

First 30 Days With Your Lodge Skillet

Seasoning, Cleaning & First Cooks — A Practical Starter Guide

A free companion guide from ZoxDeal. No hype, just what works.

Day 1: Unbox and First Wash

Wash the pan in hot water with a little mild soap, then dry it fully on low heat on the stove. Rub in a very thin coat of neutral oil while it is warm. Wipe almost all of it back off — a thick coat turns sticky, not slick. Your pan is ready to cook.

Week 1: Cook Fatty Foods First

Bacon, burgers, fried potatoes, and cornbread build seasoning fast. Hold off on eggs and fish for now — the rough factory surface grips delicate food. Preheat on medium for 5 minutes before food goes in, every time.

Everyday Cleaning Rules

1. Wash while warm with hot water and a stiff brush. 2. A little soap is fine. 3. Never soak it and never use the dishwasher. 4. Dry on heat right away. 5. Wipe on a thin coat of oil after washing. That is the whole routine.

How to Season (Oven Method)

Wash and dry the pan. Rub a very thin coat of oil over the whole surface, inside and out. Wipe it nearly dry with a clean cloth. Place it upside down in the oven at 450-500°F for one hour. Let it cool in the oven. Repeat once if the finish looks patchy.

Rust Rescue

Surface rust is fixable. Scrub the spot with coarse salt and a little oil, or a chainmail scrubber. Wash, dry on heat, then re-season with the oven method above. Rust is not covered by the warranty, but it is almost always reversible.

5 Starter Cooks for Month One

1. Skillet cornbread — tests heat retention and release. 2. Smashed burgers — builds seasoning fast. 3. Pan-seared steak — the signature cast iron win. 4. Roast vegetables — high heat, crisp edges. 5. Skillet pizza — stove to oven in one pan.

What to Avoid

Long simmers of tomato sauce in the first weeks can dull young seasoning. Soups left sitting overnight do the same. Acidic food is fine once the seasoning is well built — just not as the pan's first job.

The Handle Rule

The iron handle gets as hot as the pan. Keep a silicone sleeve, mitt, or folded towel next to the stove from day one. Burns from a cast iron handle are the most common beginner mistake.

A note on honesty: this guide reflects Lodge's own care advice and widely reported owner experience. Results vary with your stove and cooking habits. There are no miracle claims here — just a pan that gets better the more you use it.