

# Caring for your Cast Iron Camp Oven



## 6 Steps for Camp Oven Longevity

### 1. Respect

We all have that one piece of camping gear that's been passed down as a family relic.

With **a good dose of TLC**, all your recipes and your oven will be around for generations to come!

### 2. Use it

No matter who plays chef, the more you **use your oven**, the greater the build up of seasoning and the more it will enhance the flavour of your food.

### 3. Keep it clean

Along with a bit of love, a quick **wipe with hot water** while the pot is still hot goes a long way. If your water isn't ready or you oven's pretty well clean then at least give it a wipe with some paper towel.

### 4. Soap

Ahhhh the big question.. To soap or not to soap?

**Until your oven is seasoned well, never use soap.** The key ingredient to seasoning is oil, and soap will break it down.

Instead, use a coarse kosher salt and paper towel or boil water in your oven to get those stubborn bits of food.

Once you're oven is seasoned, there's no harm in a light soap when required to break down those crusty bits. However, in general, plain water is the way to go!

Just remember, **never soak** and always **re-apply oil**. We'll tell you how below!

### 5. Keep it warm

Camp ovens like to be kept **warm and dry**. If it's got a lid, place a piece of towel to keep it ajar for airflow.

### 6. Bust the rust

Have you forgotten Step 1 and let your oven get rusty? Grab some **steel wool** and get scrubbing. If that doesn't work blast it with air or sand.

Once it's back to new, repeat the seasoning and you're all set.

## How to Season your Camp Oven



- ✓ Use soap to clean any dirt from manufacture.
- ✓ Use some steel wool to get into the pores



- ✓ Fully dry your camp oven
- ✓ Use warm coals, your BBQ or paper towel
- ✓ Once dry, warm it up for 5-10 minutes



- ✓ Evenly and liberally oil your oven using paper towel
- ✓ Vegetable or Canola Oil is best
- ✓ Don't forget to do the outside for rust protection



- ✓ Return to a super hot heat with lid on to activate your seasoning
- ✓ Expect some smoke as oil will burn off
- ✓ Heat for 45-60 minutes
- ✓ Make sure you have a clear area while working with high temps.
- ✓ If using a BBQ, you can turn the oven upside down with a drip tray to prevent pooling



- ✓ Carefully remove from heat
- ✓ Wipe away excess oil
- ✓ If the inside has built a shiny non-stick texture, the job's done.
- ✓ If not, repeat the process

## The Science of Seasoning

The common theory is that seasoning is a thin layer of oil. Infact, seasoning is created by a chemical reaction called polymerisation. By heating the oil or fats, the oil bonds and becomes a polymer coating. This makes it naturally nonstick, durable and protects it from oxidising. Through polymerisation, the oil becomes stronger, which is why we can use soap from time to time.

**SNOWYS TIP - Always apply oil to your cast iron, before and after cooking!**

This care information applies for all cast iron cookware including: fry pans, jaffle irons, skillets, trivets and camp ovens

