

How to season the Cast Iron Hot Plate

By Chef Kabelo Segone

You will need:

- Warm water
- Cloth
- Paper towels
- Vegetable Oil

Method

1. Clean the cast iron plate with warm water and a clean cloth
2. Dry the plate with paper towels - ensure that it is completely dry before you go to the next step
3. Pour a little vegetable oil onto the plate. Using a clean paper towel, Rub the oil onto the entire top and rim of the plate. Don't over oil, a thin layer is all you need.
4. Heat up the hot plate to 200°C and bake in the oil for 15min
5. Repeat steps 3&4 another 3 times. A seasoned plate has a smooth, shiny, nonstick surface.

Cleaning after use: Because your plate has been seasoned with oil, soap is never a good idea for cleaning it. Simply wipe it clean with warm water and a cloth, and dry completely.

When you see rust appear, scour the rusty areas with steel wool. Wash, dry and repeat the seasoning process.

