



Why Cast Iron?

Information about cast iron, edited by **RONNEBY BRUK AB**.

Cast iron is a very good heat conveyor, and also keeps the heat well. In the products from Ronneby Bruk you get the best conditions for a good frying result, due to the design combined with the material.

We pre season all our products. It means that we shower the product with cooking oil, and then burn in huge ovens in high temperature until the right surface is obtained. After that the surface gets better and better, the more it's used in the kitchen.

Cleaning is best done with warm water only, and a good brush. It's easier to clean the pan if it's done immediately after cooking, while the pan is still hot. **Dishwasher is never to be used on cast iron, since it will ruin the seasoning of the surface and the pan will easily get rusty. If you have to use any detergent, you absolutely have to dry the surface well and then treat it with some cooking oil.**

Cast iron pans and casseroles are very suitable to use in an oven. Just avoid to a pan with wooden handle in the oven, since the wood might crack due to the heat.

A cast iron product will, when cared for in the right way, last practically for ever. It's not unusual that it passes from generation to generation. It is therefore the most economic choice, when it comes to cookware. Ronneby Bruk guarantees that our products are carefully controlled, to meet our high quality demands. Should any defects occur, due to production or material faults, we will replace your product with a new one.

Our products can be used on any kind of stove or heat source, from the traditional fireplace to the modern induction stove. The machined bottom guarantees ultimate contact between the pan and the stove, which gives an even heating and optimal frying result. Frying in cast iron also enrich the food with extra iron, which most of us need more of. Use good frying grease or margarine to get the best result. The special margarine for bread spread can be directly unsuitable for frying.

Don't store food in your pan or casserole. Changes in taste or colour of the food can occur, and if food is kept in the vessel to long, the vessel will start to rust.

Should rust or other stains occur, rub the surface with some grease or cooking oil. The fat will "lift" the oxide, and it can be wiped off the next day.

Low fat frying. Always use some fat when frying, regardless of what kind of frying pan you are using. Frying completely without fat, as some recommends with coated pans, means that the meat first loses its own juices to the pan and then gets a dry and dull look and will eventually lose in taste. When you have used your cast iron pan frequently over a period of time, it will get a surface that reminds of the one in a coated pan, only it will not have a coating that some say is hazardous to your health. Be sure to always use good fat, meant for frying, and use it in a cast iron pan to obtain the best frying surface and taste on your food. (According to research from the Swedish "Meat Science Institute" published in "Our Nutrition" 1987.)

Non-Stick. When you put something in your hot pan it will stick to the pan at first, BUT when the meat surface is fried it will let go. If the surface looks burned it means that you've had to high temperature. It's a good advice to reduce the heat once you've got the surface you want, and then finish the cooking on lower temperature or even in the oven. If the meat keeps sticking to the pan, it might have lost its seasoning. The reason can be use of abrasives when washing, or that small rests of food or old fat is burnt into the surface of the pan. Try to clean the surface with f.i. a steel brush. Grease the surface well, and put the pan in your oven at 150 degr C for appr 2-3 hours. After you've wiped off the pan (be careful if it's still hot), you should have a new seasoning, that will be better and better the more you use your pan.

Please feel free to contact us, if you have more questions regarding our cast iron products.