Cast iron and cutting board care checklist

A one-page checklist to stick on the kitchen cupboard. Print this page or download the PDF on US Letter paper.

After every cast iron cook

- [ ] Let the pan cool a little, then rinse it while it is warm.
- [ ] Scrub off stuck-on food with a chainmail scrubber or soft brush, adding a little mild soap if the pan is greasy.
- [ ] Dry it straight away over low heat.
- [ ] Wipe on a thin layer of oil while it is warm.

When the pan needs more

- [ ] Sticky or tacky patches: scrub, wipe on a very thin layer of oil and bake again.
- [ ] Dull gray patches or rust: scrub back to bare iron and season again in the oven.
- [ ] Never soak the pan, and keep it out of the dishwasher.

After every wooden board wash

- [ ] Scrape off food, then wash with warm water and a little cutting board soap.
- [ ] After raw meat, poultry or seafood, wash with hot soapy water.
- [ ] Rinse quickly and dry with a towel.
- [ ] Stand the board on its edge to air dry completely.

Oiling the board

- [ ] Check the board often and oil it when it looks pale or feels dry.
- [ ] Rub on a thin coat of cutting board oil along the grain, let it soak in and wipe off the excess.
- [ ] Boards you wash every day need oil more often than boards you use now and then.

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