

1. Don't use metal utensils.

Though the surface is durable, it's always a good idea to stick with wooden, nylon, or silicone utensils to keep from scratching or chipping the enamel. And you definitely don't want to cut food within the cookware—save that for the cutting board. (It's also a good idea to not stack other pans on the enameled surface or it could damage the coating.)

2. Never heat when empty to avoid it from bending.

This cookware isn't suitable for dry cooking. Always use oil, butter, or liquid in the pot or pan before you start cooking.

3. No need to use high heat.

In most cases, medium setting will do just fine and will maintain that steady heat for a long time.

4. Let it cool down before washing.

Putting cold water in the hot vessel can “shock” and damage that beautiful enamel coating.

5. Keep it out of the dishwasher.

Hand-washing and drying is best. And you definitely want to dry your pan immediately. Don't let it soak in water or its exposed iron edges could get rusty.

6. Use soap when necessary.

If something is really stuck on there, use soap, hot water, and a non-abrasive pad to scrub it off.

7. Season the edges.

Your enameled cast iron doesn't need to be completely seasoned like a traditional cast iron skillet. There is, however, a thin border of exposed cast iron along the rim of the vessel and lid that needs to be seasoned in order to protect the surface. To season, use a paper towel to rub a

light coating of neutral, high smoke-point oil (canola is a good option) on the edge, where the cast iron is exposed. Place in 350°F oven upside down on a baking sheet to prevent the oil from dripping, and bake for 1 hour. Let cool.