

## **KENT ROLLINS**

### **GUIDE TO SMOOTHING CAST IRON**

#### **Step 1:**

Preheat a conventional oven to 350 degrees F. Rinse your cast iron piece well with warm water and remove any debris with a sponge. Dry with a lint free rag.

#### **Step 2:**

Place a piece of 80-grit sandpaper onto an electric hand sander. Begin sanding the inside of your cast piece. Be sure to get the bottom as well as at least halfway up the sides. Sand until the cast becomes smooth.

As you do this you may begin to see some of the original silver cast come through. Run your hand along the bottom and edges to make sure the cast is smooth all the way around. Note: you don't need to sand all the "black" off, just sand enough to get the rough texture off.

You can also do this sanding by hand, it will just take a little longer.

#### **Step 3:**

Rinse the cast well with warm water. With a lint free rag, wipe out any excess moisture.

#### **Step 4:**

Place the cast over a medium-high heat burner. Let the cast warm until the moisture is evaporated and is hot to the touch. Remove the cast from the heat.

#### **Step 5:**

Place a small dab of oil in the cast and rub a light even layer around the bottom and up the sides. You don't want the cast iron to be too hot where it's smoking when you add the oil.

We have found avocado, grapeseed and flaxseed to be the best oils to create this base seasoning.

***A big mistake folks make is that they use too much oil when seasoning. Be sure to add just a light layer and wipe out any excess.***

**Step 6:**

Place the cast in the oven and bake for 45 minutes. Turn the oven off and let the cast iron cool completely.

**Step 7:**

Repeat steps 4 – 7 at least 3 more times. As the seasoning builds you'll see the silver disappear and start to turn a goldish color. With continual use over time the cast iron will turn completely black.

You do not need to wait until the cast iron turns completely black to start using it. After you have completed the above steps begin cooking in your cast iron. The more you use it, the quicker it will develop a good seasoning.

***Tips:***

The best things to cook in newly restored cast iron are bacon and potatoes. Cast iron loves starch and combined with the bacon it will help build a flavorful seasoning quicker.

We also recommend deep frying the first few times you use your newly seasoned iron. Any recipe that calls for deep frying will work. This helps seasoning adhere and build faster.

Be sure to clean and re-season your cast after EVERY use. Re-seasoning does not mean baking every time, this is just for rebuilding your seasoning. For every day seasoning simply heat and oil as described in step 4.

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