

TAKING CARE OF YOUR CAST IRON

CAST IRON IS OUR NUMBER ONE CHOICE, FOR COOKING, FRYING, AND BAKING. IT IS USED EVERY DAY.

DURING THE WINTER, IT IS USED ON OUR CAST IRON COOK STOVE.

OUR COOK STOVE, WAS A CAST OFF, THAT NO ONE WANTED. IT WAS LEFT, BY THE SIDE OF THE ROAD, AS A FREEBE. IT IS PRETTY LARGE, ENOUGH TO HAVE 6-7 DIFFERENT PANS ON TOP, AND SAY NOTHING ABOUT, THE OVEN. AND TO TOP IT OFF, THERE IS A WATER RESERVOIR.

WE HAVE BEEN COLLECTING CAST IRON, FOR YEARS. A LOT OF CAST IRON, IS LEFT OFF, EITHER UNNEEDED, UNWANTED, OR REALLY RUSTY.

MOST CAN BE BROUGHT BACK TO LIFE, WITH A LITTLE BIT OF WORK.

MOST PEOPLE ARE HORRIFIED, THE WAY WE TAKE CARE OF THE PIECES.

MY MOM, WOULD JUST WIPE IT OUT, WITH A BIT OF SALT, AND GREASE IT UP, SO IT WOULDN'T RUST. I AM REALLY SURPRISED, MORE PEOPLE DIDN'T GET SICK.

I ALWAYS, WASHED, IN HOT, SOAPY WATER. DRIED IN HOT OVEN, AND THEN, WIPE OLIVE OR VEG. OIL, ON IT. BUT, THAT SOON CHANGED.

AFTER A JOURNEY WAS TAKEN, TO FORT TICONDEROGA, IN NEW YORK STATE, WE LEARNED A NEW WAY, TO TAKE CARE OF OUR BELOVED CAST IRON.

AN ELDER, WAS THERE. HE MADE CAST IRON UTENSILS. HE ASKED HOW WE TOOK CARE OF OUR CAST IRON. HE SMILED, AND ASKED IF THE OIL, WE PUT ON TURNED RANCID. WE SAID, YES, IF THE KETTLES AND FRY PANS WERE NOT USED A LOT.

WITH A LITTLE LAUGH, HE SAID, WASH IN HOT, SOAPY WATER, DRY COMPLETELY, AND PUT ON MINERAL OIL. NO MORE RANCID CAST IRON.

WE TOOK HIS ADVICE, AND THE REST IS HISTORY. EGGS SLIDE RIGHT OF THE FRY PANS.

GIVE IT A TRY.

GOOD LUCK AND HAVE FUN!!!!!!