

# Wagner & Griswold Society

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**[WAGS Cast Iron Cooking](#)**

**Wagner and Griswold Society Information > Cast Iron (general info) > Cleaning and Restoration**  
(Moderators: [Scott Sanders](#), [Jeff Friend](#))



**Martin Wilbert**  
WAGS member  
★★★★★



Dec 10<sup>th</sup>, 2011, 8:10am

Hello all, i am new to this and have been working on my "pile" of cast iron for a few weeks now. I started out with the lye bath and vinegar bath and a few days ago got the nerve to get the electro rolling. With the help from this forum, have been experiencing favorable results. My real question is this: When I pull the CI out of the lye/electro or vinegar bath I have been scrubbing in warm water with a scrubbie/drying with paper towels/placing in oven at 250 to get good and dry then taking temp up to 450. When oven reaches 450 I pull out CI and as soon as I can, I wipe the piece with "homemade" pig lard (I'm old school and do my own butchering). My theory is that back in the day people didn't have pam and/or crisco they had "lard". I then place the CI back in the oven at 400 degrees for 30 min and shut the oven down to let cool. After cooling I wipe a thin coat of "lard" on the piece and I'm done. Again, I think the results are good and the CI looks nice for a few days. After a few days the "shine" is gone and there is what appears to be a very fine white coating on the piece. Any thoughts on what I am doing wrong? Is my theory of using lard totally off in left field?

Posts: 178

**Larry Pesek**  
WAGS member  
★★★★★



**Reply #1** - Dec 10<sup>th</sup>, 2011, 9:50am

Welcome to WAGS Martin!

I started my Cast Iron seasoning with lard (Old school thinking)and had good results, but using any animal based fats for wiping down after seasoning will lead to rancid coatings that you describe... I also found that higher temps and wiping down with a vegetable based oil will give better results if you wish to continue using your lard.

I'm sure a few others with more experience than I can expound on this subject...

I have to say that there is alot less smoke in the house since I've started the "Chuck Rogers' method and the results are fantastic! 😊

Practice, practice, practice...

~Larry~

**Jesse and Kim Dunfee**  
WAGS member  
★★★★★



**Reply #2** - Dec 10<sup>th</sup>, 2011, 10:02am

I would just stick with the crisco method. I tried alot of oils and keep going back to crisco JMO

Posts: 2717

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



**Reply #3** - Dec 10<sup>th</sup>, 2011, 10:10am

Hello Martin. Welcome to WAGS. Its hog killin time you know, beautiful weather for it here in Ohio anyway. I worked in a meat market, along with other work, for a long time, and I am a butcher, and I am a meat cutter, not a sausage maker though, and there is a difference.

A couple observations. When you wash your cast iron in hot water after you get it out of the lye or electro, you are inviting flash rust. Instead wash it in cold water. I use cold water and Blue Dawn.

And also, the lard will leave a residue on your cast iron. And after awhile it will get rancid. Now having said this, yes, they used lard back in the day, but if they had a piece and they used it every day, it got a fresh coat of lard every day, so it got used, cleaned, wiped down, and fresh application of lard. So that way the lard stayed fresh.

But if you are not using a piece everyday, you are just asking for trouble if you use lard on it. Also, I would not use a vegetable oil either. If you do, after awhile, it will get all gummy and rancid as well. And you talk about something hard to get off. It takes an SOS pad to get that gommied up stuff off. Just giving you the hopeful benefits of my experience.

Now Martin, on that hog, are we gonna save the leaf lard out special, and are we gonna make him into pork chops, or are we gonna make him into back bones and tenderloin? How about the jowls, are we gonna save them out or put them in sausage? We gonna stuff the sausage or make it bulk? If we don't put a shoulder in the sausage we won't have enough sausage worth dirtying up the stuffer. And what about the head meat and tongue, are we gonna put that in sausage, or we can pickle the cheek meat and tongue, or maybe make some pan pudding. And don't scorch the lard. 😊

**Ro Hamilton**  
Ex Forum Member



**Reply #4** - Dec 10<sup>th</sup>, 2011, 10:25am

Hi Martin and welcome 😊

I'm new too and still learning....everyone is so helpful on this forum. I seasoned my first couple of pieces with lard using the technique you used, up to 400 degrees and I didn't notice what you described. I switched over to Crisco (after experimenting with avocado and flaxseed oils, different temps/baking times) and really don't see much difference between any of the pans.

As Larry mentioned, lard can go rancid which is one of the reasons I switched to Crisco at least for a thin layer after cooling. I thought that a thin layer of avocado might be good for storage since it doesn't go rancid but recently noticed one pan had become tacky after a couple of weeks since I hadn't used it yet after the seasoning. I use the Crisco method now and usually do 2 coats. Some of my pans look really shiny and others very matte, some look darker than others...but then again I've been working on 4-5 different brand pans so it's probably due in part to the different iron/quality/age etc...and of course, my inexperience.

Ro

**Martin Wilbert**  
WAGS member  
★★★★★



**Reply #5** - Dec 10<sup>th</sup>, 2011, 11:18am

Thank You for the help so far. I should have known and never thought of the fact that back in the day they "used" their cast iron for every meal so yes, it got a fresh coat of "lard" every day or every meal. Sooooooo, what about

the 20 plus skillets I have hanging beautifully in the kitchen that I have seasoned like this 😊????????? What would you recommend to "re-season" them?

Now Perry as for that hog, here in central pa its finally getting cold enough to start getting that curing table ready to salt cure those hams, bacons and pork loins. The stuffer is ready to be uncovered and filled with sausage (but not all of it, we like loose). We save the leaf lard for those infamous cracklins 😊and all the head meat is heading to the

kettle for puddin and scrapple 😊. I get a kick outta this forum. P.S. just mailed the members application this morning, can't wait to see what goes on in the members section.

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



**Reply #6** - Dec 10<sup>th</sup>, 2011, 12:33pm

[Quote from C. Perry Rapier on Dec 10<sup>th</sup>, 2011, 10:10am:](#)

**But if you are not using a piece everyday, you are just asking for trouble if you use lard on it. Also, I would not use a vegetable oil either. If you do, after awhile, it will get all gummy and rancid as well. And you talk about something hard to get off. It takes an SOS pad to get that gommied up stuff off. Just giving you the hopeful benefits of my experience.**

Perry, are you saying 'use mineral oil'?? 😊<Not animal, not vegetable>

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



**Reply #7** - Dec 10<sup>th</sup>, 2011, 1:28pm

Actually, after I have seasoned a piece, I see no reason to add a coat of anything. Now if I've just cooked something and can just wipe it out, fine. If I have to wash it out, I will put it back on the stove to heat it up and add a thin coat that gets almost completely wiped off. I like Crisco, by the way.

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



**Reply #8** - Dec 10<sup>th</sup>, 2011, 1:46pm

There are two things, pieces I use, pieces I don't use.

Pieces I use, in between uses, I use olive oil.

Pieces I don't use, I keep mineral oil on them, you don't need them swimming in it though.

If I want to put a mineral oil piece in use, I wash it off with good hot water and Dawn, and then season it, and use it.

Hope this helps. 😊

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



**Reply #9** - Dec 10<sup>th</sup>, 2011, 1:53pm

Just bought some fresh mineral oil.

I will be using that on my baby skillets, and probably my wall hanger Eries.

Perry, should I strip the new Seasoning off of the ERIES ? Then use the Mineral oil?

**OC. Perry Rapier**  
WAGS member  
★★★★★

Posts: 23581

 **Re: Seasoning Question from a Newbie**

**Reply #10** - Dec 10<sup>th</sup>, 2011, 2:01pm

Cheryl, if you have went to the effort of seasoning them, then no, don't strip the seasoning off. Just put a light coat of mineral oil on them and rub them down with a piece of old shirt or something like that, they will look MORE beautiful.

I say more beautiful because you have got that seasoning down to a science Cheryl. 😊

**Paul Okarma**  
WAGS member  
★★★★★

Posts: 997

 **Re: Seasoning Question from a Newbie**

**Reply #11** - Dec 10<sup>th</sup>, 2011, 2:27pm

I do the same thing Perry does. Cooking oil, I use canola oil, for pieces I use. Mineral Oil USP for long-term storage after stripped pieces are seasoned. Mineral Oil USP is a lubricant laxative (i.e., it can be consumed) available at CVS.

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

Posts: 4009

 **Re: Seasoning Question from a Newbie**

**Reply #12** - Dec 10<sup>th</sup>, 2011, 4:31pm

yup... that's were I got mine night before last!! I figured this was considered "food" grade because it is consumable.

**Paul Okarma**  
WAGS member  
★★★★★

Posts: 997

 **Re: Seasoning Question from a Newbie**

**Reply #13** - Dec 10<sup>th</sup>, 2011, 4:57pm

It's actually a direct food additive, as shown below. Must also have drug status based on the fact that the labeling at CVS is drug labeling.

TITLE 21--FOOD AND DRUGS  
CHAPTER I--FOOD AND DRUG ADMINISTRATION  
DEPARTMENT OF HEALTH AND HUMAN SERVICES  
SUBCHAPTER B--FOOD FOR HUMAN CONSUMPTION (CONTINUED)  
PART 172 -- FOOD ADDITIVES PERMITTED FOR DIRECT ADDITION TO FOOD FOR HUMAN CONSUMPTION

Subpart I--Multipurpose Additives

Sec. 172.878 White mineral oil.

White mineral oil may be safely used in food in accordance with the following conditions:

(a) White mineral oil is a mixture of liquid hydrocarbons, essentially paraffinic and naphthenic in nature obtained from petroleum. It is refined to meet the following specifications:

(1) It meets the test requirements of the United States Pharmacopeia XX (1980) for readily carbonizable substances (page 532).

(2) It meets the test requirements of U.S.P. XVII for sulfur compounds (page 400).

(3) It meets the specifications prescribed in the "Journal of the Association of Official Analytical Chemists," Volume 45, page 66 (1962), which is incorporated by reference, after correction of the ultraviolet absorbance for any absorbance due to added antioxidants. Copies of the material incorporated by reference are available from the Center for Food Safety and Applied Nutrition (HFS-200), Food and Drug Administration, 5100 Paint Branch Pkwy., College Park, MD 20740, or available for inspection at the National Archives and Records Administration (NARA). For information on the availability of this material at NARA, call 202-741-6030, or go to:[http://www.archives.gov/federal\\_register/code\\_of\\_federal\\_regulations/ibr\\_locatio ns.html](http://www.archives.gov/federal_register/code_of_federal_regulations/ibr_locatio ns.html).

(b) White mineral oil may contain any antioxidant permitted in food by regulations issued in accordance with section 409 of the Act, in an amount not greater than that required to produce its intended effect.

(c) White mineral oil is used or intended for use as follows:

Use

Limitation (inclusive of all petroleum hydrocarbons that may be used in combination with white mineral oil)

1. As a release agent, binder, and lubricant in or on capsules and tablets containing concentrates of flavoring, spices, condiments, and nutrients intended for addition to food, excluding confectionery

Not to exceed 0.6% of the capsule or tablet.

2. As a release agent, binder, and lubricant in or on capsules and tablets containing food for special dietary use

Not to exceed 0.6% of the capsule or tablet.

3. As a float on fermentation fluids in the manufacture of vinegar and wine to prevent or retard access of air, evaporation, and wild yeast contamination during fermentation

In an amount not to exceed good manufacturing practice.

4. As a defoamer in food

In accordance with 173.340 of this chapter.

5. In bakery products, as a release agent and lubricant

Not to exceed 0.15% of bakery products.

6. In dehydrated fruits and vegetables, as a release agent

Not to exceed 0.02% of dehydrated fruits and vegetables.

7. In egg white solids, as a release agent

Not to exceed 0.1% of egg white solids.

8. On raw fruits and vegetables, as a protective coating

In an amount not to exceed good manufacturing practice.

9. In frozen meat, as a component of hot-melt coating

Not to exceed 0.095% of meat.

10. As a protective float on brine used in the curing of pickles

In an amount not to exceed good manufacturing practice.

11. In molding starch used in the manufacture of confectionery

Not to exceed 0.3 percent in the molding starch.

12. As a release agent, binder, and lubricant in the manufacture of yeast

Not to exceed 0.15 percent of yeast.

13. As an antidusting agent in sorbic acid for food use

Not to exceed 0.25 percent in the sorbic acid.

14. As release agent and as sealing and polishing agent in the manufacture of confectionery

Not to exceed 0.2 percent of confectionery.

15. As a dust control agent for wheat, corn, soybean, barley, rice, rye, oats, and sorghum

Applied at a level of no more than 0.02 percent by weight of grain.

16. As a dust control agent for rice

ISO 100 oil viscosity (100 centistokes (cSt) at 100deg. F) applied at a level of no more than 0.08 percent by weight of the rice grain.

[42 FR 14491, Mar. 15, 1977, as amended at 47 FR 8764, Mar. 2, 1982; 47 FR 11838, Mar. 19, 1982; 48 FR 55728, Dec. 15, 1983; 49 FR 10105, Mar. 19, 1984; 54 FR 24897, June 12, 1989; 63 FR 66014, Dec. 1, 1998]

**Paul Okarma**  
WAGS member  
★★★★★

Posts: 997

 **Re: Seasoning Question from a Newbie**

**Reply #14** - Dec 10<sup>th</sup>, 2011, 5:00pm

Wow. Lots of uses.

Go here

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/CFRSearch.cfm>

Type "mineral oil" in the full text search box and click on search regulations. It's also an indirect food additive, drug, ...

**OC. Perry Rapier**  
WAGS member  
★★★★★

Posts: 23581

 **Re: Seasoning Question from a Newbie**

**Reply #15** - Dec 10<sup>th</sup>, 2011, 5:24pm

I just knew that mineral oil was good to use. We bought it by the 55 gallon drum. And we used it on all of our food processing machines, cause thats what the State Inspectors told us to use. Course now we had been using it long long before they said so.

And on here one time Greg Stahl said it was good to use and that it was a food additive, and was used in laxatives as well. I get it by the gallon. Just like lye, if you buy it by the pound, you are paying a lot more.

**C. Perry Rapier**

WAGS member



**Re: Seasoning Question from a Newbie**

**Reply #16** - Dec 10<sup>th</sup>, 2011, 5:26pm

Paul, I'd say that from what you posted about mineral oil, its safe to use on our cast iron. 😊

Thanks for posting that, its interesting. 😊

Posts: 23581



**Re: Seasoning Question from a Newbie**

**Reply #17** - Dec 11<sup>th</sup>, 2011, 10:43am

Mineral oil is also good to oil the kitchen wood: wooden spoons, cutting boards, knife handles, salad bowls, etc. No reason to buy more expensive block oil, which may just be relabeled mineral oil anyway in many cases from the labels I've read.

Posts: 997

**Jeff Parsons**

WAGS member



**Re: Seasoning Question from a Newbie**

**Reply #18** - Dec 30<sup>th</sup>, 2011, 11:45am

I use 6% beeswax (by volume) dissolved in mineral oil for my cutting boards. I've made a few, and I include a bottle of treatment with each board. Mineral oil, by itself, evaporates. Use a double boiler or water bath of some kind to heat the mineral oil to get the beeswax to dissolve. The commercial board treatment at Home Depot also has carnauba wax in it, but I haven't gone to that trouble or expense. Unless you're going to treat a lot of boards, probably better to just buy from HD, I think the brand is Howard's, or a kitchen supply place that sell Boos Boards and their treatment.

Posts: 285