



## Why Cast Iron?

Information about cast iron, edited by **RONNEBY BRUK AB**.

Cast iron is a very good heat conveyor, and also keeps the heat well. In the products from Ronneby Bruk you get the best conditions for a good frying result, due to the design combined with the material.

We pre season all our products. It means that we shower the product with cooking oil, and then burn in huge ovens in high temperature until the right surface is obtained. After that the surface gets better and better, the more it's used in the kitchen.

**Cleaning** is best done with warm water only, and a good brush. It's easier to clean the pan if it's done immediately after cooking, while the pan is still hot. **Dishwasher is never to be used on cast iron, since it will ruin the seasoning of the surface and the pan will easily get rusty. If you have to use any detergent, you absolutely have to dry the surface well and then treat it with some cooking oil.**

Cast iron pans and casseroles are very suitable to use in an oven. Just avoid to a pan with wooden handle in the oven, since the wood might crack due to the heat.

A cast iron product will, when cared for in the right way, last practically for ever. It's not unusual that it passes from generation to generation. It is therefore the most economic choice, when it comes to cookware. Ronneby Bruk guarantees that our products are carefully controlled, to meet our high quality demands. Should any defects occur, due to production or material faults, we will replace your product with a new one.

**Our products can be used on any kind of stove or heat source, from the traditional fireplace to the modern induction stove. The machined bottom guarantees ultimate contact between the pan and the stove, which gives an even heating and optimal frying result. Frying in cast iron also enrich the food with extra iron, which most of us need more of.** Use good frying grease or margarine to get the best result. The special margarine for bread spread can be directly unsuitable for frying.

Don't store food in your pan or casserole. Changes in taste or colour of the food can occur, and if food is kept in the vessel too long, the vessel will start to rust.

Should rust or other stains occur, rub the surface with some grease or cooking oil. The fat will "lift" the oxide, and it can be wiped off the next day.

**Low fat frying.** Always use some fat when frying, regardless of what kind of frying pan you are using. Frying completely without fat, as some recommends with coated pans, means that the meat first loses its own juices to the pan and then gets a dry and dull look and will eventually lose in taste. When you have used your cast iron pan frequently over a period of time, it will get a surface that reminds of the one in a coated pan, only it will not have a coating that some say is hazardous to your health. Be sure to always use good fat, meant for frying, and use it in a cast iron pan to obtain the best frying surface and taste on your food. (According to research from the Swedish "Meat Science Institute" published in "Our Nutrition" 1987.)

**Non-Stick.** When you put something in your hot pan it will stick to the pan at first, BUT when the meat surface is fried it will let go. If the surface looks burned it means that you've had too high temperature. It's a good advice to reduce the heat once you've got the surface you want, and then finish the cooking on lower temperature or even in the oven. If the meat keeps sticking to the pan, it might have lost its seasoning. The reason can be use of abrasives when washing, or that small rests of food or old fat is burnt into the surface of the pan. Try to clean the surface with f.i. a steel brush. Grease the surface well, and put the pan in your oven at 150° C for approx 2-3 hours. After you've wiped off the pan (be careful if it's still hot), you should have a new seasoning, that will be better and better the more you use your pan.

Please feel free to contact us, if you have more questions regarding our cast iron products.



## **”FRYING SCHOOL”**

(The information is gathered from Carlshamns Mejeri and Margarinbolaget.)  
To fry ”the right way” is an art. It takes some time to get the right touch in moderating temperatures and time. Here you can find some advices and general rules to make it a little bit easier for you.

To fry meat and fish is a good way of cooking it, it gets very tasty and it’s quick. Sometimes it may stick in the pan for you, or it may taste burnt, not to mention when it gets Hard and dry. It can all be avoided with the right frying methods.

**To fry in a Cast Iron pan we think, and a lot of professional chefs agrees, gives the best result.**

**Stek** i en gjutjärnspanna, vilket vi tillsammans med många professionella kockar anser ger bästa resultat.

### **Use a little bit lower heat, and let the meat fry a little bit shorter time!**

It’s when you “over-fry” for instance the beef it gets hard and dried out. That’s because the juices and natural fat is squeezed out from the meat. It’s possible to fry without additional fat, it’s called “grilling in a pan”, but we strongly advise you to use a grill pan with griddle-bottom to reduce the risk of burning the meat. This method is particularly suitable for beefsteak or entrecote.

You can use oil, margarine or butter when you’re frying. Oil is a little bit more difficult, since it doesn’t give any “temperature-signals” such as changes in color or sound. Below we give some “basic” recipes for beef, fish and eggs. Do not use diet margarine or spread, use real good margarine or butter. Remember, the meat cannot enrich itself with more fat than it has from the beginning. The additional fat on the surface, you can easily remove by letting it drip off before serving.

### **To fry ”the right way”.**

Place the thing you want to fry in the pan, when the butter is has reached the right temperature. Don’t “fill” the pan, leave some space between the pieces so the pan easier can keep the right temperature and not is cooled off. That way you will also get the special nice crust that frying in cast iron gives.

Lower the temperature a little on the stove, and make sure you keep a nice even temperature. Too low heat means you’ll get a “boiled” surface, and too hot pan gives a burnt crust, and the food won’t taste good. As soon as the food is done, remove it from the pan. If you just take the pan aside and let the fish or meat stay in the pan, it’ll continue to fry and the result will diminish. Don’t pour burnt fat over the food, instead make a proper sauce. Finally clean the pan with hot water and a brush immediately after use, add some fat to the surface if it looks dry, and let the pan dry up using the “after-heat” on your stove.

Butter, in the below advises, is always possible to replace with margarine.

### **To fry beef.**

Good meat is expensive, and one doesn’t want to ruin it. The beef is to be “right” done; depending on how you want it, and it should have a nice crispy crust. Make the slices about 1 cm thick. Let them get room temperature before frying, too cold meat is more difficult to get a good frying result with. Make small cuts in the ”fat side” of the meat, so it will keep a nicer shape when frying. Wait until the ”butter-foam” is gone and the fat is ”silent” and brownish, app. 165° C. Now you can place the beef-slices in the pan. Lower the heat a little. Spice it with salt and pepper, or what you prefer, fry app 2 min, turn it over and add spices to the other side and fry app 2 min. Now it should be just done, and still nice and juicy. You can alter the frying time depending on if you want it more or less well done.

### **To fry fish filet.**

Remove head and bones from the fish. Rinse the filets and add some salt and what other spices you want.

Let the pan reaches app 165° C, add some butter, and put in the fish. Let it have a quick fry on both sides, start with the “skin-side”. Remember fish is easily burnt, if the pan is too hot. Serve with mashed potatoes, and maybe a tomatosallad, some also like a little melted butter to pour over the fish. Bon Appétit.

### **To fry an egg.**

To fry an egg is different from frying meat or fish. The egg is not so much to be roasted, as it is more to be ”boiled in hot margarine”. To high temperature gives a dry and hard egg. The fresher egg, the better frying results. A really fresh egg has a thick jellyfish white around a high dome shaped yolk. It doesn’t float out as much in the pan as an older egg does. Put some butter in a cold pan. Wait until the foam is gone, and the butter is slightly brownish (app 160° C). Add the egg, and reduce the heat a little, so the pan doesn’t get hotter. Let it fry app 3 min, if you want it fried on both sides turn it after 2 min. Flavour with salt after it’s fried.

**When frying in cast iron, you never need to worry about poisonous vapors from plastic materials, or if anything unhealthy is added to your food. Cast iron is a natural raw material.**