove all the rust from affected areas. Scour the cast iron cookware until the area returns to raw cast iron.
- Wash the cookware thoroughly with warm water and mild detergent. Scrub with a bristle brush or mesh sponge if required.
- Thoroughly dry the cast iron immediately with a clean paper towel.
- Apply a small amount of vegetable oil (or cooking oil of your choice) to the entire cookware, including the bottom and the handle. Use only a small amount to avoid a sticky surface.
- Place the cast iron cookware upside down on the top rack of your oven. Place a sheet of aluminum foil on the bottom rack to catch any oil drips.
- The cookware is ready to be used again or store away.