

CAST IRON GRILL COOKING SURFACE

first use + cooking preparation

We pre-seasoned your Cast Iron Grill for the first use, now it is up to you to sear the flavor of a good moment into the grain. Here's how to get started:

SEASONING

Seasoning, or curing cast iron with oil, should be practiced regularly to maintain a hardy non-stick surface that can stand up to the fire pit's heat. The non-stick quality will fully develop after 8-10 seasonings. An extra 30 minutes before grilling will be plenty of time to season your Cast Iron Grill.

Seasoning is done over high heat, so handle your cast iron safely with both hands.

Cooking tongs, rags, heat resistant gloves and seasoning oil are all you need.

We recommend Flaxseed Oil for seasoning. The high smoke point of flaxseed oil is perfect for encouraging a strong nonstick coat.



CARE + MAINTENANCE

SEASONING AND COOKING

01 Start a small fire in your pit and let it burn down to embers while you gather your seasoning materials. Place your clean Cast Iron Grill on the assembled Hub system for 5-10 minutes to completely dry and allow iron to breathe.

02 Remove the Cast Iron Grill from Hub, and rest on a heat safe surface. Use a rag and tongs to apply a small amount of flaxseed oil to the surface. Wipe off excess oil so that only a very light coating remains.

03 Place Cast Iron Grill on the Hub and let it cure over the embers for 20 minutes while maintaining the surface temperature between 400-500°F. An infrared thermometer is helpful for tracking your temperature. You may need to add more wood to keep the temperature up. Occasionally, turn your Cast Iron Grill 90 degrees to season evenly. It is completely normal for discolorations to appear and disappear at this step.

04 When the 20 minutes is up, the cast iron is ready for grilling! For some foods, 400-500°F may be too hot, so let the grill cool as needed. If you're not ready to cook at this point wipe off excess oil and let cool. Store in a cool, clean and dry place.

05 Just after grilling, carefully wipe excess grease and food from the surface with rags, or even paper towels. Cleaning is best done when your Cast Iron Grill is still hot and loose, so use cooking tongs to grip rags, and heat-resistant gloves to secure the Cast Iron Grill by the handles while still hot.

- Typical residue or build up on the cooking surface can be removed by gently scouring with a chainmail scrubber and tongs. Chainmail is perfect for lifelong cast iron care, and won't damage the cooking surface.
- Water can be used to loosen stubborn residue. Remove Cast Iron Grill from Hub and place on a heat-safe surface. Pour water over your still hot cast iron, and as the water becomes hot, build up can be rubbed away with your rags and tongs.
- After cleaning, continue heating Cast Iron Grill over your fire pit until the surface is completely dry.

COOKWARE WITH CHARACTER

You can expect cast iron to behave a little differently from your typical pots and pans, especially when paired with open-fire cooking:

- The underside of your cast iron grill will develop a black layer from repeated use over an open fire, and will continually burn off and rebuild. In the same way seasoning protects the cooking surface, this process will protect the underside from rust and shouldn't be cleaned.
- Even with several seasoning layers built up on the cast iron, the coarse texture of cast iron surfaces will stick to food more than traditional cookware. It is normal and recommended to use cooking oils when preparing battered or other sticky foods.
- Carbon build up from burnt food or oil can appear as small black chips or crust, but is not harmful. Wiping or scraping the cooking surface between courses will help minimize build up.

TIPS + NOTES ABOUT PROPER USE

- 01 For your first several uses, grill with your preferred cooking oil until you have developed the signature non-stick surface of well-seasoned cast iron.
- 02 Cast Iron should be stored in a cool, dry location. Indoors, and covered is best. Exposure to high humidity or the elements can encourage rusting.
- 03 Cast iron is not dishwasher safe.
- 04 Do not soak cast iron, or submerge in water for any length of time.
- 05 Do not use harsh chemicals or detergents to clean. Mild dish soap is okay for intermittent use.
- 06 Do not spray seasoning oil or cooking oil over an open fire. These oils can be flammable, and serious injury or damage could result. Grease your Cast Iron Skillet with a rag and tongs, or before placing on Hub.
- 07 Avoid falls or blunt impact with cast iron. This material is more likely to break than dent or bend.
- 08 Do not paint or coat cast iron.
- 09 Do not use to heat non-food materials.
- 10 Lift with care and use both handles, cast iron is a very heavy material.
- 11 Do not place on heat sensitive surfaces, or ones that might be damaged by the weight and texture of the feet on your Cast Iron Grill.

IMPORTANT SAFETY INFORMATION

- 01 Seasoning cast iron is important for safety reasons, as well as performance. While a small amount of iron is expected and beneficial in a typical diet, some individuals with health sensitivities must avoid excessive amounts of iron. The seasoning process prevents iron from leaching into food. Without iron-related health sensitivities, rust is also not harmful for ingestion in small amounts and is an FDA approved additive.
- 02 Rust on cast iron indicates that the surface is bare and must be seasoned. Frequent high temperatures (above 500°F) and acidic foods (tomatoes, citrus) will break down the seasoning on your Cast Iron Grill, and encourage rust. Season as often as possible, and lightly oil before storage to maintain a safe cooking surface.
- 03 Cast iron can be rescued from rust with cleaning and re-seasoning. Dissolve rust with 1:1 solution of white vinegar and water. Allow the solution to sit on the surface for several minutes, then lightly scrub the area with chainmail. Rinse the cast iron thoroughly, and repeat as necessary and season according to the above instructions to rebuild the protective barrier.

⚠ WARNING: The combustion products emitted when using this product with an open flame can expose you to chemicals including carbon monoxide which is known by the State of California to cause birth defects or other reproductive harm. For more information go to www.P65warnings.ca.gov.