

# Wagner & Griswold Society

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## Wagner and Griswold Society Information > Cast Iron (general info) > Cleaning and Restoration

(Moderators: [Scott Sanders](#), [Jeff Friend](#))

### Seasoning - Grapeseed Oil (Read 2226 times)

**Mary Kennedy**  
WAGS member  
★★★★★

#### Seasoning - Grapeseed Oil

Jun 14<sup>th</sup>, 2011, 2:53am  
Good evening,

Posts: 591

I've just begun the first round of seasoning one pan with flax seed oil, I find it does smell, but not too bad and I got no visible smoke. A microfiber cloth gives the thinnest coat, I'll see how the seasoning turns out. I was thinking grapeseed oil would be a possibility too.

Has anyone here had experience seasoning with grapeseed oil? If so, can you tell me if it stinks or smokes a lot when heating in the oven?

Thanks, Mary

**Randy Hesseltine**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #1** - Jun 14<sup>th</sup>, 2011, 12:31pm

Mary, There are 17 pages here on cleaning & reseasoning. By the time you read them you'll discover there are almost as many opinions as there are pieces of cast iron!! There is something that works for everyone, you just need to find the one that works for you. Me, I like "Pam". Have fun finding the one you like best.

**C. Perry Rapier**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #2** - Jun 14<sup>th</sup>, 2011, 12:36pm

I use crisco.

**Sam Roberts**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #3** - Jun 14<sup>th</sup>, 2011, 1:01pm

[Quote from Mary Kennedy on Jun 14<sup>th</sup>, 2011, 2:53am:](#)

**If so, can you tell me if it stinks or smokes a lot when heating in the oven?**

Yes it stinks, stinks more than the Crisco I use. The only plus is that the Grapeseed oil seasons up a piece of CI black in cases where others won't.

**Mary Kennedy**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #4** - Jun 14<sup>th</sup>, 2011, 1:07pm

Thanks for your comments!

Posts: 591

Sam, in your experience, has it smoked a lot? Also, does it make a good seasoning base?

Mary

**Claudia Killebrew**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #5** - Jun 14<sup>th</sup>, 2011, 1:19pm

Mary, I've used both Crisco and Pam. For me it depends on what kind of a surface I'm starting with. If it's a little rougher, I'll use Crisco. If it's smooth as silk to start, I'll use Pam.

**Mary Kennedy**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #6** - Jun 14<sup>th</sup>, 2011, 1:48pm

Thanks for your comments Claudia.

Posts: 591

I wonder if using a few coats of flax or grapeseed oil to darken up a nasty pan and then switching to another oil for further coats would work.

Mary

**Sam Roberts**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #7** - Jun 14<sup>th</sup>, 2011, 2:58pm

I wouldn't say it smokes any more, just a different odor. It makes a good seasoning base for other seasonings you may wish to use.

**Duke Gilleland**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #8** - Jun 15<sup>th</sup>, 2011, 7:25pm

I like Crisco as well.

**Chuck Rogers**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #9** - Jun 15<sup>th</sup>, 2011, 11:07pm

The only time I've run into a problem trying to season over a certain oil was when I use Pam. Which by the way is all I use. I tried seasoning with crisco, grapeseed, and olive oil, over a piece that was done first with Pam, and the new oil sheeted off like water off a ducks back.

Now if you reverse that, and season with one of the other oils first, Pam with season right in with it.

At this point, I just stick with Pam 99.9999% of the time for seasoning, and cooking. The only time I switch is when I get a piece that just won't darken, then I start with Grape seed oil. Never get much smoke off it. Not near what I get from Pam. I guess it has a very high smoke point. I can only get my oven to 550 degrees.

**Cheryl Watson**  
Forum Administrator  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #10** - Jun 16<sup>th</sup>, 2011, 2:43am

[Quote from Chuck Rogers on Jun 15<sup>th</sup>, 2011, 11:07pm:](#)

**The only time I switch is when I get a piece that just won't darken, then I start with Grape seed oil. .**

Posts: 4009

Question for ya Chuck... when you discover it won't darken, do you re-strip and start over With the Grape seed oil????

**Mary Kennedy**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #11** - Jun 16<sup>th</sup>, 2011, 11:43am

Thanks very much for sharing your experiences with me. I am glad to hear that grapeseed oil doesn't smoke much, I think I will try that one out. Have you ever done an entire pieced only in grapeseed oil? Pam sounds like it gives the most slick surface. The only personal objection I have to using it, is the propellants listed in the ingredients. I see that Pam is largely comprised of Canola Oil. Have you tried to season a pan with just canola oil before? And if so, were the results good?

Thanks for your help!

**Chuck Rogers**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #12** - Jun 16<sup>th</sup>, 2011, 7:47pm

I will restrip a piece to use grapeseed oil. Since I use Pam, I have to due to what I mentioned above.

Posts: 8632

As for the propellant in Pam, From what I understand, they evaporate on contact, and don't affect the iron or it's use. I have tried just using canola oil. It did work, but the spray is much easier.

**Rick Gilley**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #13** - Jun 16<sup>th</sup>, 2011, 8:00pm

Sometimes I will use Pam as the last coat of seasoning on a piece that has been seasoned with some other type seasoning. I never use Pam first and try to season over it with anything else.

**Mary Kennedy**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #14** - Jun 17<sup>th</sup>, 2011, 1:18pm

I guess what I still need to know is - if grapeseed will blacken bare iron, will it blacken pieces already seasoned with another oil or do you have to strip it to get that blackened effect?

Posts: 591

**Chuck Rogers**  
WAGS member  
★★★★★

#### Re: Seasoning - Grapeseed Oil

**Reply #15** - Jun 17<sup>th</sup>, 2011, 1:27pm

I'm not sure Mary, but you could just try it. No harm. no foul at this point. If nothing else, it will add another coat of seasoning to your iron.

Posts: 8632

**Mary Kennedy**  
WAGS member

#### Re: Seasoning - Grapeseed Oil



**Reply #16** - Jun 17<sup>th</sup>, 2011, 1:55pm

Thanks Chuck, I think I will try it and see what happens. I have one #5 unmarked skillet with heavy pitting in the groove that I'm not that fond of, I think I will experiment with it.

Thanks again

Posts: 591

**C. Perry Rapier**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #17** - Jun 17<sup>th</sup>, 2011, 1:56pm

**Quote from Mary Kennedy on Jun 17<sup>th</sup>, 2011, 1:18pm:**

I guess what I still need to know is - if grapeseed will blacken bare iron, will it blacken pieces already seasoned with another oil or do you have to strip it to get that blackened effect?

Posts: 23581

That's a good question Mary. Please let us know when you find the answer? If you have any other good questions like that that you are working on the answers for, we'd love to hear those answers also. All of this information is very important, and we compile it on here to help others. So thank you in advance. 😊

**Mary Kennedy**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #18** - Jun 17<sup>th</sup>, 2011, 2:06pm

Thanks very much Perry!

I have just finished seasoning a #8 Wagner Ware skillet (newer style) with the flaxseed oil method. When I get home from work today, I will post pictures. So far, I am impressed with the hardness of the seasoning - however I have had nothing to compare it to. Also, before I found your organization's fabulous site, I followed some internet advice that may have not been the best now that I see the pan seasoned. There was a rough patch of rust in the pan and I sanded it down. Now I notice that the pan, although seasoned in that spot, has less of a smooth feel to it, so I foresee possible sticking.

Also, there are little black specks in some areas of the seasoning, which I think may have developed because my thin coats may not have always been even. But, even though things like this bug me, I'm going to leave it and try cooking in the pan to see how it works out. And, after, if it needs it, I may try grapeseed oil over that one, if not I'll do the skillet I don't like.

Nevertheless, I will report my findings to the group.

Mary

**Claudia Killebrew**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #19** - Jun 17<sup>th</sup>, 2011, 5:40pm

Mary, I've noticed that most uneven seasonings will even out eventually. My grandmother had the lousy habit of using not only soap and water on her skillets, but also S.O.S. pads. As a result, the bottom of the skillet was a pale grey color while the sides from about half way up were black. I got one of them and reseasoned it. Didn't strip or clean it, just seasoned it. Then used it. A lot. It is now all one black color. No line. I just got another one of hers just like it. I'll do the same with that one.

Posts: 1600

**Mary Kennedy**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #20** - Jun 17<sup>th</sup>, 2011, 10:07pm

Okay folks - here are the pictures of the skillet I did with the flax oil. I think there are three imperfections that show up on these pictures:

1. darker spotting in the crease where the skillet bottom and skillet sides meet;
2. what looks like a light splatter pattern on one side of the pan at the top of the picture; and
3. the dark spot on the skillet bottom close to the handle where I sanded off some rust.

Oh, and the handle front and back has some unevenness of color where the iron didn't really blacken.

Regardless of these things, I'm going to try cooking something with it and see what happens. Then, depending on what happens, I might try a seasoning layer of grape-seed oil on this one. I don't know if, other than the sanding I did, the things I listed above were results of my not applying the flax oil even and careful enough, or there were some imperfections in the iron to begin with.

I am also attaching a picture of the back of the skillet. I know there were color imperfections in the iron there. I did not blacken the iron before seasoning, and, I think it looks the same as it did when I cleaned it up, only darker.

Mary

[SkilletFront.JPG](#)



**Mary Kennedy**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #21** - Jun 17<sup>th</sup>, 2011, 10:08pm

Second picture

[SkilletBack.JPG](#)



**Chuck Rogers**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #22** - Jun 17<sup>th</sup>, 2011, 10:17pm

Mary, I would be proud to put that on my stove, and good up a mess of breakfast in it. I'll bet it will work just fine. Keep using it, and enjoy it getting darker, and darker. There will be a spot here, and a spot there. It's very common. One thing you will hear around here is that a perfect piece of cast iron does not exist. I'm a firm believer in that theory.

You should be proud of your work. I know I would be. By the way, what time is breakfast? I have to be out early to spread some weed killer on the lawn. 😊😊😊

Posts: 8632

**Mary Kennedy**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #23** - Jun 17<sup>th</sup>, 2011, 10:25pm

Well Chuck, thanks for the kind words. I hope with more experience my pans will look more like those of yours and the other kind people on this forum who have been so helpful! But you can bet that I will expect my next piece to look a lot more even - or I think I might throw a complete fit! 😊

Well, if you want to come for breakfast, you are certainly welcome, but you better hop on a plane. I live in Vancouver, British Columbia. I'm not sure where you live, but maybe you could get a speedy flight and I'll have it ready when you get here. If you eat quickly, you might make it back in time to deal with the weeds! 😊

Posts: 591

**Chuck Rogers**

WAGS member



**Re: Seasoning - Grapeseed Oil**

**Reply #24** - Jun 17<sup>th</sup>, 2011, 11:44pm

I'll do the weeds first, and grab a flight out of Allentown PA. That's Pennsylvania. I think I can be there by 9am. 😊

Posts: 8632

Just some pointers on an even finish. Don't overscrub one spot. It will lighten that area more than others. I noticed you mentioned sanding some rust. I gather by now you've learned that's a NO NO . 50/50 vinegar and water, electro, or a little elbow grease will do the job. Remember again, too much elbow grease in one spot will leave a light patch.

You also mentioned, "A light coat of oil". I'm not sure what that means, but oiling the piece, and then wiping it till nothing comes up is your best bet. And then wipe it again. Leaving wet area of oil can lead to "leopard spots". This is when the oil heats up, it forms droplets that cook into dark spots on the piece. You can get them off by striping the pieces, or just keep using it, and it will even out in time.

Rusty spots on a piece will leave dark spots even when cleaned in electro. Heating the piece to full seasoning temp with nothing on it can help darken the iron, and even out the color. I noticed you did that in the past. I think Rick mentioned it. That's a great idea.

That's about all I have for now. Anything else, just post it. Someone will be along to help out.

**Mary Kennedy**  
WAGS member  
★★★★★

Posts: 591

**Re: Seasoning - Grapeseed Oil**

**Reply #25** - Jun 18<sup>th</sup>, 2011, 12:45am

One last thing Ladies and Gentlemen if you will indulge me once more.

I cooked in my pan tonight. I tried two things. We had left over potatoes from dinner, so I cut them up to fry - in Canola oil. Even though my mother insisted they must be done in butter, I was hesitant to use butter my first time cooking in the pan. Used medium heat, when the pan was hot enough, I added the oil, then the potatoes. They stuck of course, I got impatient and started stirring them around, so of course - the nice brown bits stuck to the bottom of the pan and did not end up on the potatoes. So, I cleaned the pan when it cooled enough with a plastic scrubber - no soap. The pan came out splotchy. Then I decided to try frying an egg - in canola oil. I had a little trouble getting under the egg to flip it - it stuck some, but I did accomplish it without too much damage. There was no sticking after I flipped it. Cleaned up the pan the same way mentioned above, wiped it dry with paper towels and put it in a 200 degree oven to dry it off completely. It's now splotchy, I attach two pitchers so you can see what I mean. Is this normal? Should I put some oil on it and wipe it off before putting it away, so it doesn't have drier patches? Should I add another layer of seasoning? Any suggestions?

 Splotchy1.JPG



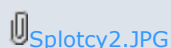
**Mary Kennedy**  
WAGS member  
★★★★★

Posts: 591

**Re: Seasoning - Grapeseed Oil**

**Reply #26** - Jun 18<sup>th</sup>, 2011, 12:46am

Second picture.

 Splotchy2.JPG



**Claudia Killebrew**  
WAGS member  
★★★★★

Posts: 1600

**Re: Seasoning - Grapeseed Oil**

**Reply #27** - Jun 19<sup>th</sup>, 2011, 12:39am

Mary, I saw this this morning and was hoping someone with more restoration experience would chime in. I tend to look at things with more of a "how did I cook this wrong" view point. I'm not saying you cooked wrong, but that's the way I think. Having had no experience with flax seed seasoning, I have no idea how it ends up. Maybe it's not as slick? Maybe it chips off easier? Maybe the cooking temps have to change?

Looking at your last two pics, it looks like the skillet was lightly used. That can affect the way a piece seasons no matter what you use.

If it was me, I would probably try using it for greasy stuff a couple more times and see what happens. If it didn't improve, or got worse, I'd strip it and start over with another method. Again, just my opinion.

**Mary Kennedy**  
WAGS member  
★★★★★

Posts: 591

**Re: Seasoning - Grapeseed Oil**

**Reply #28** - Jun 19<sup>th</sup>, 2011, 1:18am

Thanks Claudia -

Believe me, I really appreciate the "how did I cook this wrong" perspective - because it may be relevant here. I'm very sure that I don't know how to cook properly with this skillet. I'm trying to pay attention to what advice given to others here. When I cooked eggs this morning - I started the pan at medium and kept it there. I read somewhere here that someone heats the pan up slower, so I tried it. I made a grilled cheese sandwich at lunch and started low and then moved it up to medium - the pan looks weird and splotchy and some oil has cooked on in places that I can't really scrub off without taking something too abrasive to it and taking off some seasoning. I just figure it will become part of the seasoning.

Besides bacon, can you suggest anything else that would be defined as greasy?

Thanks,

Mary

**Sam Roberts**  
WAGS member  
★★★★★

Posts: 3672

**Re: Seasoning - Grapeseed Oil**

**Reply #29** - Jun 19<sup>th</sup>, 2011, 4:05am

Bacon is not the best thing you could use because most bacon is cured with sugar. Frying up a mess of fried potatoes works pretty good, just cook them in Crisco over med heat.

**Claudia Killebrew**  
WAGS member  
★★★★★

Posts: 1600

**Re: Seasoning - Grapeseed Oil**

**Reply #30** - Jun 19<sup>th</sup>, 2011, 1:00pm

Chicken fried steak, chicken fried chicken, breaded pork chops, potato pancakes (Latkes) and that grilled cheese you did. Those are the first things I thought of. Something may occur to me later, though.

**Mary Kennedy**  
WAGS member  
★★★★★

Posts: 591

**Re: Seasoning - Grapeseed Oil**

**Reply #31** - Jun 19<sup>th</sup>, 2011, 3:19pm

Thanks Claudia,

If you don't mind my asking - what is chicken fried steak - I've only heard the name on TV. Is it a fried chicken cutlet?

Mary

**Bob Cox**

WAGS:  
Heartbeat of  
Cast Iron Cookware  
Collecting

Posts: 285

**Re: Seasoning - Grapeseed Oil**

**Reply #32** - Jun 19<sup>th</sup>, 2011, 7:48pm

No Mary, a chicken fried steak has nothing to do with chicken. In most of Texas, and many parts of the Southwest, chicken fried steak is considered a basic food group all by itself, and the gravy is an integral part--if the gravy is lousy, so's the meal.

2 lbs. boneless round steak, about 1/2 inch thick (sirloin tip also works nicely), trimmed of all fat, and cut into serving-size pieces.

1 cup of flour (or more as needed)

1 Tbs. black pepper

1tsp.thyme

1tsp. oregano

1/2 tsp. garlic powder

1 egg, lightly beaten

1 cup milk  
Oil for frying

Pound meat with a meat mallet or heavy knife (or have your butcher run it through his meat tenderizer, if he's got one). Sprinkle meat with a little flour and pound lightly again. Do both sides. Thoroughly mix flour, thyme, pepper, oregano, and garlic powder in a shallow bowl. Combine milk and egg in another shallow bowl. Dip floured meat into milk mixture, then dredge it in the seasoned flour, making sure that both sides are well coated. Chill while oil is heating. Heat 1/2 inch oil in a large skillet to 375 degrees. Place meat in hot oil, but do not crowd. Cook until golden brown on one side, turn and cook until brown on the other side. Remove to a rack, and repeat with the rest of the meat, allowing the oil to return to the proper temperature each time before you add another batch of meat. When meat is cooked and the gravy made, pour a generous dollop of gravy over each serving. Potatoes of some sort--mashed, mashed, or mashed, french fries or home fries, a green salad, and plenty of bread (preferably biscuits) to sop up the gravy completes the meal.

FOR THE GRAVY

Reserve 3-4 Tbs. of the oil used to fry the. Don't throw away the little bits of meat and batter that are left in the bottom of the pan. That's what makes the gravy good. Sprinkle 4-5 Tbs. of flour over the heated oil, salt and pepper to taste, and stir until light brown. Add 3 cups milk slowly, stirring all the time to keep the gravy from getting lumpy. Canned milk which has been mixed with equal parts of water makes the best gravy, some folks think. Cook over medium heat until the gravy is as thick as you want. Remember that the gravy will get a little thicker as it cools .

 **Mary Kennedy**  
WAGS member  


 **Re: Seasoning - Grapeseed Oil**


**Reply #33** - Jun 19<sup>th</sup>, 2011, 8:44pm  
Wow!

Thanks a bunch Bobby! That sounds delicious! I will try that one for sure! Can any oil be used for frying or are there better ones suited to this dish?

Mary

Posts: 591

 **Bob Cox**

 **Re: Seasoning - Grapeseed Oil**

**Reply #34** - Jun 20<sup>th</sup>, 2011, 4:50pm

Mary, any oil that you normally cook with will work. personally, I use Crisco, either oil or solid.

Bob

Posts: 285