

# CHOOSE & CARE FOR YOUR SKILLET



## Skillet Basics

Three Types of Skillets	Cast-iron, non-stick, stainless steel
Four Sizes of Skillets	6 Inches (Small) 8 Inches (Medium) 10 Inches (Large) 12 Inches (Very Large)
Choosing the Correct Size	It's essential to have a size to fit the amount of food you are cooking – a too-small skillet will crowd the food and cause it to steam instead of sauté, and a too-large pan will allow too much surface area and cause the food to dry out and cook too fast.
Skillets with Non-Stick Interiors	A non-stick interior surface reduces the amount of fat needed for sautéing. Know that any stirring or turning utensils need to be wooden or heat-resistant material to avoid damaging the pan's surface.
Skillets Should Be Ovenproof	Some recipes call for starting the cooking process on the stovetop and finishing it in the same pan in the oven. The entire skillet should be ovenproof, including the handle.
Properly Care for Your Skillet	<p>A good skillet is an investment. Here are some things to know that will ensure your skillet will last a long time:</p> <ul style="list-style-type: none"> <li>• Heat the pan slowly to the desired temperature instead of placing a cold pan on high heat.</li> <li>• Put room temperature foods into the heated pan rather than cold ones straight from the fridge.</li> <li>• Wash pans in hot soapy water instead of in the dishwasher. When food is stuck to the pan, let it soak. It's always easier to clean skillets after cooking instead of waiting.</li> <li>• A seasoned skillet is smooth, shiny, and non-stick. It's time to re-season it if food sticks to the surface or if the skillet appears dull or rusted.</li> </ul>

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