

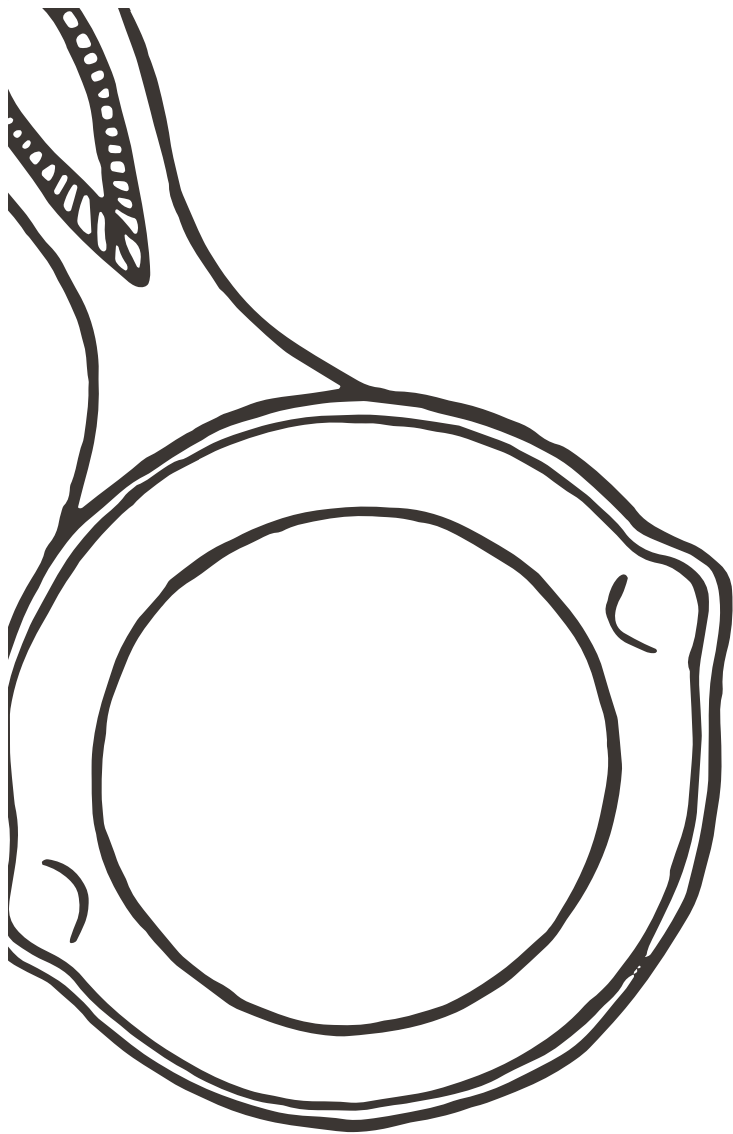


# CAST IRON GRILL

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CARE & USE

**VINGA** OF SWEDEN



## **Thank you,**

We hope that you will enjoy your grill pan. Cast iron is a sturdy and durable material that can really last a lifetime if you take good care of it. We have put together a small clean and care guide so you can take the best care of your pan and really enjoy the benefits of cast iron.

## CLEANING

Clean the pan immediately after use, while it is still hot or warm. Avoid soaking the pan or leaving it in the sink, or it may rust.

Wash the pan by hand using hot water and a sponge or stiff brush. Avoid using the dishwasher, soap, or steel wool, as these may strip the pan's seasoning.

To remove stuck-on food, scrub the pan with a paste of coarse salt and water. Stubborn food residue may also be loosened by boiling water in the pan.

Thoroughly towel dry the pan or dry it on the stove over low heat.

Using a cloth or paper towel, apply a light coat of vegetable oil or melted shortening to the inside of the pan. Some people also like to oil the outside of the pan. Buff to remove any excess.

Store the pan in a dry place.

### **ADDITIONAL NOTES:**

Using soap, steel wool, or other abrasives is not the end of the world, but you may need to re-season the pan. If the pan is well-seasoned from years of use, a small

amount of mild soap may be used without doing much damage – just be sure to rinse it well and oil it after drying.

Remove rust using steel wool or by rubbing it with half a raw potato and a sprinkle of baking soda. Again, it may be necessary to re-season the pan after cleaning.



## PERFECT STEAK MEDIUM RARE

*230g steak*

*1 tbsp coconut oil*

*Flaked salt*

*Whole fresh black peppercorns*

***Cooking utensils you will need as well:***

*Sturdy cast iron skillet with grill marks*

*Tongs*

*Meat probes – 1 instant and 1 oven probe (if your steak is thicker than 1 inch))*

*Paper towels*

*Tin foil*

Remove the steak from the fridge 40 minutes before starting to cook. Warmer steak will not significantly drop the skillet's temperature, when placed inside so it will end up having a much better surface browning which occurs at high heat.

*Cast iron is excellent at retaining heat, but takes a while to actually heat up.*

*Provided your skillet is already seasoned\*, you might need a good 10-15 minutes to let it get really hot. Drop the tablespoon of coconut oil inside the skillet. Then place it over high heat. Wait until you start seeing gentle fumes lifting off the skillet's surface; then count another 20 seconds and then you are ready to go.*

*To help your top/eye round get even better browning, you'll need to pat it dry with paper towels to remove excess moisture from the surface.*

*Dry surface browns much easier, so make an effort! Next is seasoning – add 2-3 pinches of flaked salt per side. Place the steak inside the pan and hear the gentle sizzle. Cook it for 2-3 minutes per side for a medium-rare level of doneness, which equals 55C inside temperature.*

### **SEASON THE SKILLET**

*Cast iron has a minor disadvantage and that is stickiness. To prevent it, we need to season the skillet using the following method. Heat the skillet to medium-high heat adding a tablespoon of coconut oil. Wait for the oil to melt and distribute it evenly along the pan. Remove it from the stove. Once the skillet has cooled down, use paper towels to absorb excess fat and wipe the whole thing down. Your skillet is now ready for searing steaks – heat it up again and follow the rest of the steps.*

Creating memories

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