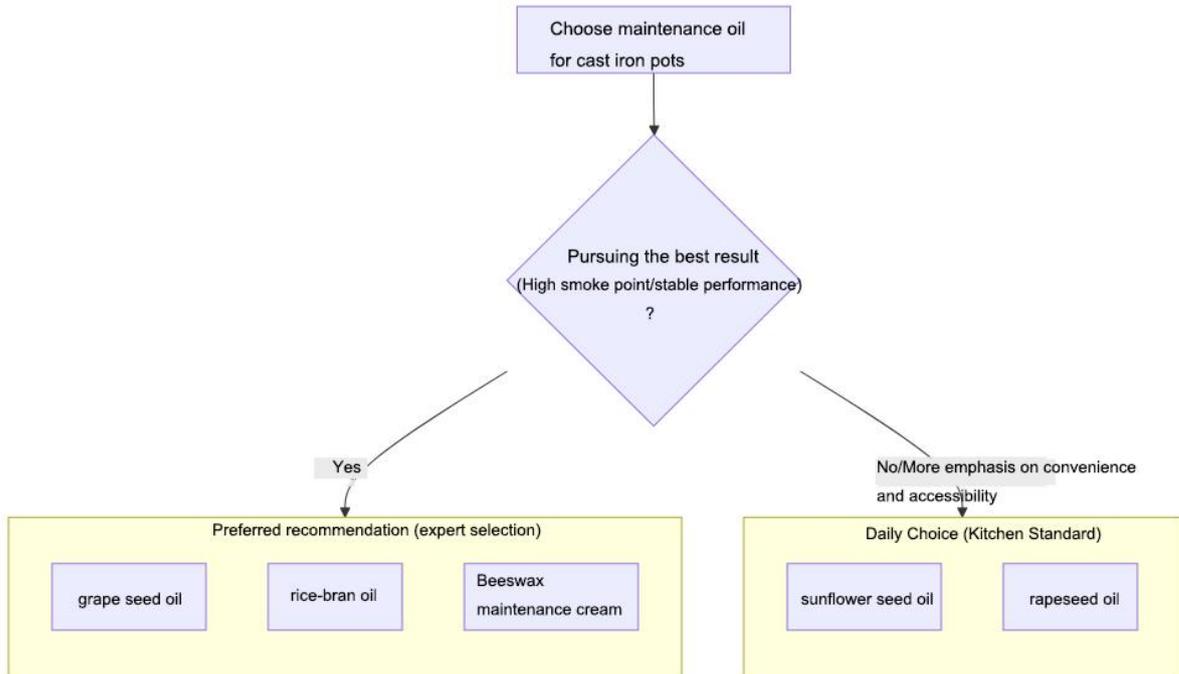


## Cast iron pot maintenance oil

Choosing maintenance oil for cast iron pots is a crucial step, as using the right oil can cultivate a strong and smooth oil film, making the pot better and better to use. The following flowchart can help you make a quick choice. The recommended oils in the diagram are all verified and very suitable for maintaining cast iron pots.



The core idea of the above diagram is that high smoke point and unsaturated fatty acid rich vegetable oils are ideal choices because they are stable when heated, not easily decomposed, and can form a long-lasting and uniform oil film.

Suggestion or not

Reason explanation

Grape seed oil

★ ★ ★ ★ ★

High smoke point (about 216 ° C), stable composition, no odor, making it an excellent choice for pots and can form a strong oil film.

Rice bran oil

★ ★ ★ ★ ★

The smoke point is very high (about 250 ° C), rich in antioxidants, and very stable, making it a secret weapon for many professional chefs.

Beeswax maintenance cream

★ ★ ★ ★ ★

Specially designed for kitchenware maintenance, it is usually a mixture of vegetable seed oil and beeswax, which has excellent rust prevention effect, but the cost is relatively high.

Sunflower seed oil

★ ★ ★ ★

High smoke point, affordable price, easy to purchase, it is a cost-effective daily maintenance choice.

Rapeseed oil

★ ★ ★ ★

High smoke point, stable performance, very popular, it is a good daily oil.

Flaxseed oil

Use with caution

Although it can form a very hard film, it dries slowly and can become brittle and peel off over time. Improper maintenance may result in an odor.

Animal oils such as lard

Use with caution

Short term anti sticking effect is good, but long-term storage is prone to oxidation and rancidity, producing a crackling taste, which is not suitable for long-term maintenance of unused cookware.

Butter, olive oil

✘ avoid using

Low smoke point, easy to burn when heated, and may leave sticky residue, damaging the existing oil film.

Virgin olive oil/nut oil

✘ avoid using

Rich in impurities, with low and unstable smoke point, not suitable for high-temperature pot maintenance, which can easily cause oil film sticking or coking.

Core maintenance steps (regardless of the type of oil used)

Cleaning: After using the cookware, clean it with hot water and a soft brush/sponge, avoiding the use of detergent to prevent damage to the oil film.

Drying: Use fire to dry or heat on the stove to ensure that the pot is completely dry without leaving any moisture, which is the key to rust prevention.

Oil coating: Dip a small amount of maintenance oil into kitchen paper and apply a thin layer on the inner wall of the pot, which looks almost "oil free".

Heating: Heat the cookware on low heat until it emits a slight smoke (about 1-2 minutes), then turn off the heat. This process allows oil molecules to better bind with iron.

Cooling and wiping: Let the pot cool naturally until it is no longer hot to the touch, then wipe it again with clean kitchen paper to absorb any excess oil.

Storage: Store in a dry place.

Important reminder: The above maintenance methods are mainly for uncoated pure cast iron pots. Enamel cast iron pots (with white or black enamel layers inside) do not need or should not be operated in this way. Simply clean them with detergent and wipe them dry.

I hope this detailed guide can help you cultivate a smooth, non stick, and long-lasting pot!