

SEASONING WITH PAM

By Scott Sanders

Many WAGS members and guests have had questions regarding seasoning cast iron with spray PAM. In an effort to explain this seasoning method and post it in a place where it can be easily found, without doing a search on the Forum, I have asked those that use the Forum to give me their methods and experiences with using PAM as a seasoning. I have compiled their input and will try to give a general explanation of this seasoning method. As in all seasoning methods, there will be some individual techniques, results, and different levels of satisfaction with using PAM. Please only use this as a guide and not as a firm rule. Change things around some and use what works best for you. Many of the steps and techniques are the same as using the Crisco or other oil method. The initial reason for using the PAM method over the Crisco method was the ability to attain a decent seasoning without using the 400 to 500 degree seasoning heat. Although, some have found they get a better seasoning using a higher temperature even with PAM.

Thank You to each of you for contributing your thoughts and ideas on this seasoning method. Here is a link to the post that got us to try seasoning with PAM.

[Wagner and Griswold Society's Forum](#)

Scott

Select the cast iron piece that you want to clean and season. Use the cleaning method that you are most comfortable with and clean your piece down to bare or “naked” iron. For this demonstration, I used a skillet griddle with a polished surface, and cleaned it by using electrolysis.



Top side of skillet griddle before cleaning.



Bottom side of skillet griddle before cleaning.

Wash your clean iron using Dawn Dish Soap or Bar Keepers Friend and a stainless steel choreboy. You may also want to use a soft bristle, stainless steel, wire brush if necessary. Wash and rinse your iron using cold water. This seems to help prevent “flash rust”. Dry your iron with paper towels and place in a pre-heated oven set at 225 to 250 degrees. If using a gas oven, pre-heat with the oven door slightly open for about 10 minutes, to reduce any moisture that may be present. This also helps to prevent “flash rust”. Leave the iron in the oven for 20 to 30 minutes until thoroughly dry.



Top side of skillet griddle after washing and drying in oven at 250 degrees. The light spots may have been caused by the rust spots and would not come off. It could have something to do with the surface being polished.



Bottom side of skillet griddle after washing and drying in oven at 250 degrees.

This next step is optional. Many members use this step to darken the cast iron before applying their choice of seasoning oil, whether it be PAM, Crisco, lard, or any number of other oils.

Place the washed and dried iron in the oven and set the temperature between 400 to 500 degrees. Leave the iron in the oven for 1 to 1 ½ hours. Turn the oven off and leave the iron in the closed oven until it cools to a hot/warm workable temperature. Use pot holders to protect your hands from burns.



Top side of skillet griddle after 1 ½ hrs at 450 degrees....No PAM



Bottom side of skillet griddle after 1 ½ hrs at 450 degrees....No PAM

Spray with Original Pam Spray and wipe to thoroughly coat all surface areas of the cast iron. Then with clean paper towels or cotton cloth such, as an old t-shirt, wipe off all of the excess oil until the iron appears to be dry.....no “wet look”. When you think you wiped off enough oil, wipe it again.

Place the iron back into the oven, upside down or right side up is your choice, and set the oven temperature between 225 and 250 degrees. This will cook at this temperature for 1 hour. After about 10 to 15 minutes, re-wipe the iron with the same paper towels to wipe off any excess oil that may have formed. This will redistribute the oil on the iron and will help prevent spots, blotches, and “zebra or tiger stripes”. Re-check after another 15 minutes and perhaps turn the iron over. After 1 hour, you can do one of two things. At this point, this is where some of the techniques may differ. You choose which you prefer.

1. You can turn the oven off and let the iron cool down in the oven.
2. Others have had some success at achieving a darker finish by stepping up the temperature. After the 1 hour at 225 to 250 degrees, wipe the iron again with the paper towels and put back into the oven. Turn the temperature up to 350 degrees for ½ hour, then turn up to 400 degrees for ½ hour, some even go another ½ hour at 450 degrees. Turn oven off and let the iron cool off inside the oven.

When the iron has cooled off, remove it from the oven and wipe off once more with paper towels or cloth, with a little PAM on it.



Top side of skillet griddle after 1 hr at 250 degrees....With PAM



Bottom side of skillet griddle after 1 hr at 250 degrees....With PAM



Top side of skillet griddle after $\frac{1}{2}$ hr at 350 degrees & $\frac{1}{2}$ hr at 400 degrees



Bottom side of skillet griddle after $\frac{1}{2}$ hr at 350 degrees & $\frac{1}{2}$ hr at 400 degrees

You can repeat this process the next day if you would like. Heat iron to 225 to 250 degrees, and spray with PAM. Wipe off excess thoroughly. Repeat as many of the oven temperatures and times to your satisfaction. Please note, when repeating this process, it is important to check and re-wipe your iron periodically. Spots, blotches, and stripes seem to appear easier on iron that has been newly seasoned. Be sure to wipe off any excess oil.

After each use, clean your cast iron using hot or warm water and NO soap. Dry with paper towels. Heat on the stove top or in the oven until warm. Re-coat with a light spray of PAM, wipe dry, and store until the next use.



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