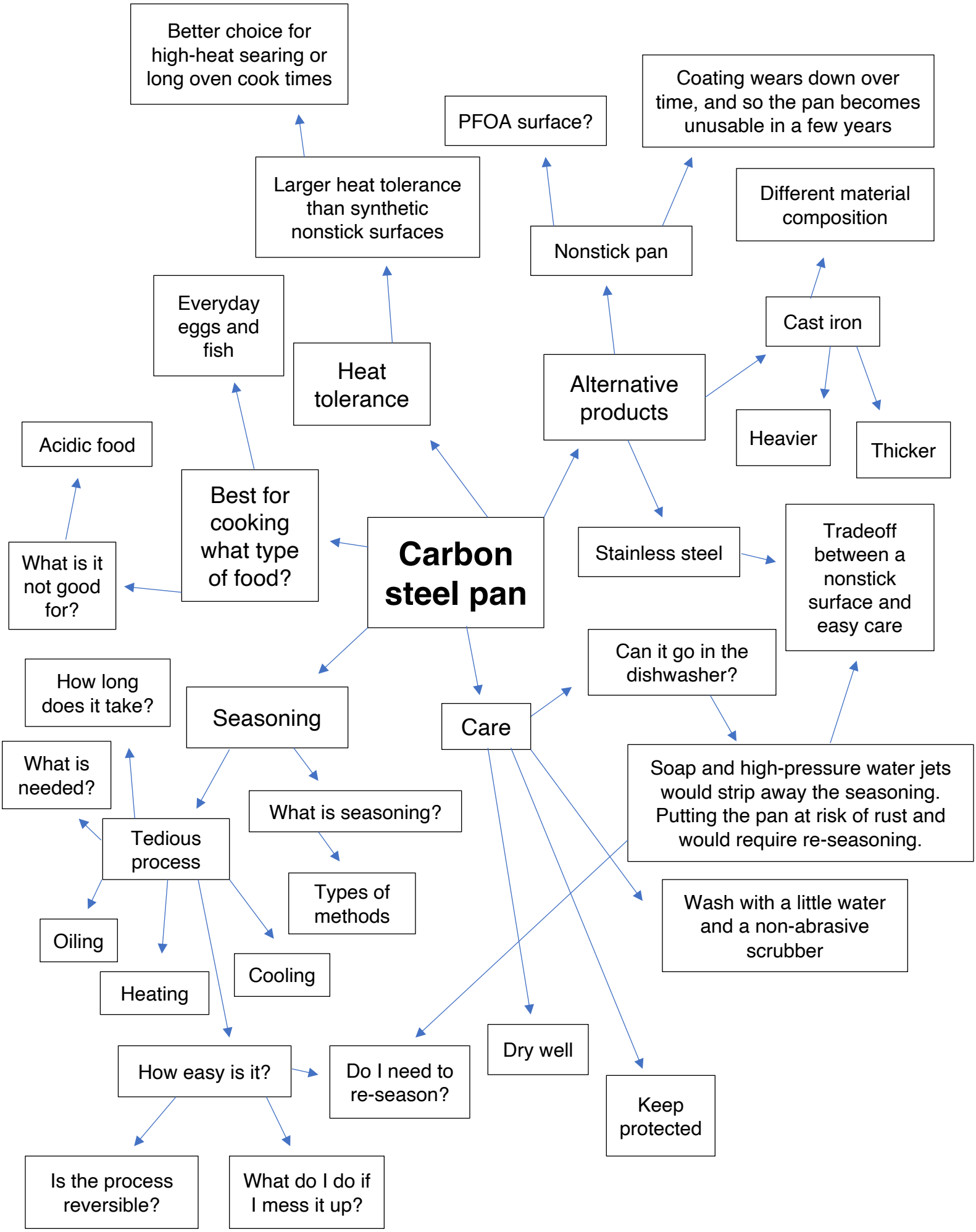
Carbon steel pan
Heat tolerance
Larger heat tolerance than synthetic nonstick surfaces
Better choice for high-heat searing or long oven cook times
Alternative products
Nonstick pan
PFOA surface?
Coating wears down over time, and so the pan becomes unusable in a few years
Cast iron
Different material composition
Heavier
Thicker
Stainless steel
Tradeoff between a nonstick surface and easy care
Best for cooking what type of food?
Everyday eggs and fish
What is it not good for?
Acidic food
Seasoning
What is seasoning?
Types of methods
Tedious process
What is needed?
How long does it take?
Oiling
Heating
Cooling
How easy is it?
Is the process reversible?
What do I do if I mess it up?
Do I need to re-season?
Care
Can it go in the dishwasher?
Soap and high-pressure water jets would strip away the seasoning. Putting the pan at risk of rust and would require re-seasoning.
Wash with a little water and a non-abrasive scrubber
Dry well
Keep protected