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# 7 Reasons a Cast Iron Pan Is Your Superhero in the Kitchen



These all-purpose pans deserve a spot on your registry.



by Sarah Fine · Updated Sep 15, 2022

Sure, cast iron may be a series regular on your favorite cooking shows, but if you've never used it yourself, it can seem intimidating. Don't be fooled—cast iron skillets, griddles and Dutch ovens are easy to use and perfect for home chefs of all skill levels. If you don't have these pieces already, add a Lodge cast iron set to your [registry](#) to instantly level up in the kitchen. Keep reading to discover seven reasons the cast iron pan is your mealtime superhero.

## 1. It's ultra-durable.

Cast iron can last a lifetime. Whereas traditional copper, stainless steel or nonstick cookware has an expiration date (so to speak), cast iron is virtually indestructible when properly cared for. These pans are even known to get better with age—there's a reason you may have spotted a cast iron skillet or two at estate sales and antique shops! Some families even pass their cast iron pieces down from generation to generation.

## 2. It's incredibly versatile.

Consider a cast iron pan the jack-of-all-trades in the kitchen. From sautéing to searing, baking, braising, broiling, roasting and even deep-frying—you can [do it all with cast iron](#). Plus, it can be taken from the stove top right into the oven (or vice versa) without any risk of damage. And if that's not enticing enough, it also makes an attractive serving dish. (Did someone just say fewer dishes?!) So go ahead and bake a [gooey skillet cookie](#), fry up a hungry-man breakfast or [sear a few steaks](#) with these multi-tasking pans.

## 3. It gets hot and stays hot.

Okay, quick chemistry lesson: Because cast iron is such a dense metal, it's nearly unmatched in its heating properties and capacity. Translation? It gets hot, and *stays* hot. It's perfect for dishes that need to be cooked at high temperatures because it holds and distributes heat so well. While common cookware like stainless steel and aluminum heat evenly and quickly, they only cook the parts of the food that directly touch the surface and often experience a significant drop in temperature when food is added to the pan. But with cast iron, the entire pan maintains a consistent temperature once heated, which means more food gets cooked evenly—no need to adjust burners or rotate pans in the oven. It's also the secret to the perfect char, crispy fried chicken and flawlessly browned edges.

## 4. It's perfect for one-pan meals.

Committing to home-cooking can be a challenge—especially when you factor in the inevitable cleanup afterward. Enter: the one-pan meal. One-pan meals are pretty genius to begin with, but adding cast iron to the mix is a game-changer. While one-pot pasta dishes rely only on stove-top heat and sheet-pan meals go straight into the oven, cast iron can do both. Start cooking your chicken dinner on the stove, add some veggies, toss the whole thing in the oven and you've got a full meal in minutes. From [roasts](#) to [stir-frys](#), the [one-pan meal](#) options with cast iron are endless.

## 5. It has a naturally nonstick surface.

You don't have to be a master chef to appreciate this next cast iron fun fact: it's naturally nonstick. Here's the deal: [Seasoning](#) the pan helps protect the iron from rust and creates a naturally nonstick surface. The pan will also absorb the natural oils deposited from the meals you cook (like roasting veggies, frying bacon or making burgers), and develop a slick coating over time, so eventually even your eggs will be able to glide around in the pan. But if you're eager to get cooking right away, all Lodge cast iron comes [pre-seasoned](#) with a light coating of vegetable oil, which means that the hard part is done for you.

## 6. It's a breeze to clean.

Because it has that naturally nonstick surface, cast iron is also really easy to clean—just rinse it with hot water and scrub with a [stiff brush](#) or [metal chain link scrubber](#). Soap isn't necessary, but you can use a small amount of mild dish soap if you need to. (Coarse salt is also a great scrubbing agent for tricky, stuck-on bits.) The only things you *shouldn't* do when cleaning your cast iron pan are: soak it in the sink, run it through the dishwasher or use harsh, abrasive cleaners. Once you're done washing your pan, dry it thoroughly with a cloth or paper towel and massage a light layer of oil or [Lodge's Seasoning Spray](#) onto the surface until any oil residue is completely gone.

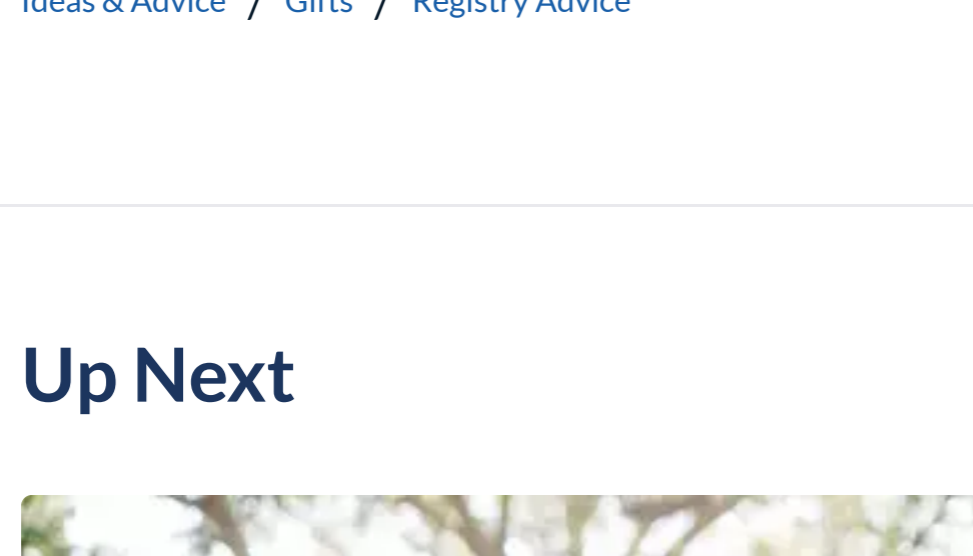
## 7. It won't break the bank.

On its own, cast iron is usually available at an affordable price point (which makes it especially ideal for registry gifts). And when you factor in its versatility and durability, it easily becomes one of—if not *the* most—cost-efficient cookware purchases. From all the ways it can be used in the kitchen to how long it'll last (aka forever!), a cast iron pan is practically priceless.

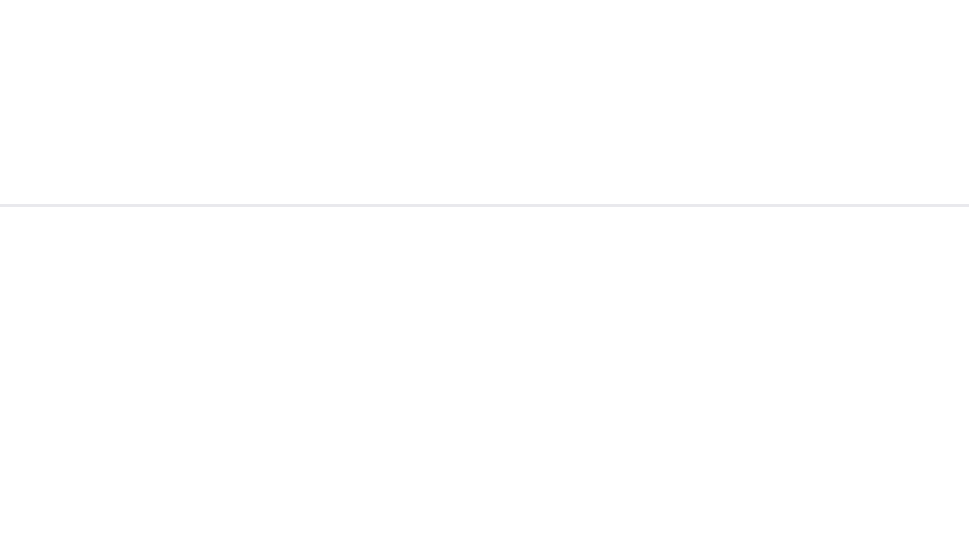
Ready to get cooking? [Start shopping at Lodge](#) for your cast iron collection now or drop a hint to your friends and family and [add it to your registry](#).

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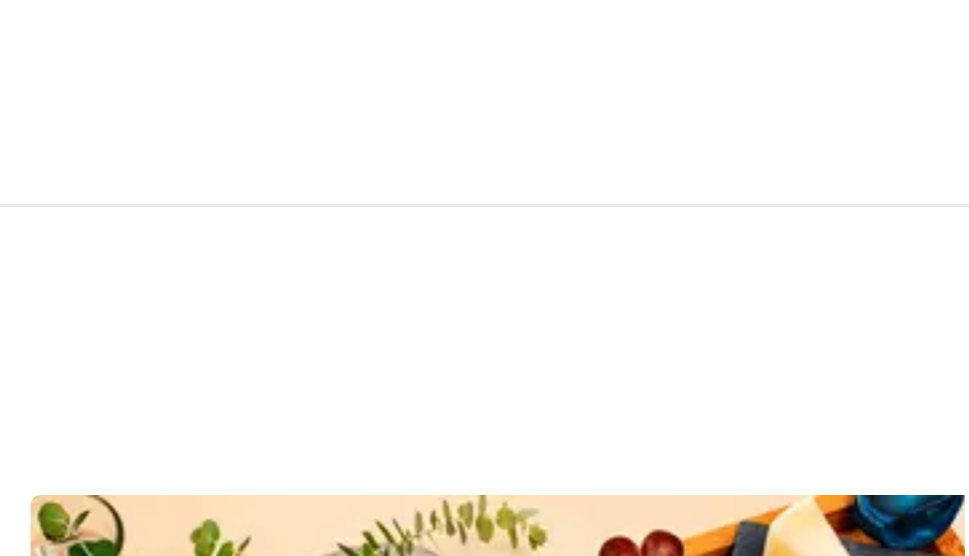
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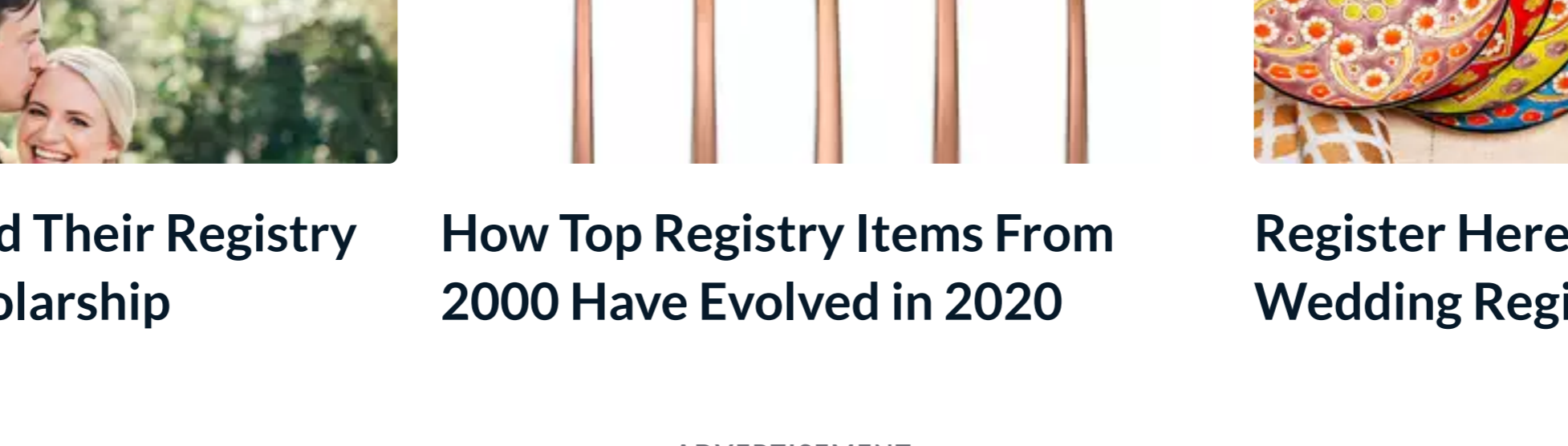
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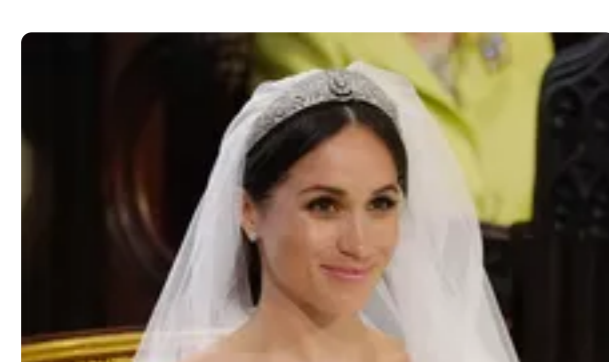
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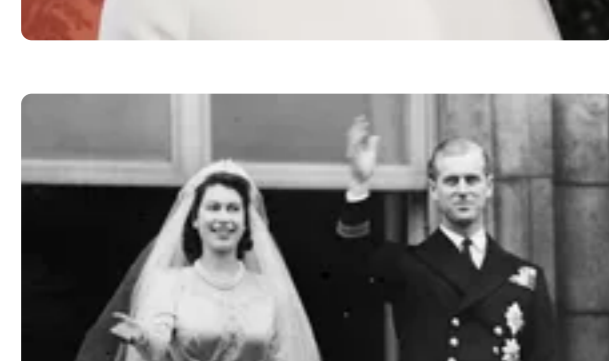
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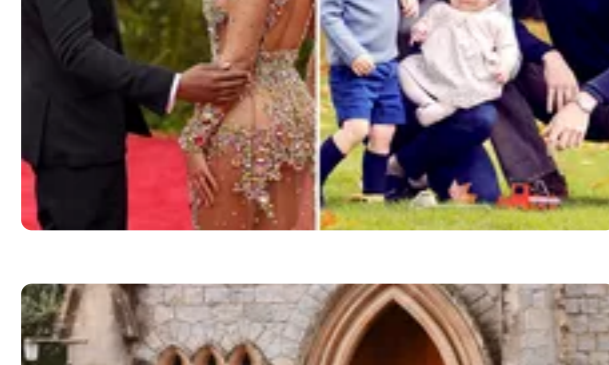
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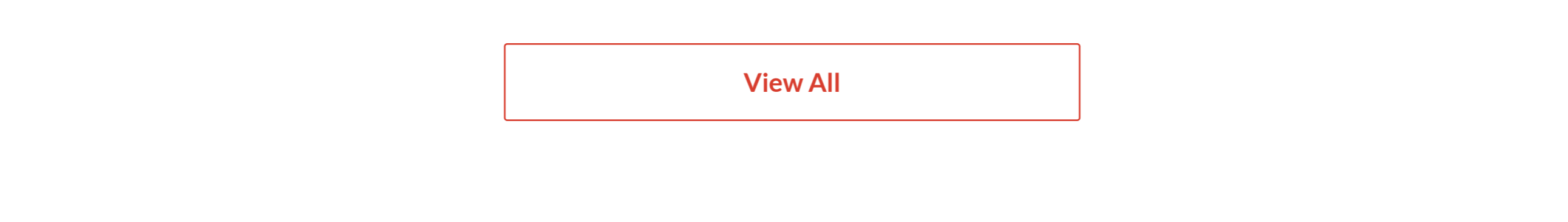


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