

CARE & MAINTENANCE

ROMAN BLUE STEEL PAN SEASONING

HOW TO TREAT, SEASON & CLEAN YOUR FIERO BLUE STEEL PAN

Thank you for purchasing a Fiero Blue Steel Pan.

A blue steel pan requires special seasoning and maintenance, similar to cast iron. Proper seasoning will ensure a long life and will improve the baking characteristics over its lifetime.

You may choose to season your pan with the oil method, or the salt method. Follow the instructions below.

Oil Method: How to Season Your Blue Steel Pan

For pan longevity and best baking characteristics, please follow the 10 step process below to season your new pan before first use:

1. **Oil pans with a thin layer of lard, vegetable oil, or animal fat**
2. **Wipe off excess oil with paper towels**
3. **Place pans in a preheated oven set between 212°F to 250°F; until they no longer release smoke**
4. **Pull pans from oven and allow them to cool**
5. **Repeat steps 1 and 2**
6. **Place pans in a preheated oven set between 390°F to 430°F; until they no longer release smoke**
7. **Pull pans from oven and allow them to cool**
8. **Repeat steps 1 and 2**
9. **Place pans in a preheated oven set between 570°F to 610°F; until they no longer release smoke**
10. **Pull pans from oven and allow them to cool - they are now ready for use**

Salt Method: How to Season Your Blue Steel Pan

For pan longevity and best baking characteristics, please follow the 10 step process below to season your new pan before first use:

1. **Preheat your oven to 500°F or maximum temperature for residential ovens. For commercial users, preheat your oven to 610°F which is the ideal temperature for seasoning with salt.**
2. **Pour coarse sea salt into the pan, filling the pan to the brim with sea salt. For full-size pans, this will require 4.5lbs (2kg) of coarse sea salt, while smaller pans will require 1.5lb (0.8kg). Ensure you have enough coarse sea salt to season each pan, as it cannot be reused after the initial seasoning process.**
3. **Place the blue steel pan filled with coarse sea salt in your preheated oven. Bake it for 5 minutes, ensuring that air is circulating fully within the oven.**
4. **Remove the pan from the oven and allow it to cool for 5 minutes. Repeat the baking process 3 more times, for 5 minutes each bake cycle.**
5. **The pan is now seasoned. Discard the coarse sea salt and use your pan.**

Cleaning Your Blue Steel Pan



- **DO NOT WASH** using water or place in a dishwasher
- Cleaning should be done using a dry wire mesh sponge or brush