



Enameled Cast Iron Care Checklist



Safe Preheating Methods

- Never heat empty enameled cast iron on high heat
- When using stovetop, add a splash of oil, butter, or water to cover the bottom
- Start with low heat and gradually increase as needed
- Stay in the kitchen during the preheating process
- For safest results, use the oven method: place pot in cold oven, then turn it on

Utensil Choices

- Avoid metal utensils that can scratch the enamel
- Use wooden spoons and spatulas
- Use silicone utensils
- Use heat resistant nylon tools

Cleaning Methods

- Skip steel wool and abrasive scrubbers
- Never use harsh chemicals or oven cleaners
- For stubborn food, soak with warm water and gentle washing up liquid
- Let the pot soak rather than scrubbing hard

Temperature Safety

- Never place a hot pot directly on a cold surface
- Avoid adding cold water to a hot pot
- Allow pot to cool naturally before washing
- Use wooden trivets rather than cold countertops

Heat Settings

- Use medium or low heat for most cooking
- Remember high heat is rarely necessary
- Use lower heat settings to prevent burnt food and damaged enamel
- Gentle heating produces better cooking results

Damage Control

- Assess damage location (exterior chips may be cosmetic)
- Check your warranty (premium brands often offer lifetime guarantees)
- Discontinue use if cooking surface is compromised
- Look for manufacturer repair kits for minor exterior chips