



Caring for Your Enamel Pot 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.

Enamelled cast iron brings together the heat retention of cast iron with a smooth, protective enamel coating that makes cooking and cleaning easy.

This little guide will help you cook, clean, and care for your enamel pot so it stays in great shape for years to come.

1. A Gentle Wash Every Time

When your new enamel pot arrives, give it a gentle wash with warm water and mild dishwashing liquid. Unlike raw cast iron, soap is perfectly fine for enamel every time. Use a soft sponge or cloth. Avoid harsh scrubbers or steel wool, as these can scratch or dull the enamel surface. Dishwashers are safe, but hand washing will help keep it looking newer for longer.

2. No Seasoning Needed

Your enamel pot does not need seasoning. The enamel coating protects the cast iron underneath, so there's no need to bake on oil or maintain a seasoning layer.

Just cook, clean, and enjoy.

🔥 *Tip:* Avoid spraying oil directly onto a cold enamel surface. Add oil once the pot has warmed slightly.

3. Use It Almost Everywhere

Enamelled cast iron works beautifully on gas, electric, induction, and in the oven. Always start on low to medium heat and work your way up. Enamel holds heat efficiently; high heat isn't necessary. Avoid using enamel pots over open flames, BBQs, or campfires.

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

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4. Time to Cook

Your pot is perfect for baking sourdough, slow roasting, stews, soups, and one pot meals. Use wooden, silicone, or nylon utensils where possible. Metal utensils won't ruin the pot immediately, but repeated scraping can mark the enamel over time. Cook gently and let the pot do the work; even heat is its strength.

5. Cleaning Up

After cooking, allow the pot to cool slightly, then wash with warm water and dishwashing liquid. If something's stuck:

1. Fill the pot with warm water and let it soak for 15 to 20 minutes.

2. For stubborn spots, a gentle baking soda paste works well.

Avoid oven cleaners or harsh chemicals; they're unnecessary and can damage the enamel.

6. Dry and Store

Dry your enamel pot thoroughly before storing. Unlike raw cast iron, there's no need to oil the surface before storage. Just make sure it's clean and dry. If stacking with other cookware, place a cloth or paper towel inside to protect the enamel.

A Few Handy Tips

- Enamelled cast iron heats efficiently; more heat isn't better.
- Avoid sudden temperature changes to prevent cracking.
- Minor marks or patina inside light coloured enamel are normal with use.
- Treat it well and it'll last for decades.

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 crusty sourdough loaves to slow cooked family dinners, your enamel pot is ready for whatever the kitchen throws at it.

Alison xoxo

The Sourdough Kitchen Team 🍞

