

**You will find the video about how to best use your  
traditional cast iron pan here:**

[https://www.youtube.com/watch?v=lwcOgUrZxU&list=PLixklw4HPZPhE1AXCu  
j9k4whot6vORc6H&index=2](https://www.youtube.com/watch?v=lwcOgUrZxU&list=PLixklw4HPZPhE1AXCu<br/>j9k4whot6vORc6H&index=2)