

# Cast Iron Cooking Grills Use & Care

## Use and Care

The heavy mass of cast iron absorbs and retains heat to provide unsurpassed searing performance to lock in the natural juices of food on the grill. Most cast iron grills are coated with a porcelain finish to assist in cleaning and help prevent rust. Some chipping may occur if mishandled. Over time the coating will wear through. This will not affect the performance of the grills. If some rust appears, remove the rust with a scrub pad and coat the grills with cooking oil. Like all cast iron cooking products, proper care & "Seasoning" it will make it last a lifetime. Do not wash in dishwasher or allow to drip dry.

## Before First Use

This applies to any cast iron cooking products like frying pans or griddles. Wash cast iron grills with soap and water to remove any manufacturing residue. Rinse and dry thoroughly. Coat lightly with unsalted lard / shortening or grapeseed oil. Place in barbecue on low - about 200° F for 1 hour. Let cool to room temperature, repeat light coating and return to barbecue for 1 hour at 200° F. Don't forget all the corners and edges. Over time your grills will become "Seasoned". Occasionally repeating the above process and keeping your grills oiled will prolong their life, make clean up easier and food will stick less. Never use spray on non-stick coatings. These spray on coatings have a low burn temperature.

## To Cook

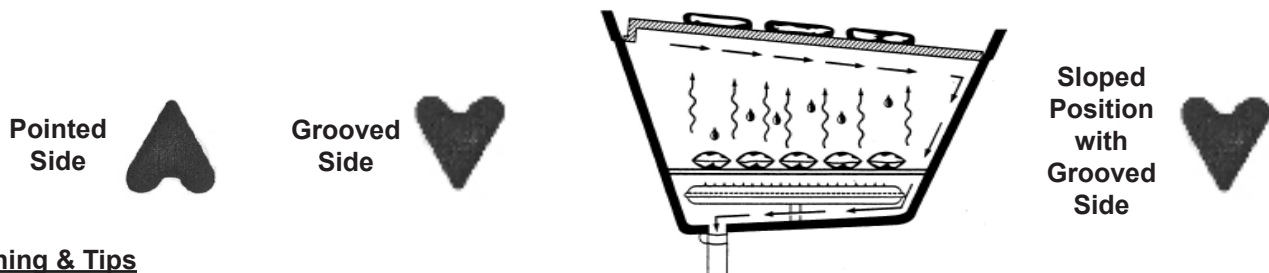
Some grills may be used in the high position, low position or sloped position. (Some models only)

**High Position:** Further away from the burner, therefore a less direct heat is ideal for chicken, fish and vegetables.

The wider twin grooves on the grills allow for more contact and better support to delicate fish and vegetables. The channels will also capture juices to continually baste your food as it cooks.

**Low Position:** Closer to the heat, therefore more direct heat is ideal for steaks & general grilling. The "Pointed" side will give your steaks the same classic grill marks you get from a famous steakhouse.

**Sloped:** Is ideal for excessively greasy foods such as chicken wings. The slope allows excess grease to drain down the side of the casting thus reducing flare-up. (Some models only)



## Cleaning & Tips

**When finished cooking** - do not clean your grills - turn your barbecue off. The left over grease will protect the grills. The next time you cook, you have to preheat your barbecue anyway and this is the time you should brush your grills to clean them and apply another coating of oil to keep food from sticking. Occasionally, or after heavy use especially with a lot of marinades you may want to give your grills a through cleaning. Don't forget to dry them well after washing and re-oil.

**OIL your GRILLS!** - If you have an oil "Mister", you should lightly coat your grills before and after cooking. You can also use a rag or paper towel to coat the grills. Many customers neglect to oil their grills. Think of a frying pan... we always put oil or butter in the pan before we cook, same idea applies to all barbecue cooking grills, cast iron or stainless steel.

**Rotate your grills** - The most common area we see rust starting to form is the two outside edges. If you frequently rotate your grills so the overall surface is used evenly you will avoid this common problem.

**Brushes** - Brass brushes were always the preferred material as it is a relatively soft metal which will not harm the porcelain coating. Many brushes are now using stainless steel bristles. Although a harder metal the fact that it is in bristle form and not solid metal makes them fine to use on porcelain coated grills. Avoid hard steel scrapers or any hard abrasive that could chip the porcelain coating off.

## Oils

Our first choice for cooking oils is GRAPESEED oil. It has the highest burn temperature and a very neutral flavor. Absolutely perfect! A second choice would be Canola or Vegetable oil. Do not use Olive oil, its burn temperature is too low. Peanut oil has high burn point but it has a very strong flavour and many people are allergic to peanuts - not a good choice.