Cast iron seasoning and care checklist

Printable chart from KitchenProds. The same numbers as https://kitchenprods.com/guides/how-to-season-a-cast-iron-skillet/

Last checked November 15, 2026. Source: Lodge, Field Company, Smith Clark, Made In (maker care pages)

Before you start

- [ ] Pan washed with warm soapy water and dried completely (a minute on a low burner drives off the last moisture: Lodge, Smith Clark).
- [ ] A neutral cooking oil: Lodge names vegetable oil, melted shortening or canola. Lodge advises against beef tallow, lard and ghee for seasoning (they can go rancid).
- [ ] Lint-free cloth or paper towels, and foil or a baking sheet for the rack below to catch drips.

Oven seasoning

- [ ] Wipe a very thin coat of oil over the inside, outside and handle. Wipe it back until it looks almost dry: it should not drip or run when you tilt the pan (Lodge).
- [ ] Heat the oven to your maker's temperature; foil or a baking sheet on the bottom rack.
- [ ] Bake the pan upside down on the center rack.
- [ ] Turn the oven off and leave the pan inside until it is cool (Lodge, Field).
- [ ] Stripped or rusty pan: repeat 2 to 3 times (Field, Smith Clark); 3 to 5 if the surface is rough (Smith Clark).

What each maker says

The makers do not agree. Pick one maker's method and repeat it.

Maker	Oven temperature	Time	Rounds
Lodge	450 to 500 °F	1 hour	Not stated
Field Company	200, then 300, then 400 °F	10 min at 200 and 300 °F, 1 hour at 400 °F, then 30 to 60 min cooling	2 to 3
Smith Clark	350 °F	2 hours	2 to 3 (3 to 5 if rough)

After every use

- [ ] Wash while the pan is still warm (Lodge).
- [ ] Dry it right away.
- [ ] Rub in a thin film of oil before storing (Lodge).
- [ ] Do not soak the pan, and keep acidic foods such as tomatoes and wine short-cooked in a young seasoning (Made In).

If something goes wrong

Problem	Likely cause	Fix
Sticky or tacky	Too much oil, or oil that did not fully bake	Wipe back to almost dry and bake again with a thinner coat (Lodge, Field)
Spots or spiderweb marks	Oil pooled and baked on	Wipe up pooled oil before the final bake (Field)
Flaking coating	Seasoning did not bond or is worn thin	Scrub with a nylon brush or salt, rinse, dry, oil; re-season if it keeps flaking (Lodge)

Problem	Likely cause	Fix
Orange rust	Moisture left on bare iron	Scrub with steel wool, wash, dry and re-season