



Caring for Your Cast Iron The Sourdough Kitchen Way

Thanks for supporting a small New Zealand business!

At The Sourdough Kitchen, we love tools that last a lifetime, just like a good starter. Cast iron is a classic in any home kitchen: it holds heat beautifully, cooks evenly, and when looked after right, it'll outlive you.

This little guide will help you season, clean, and care for your cast iron so it just gets better with age.

1. Give It One Soapy Wash... Just Once

When your new cast iron arrives, give it a gentle wash with warm, soapy water just the first time. That's the only time you'll need soap, promise. After that, stick to hot water and a cloth or non scratch brush. No harsh scrubbers, and definitely no dishwashers! They'll strip the seasoning you're trying to build up.

2. Seasoning Made Simple

Your pot comes pre seasoned, but if you'd like to build up that natural non stick layer, here's how to do it:

1. Heat your oven to 150 C about 300 F .
2. Pop a sheet of foil on the bottom rack to catch drips .
3. Put your pan in for 10 minutes to warm it up.
4. Take it out, then rub in about a tablespoon of fat, we like beef dripping, lard, or bacon grease. Avoid plain vegetable oil it can leave a sticky finish.
5. Wipe off any excess so it's just a thin layer.
6. Return the pot upside down to the oven for 1 hour, then turn off the oven and let it cool in there.

Repeat this every so often. The more you use and season it, the better it'll cook.



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3. Use It Everywhere

Cast iron works on gas, electric, induction, oven, BBQs, and even over a campfire at the bach or campsite. Just go easy on glass cooktops; sliding can scratch. Always start on low heat and work your way up. Cast iron holds heat for ages.

🔥 Tip: Once you're done cooking, take it off the heat and let it cool naturally.

4. Time to Cook

Your pan's perfect for everything from searing steaks and frying eggs to baking cornbread or sourdough loaves. When it's new, use it for high fat foods like bacon or sausages to help build that seasoning. The more you cook, the better it gets like a well fed starter.

5. Cleaning Up

Skip the soak! After cooking, rinse your pan while it's still warm using hot water and a soft brush. If something's stuck, sprinkle in coarse salt, scrub gently, and rinse clean. Dry it straight away don't leave it sitting wet.

6. Dry and Oil

Water's the enemy of cast iron. After washing, dry your pan completely. You can pop it on low heat for a few minutes to be sure. Then wipe on a tiny bit of oil or fat with a paper towel to protect the surface before storing.

A Few Handy Tips

- Cast iron takes longer to heat but keeps it longer too, perfect for steady, even cooking.
- Never shock a hot pan with cold water, as it can crack.
- Dedicate one kitchen towel just for your cast iron if you like to keep things tidy.
- Use it often, it only gets better with time.

Turn the page for more

We're Here to Help

We're proud to be a small Kiwi business helping more people discover the joy of homemade bread and cast iron cooking.

If you've got a question or run into an issue, flick us a message through our website:

👉 www.thesourdoughkitchen.co.nz

We'll always do our best to help out, and if something's faulty, we'll make it right. Just remember: normal wear, misuse, or overheating aren't covered under warranty.

Now fire it up and get baking!

From fresh baked sourdough to slow roasted Sunday dinners, your cast iron is ready for whatever the kitchen throws at it.

Alison xoxo

The Sourdough Kitchen Team 🍞

