

OVERMONT *cast iron*



Overmont Cast Iron—The Art of Iron Casting





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Overmont was founded in the summer of 2013 by a group of outdoor enthusiasts. The brand name itself means over the mountains. We are passionate about the development of outdoor products, and after more than 8 years of hard work, we've finally developed a line of cast iron products. We care deeply about our environment and the cooks in it, driving us to continually innovate our products.

Unlike most cast iron makers who choose canola oil, we only use soybean oil to pre-season our cast irons, which has less cholestrol and less trans fat. The metals in our products are never from unknown sources and avoiding chemical layering techniques isn't only healthier for us, it is also healthier for our environment.

Overmont cast iron products undergo a series of monitored and carefully measured processing stages, and will provide the best experience whether you are cooking outdoors or in your home.

Instructions for Use & Care

Must-know before Cooking with Cast Iron

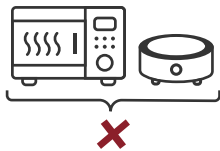
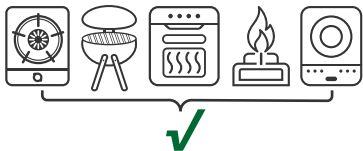
Before first use

Before using your new cast iron cookware, please ensure that it is clean and that there's no dust on it. Wash it with water only and dry it thoroughly.



Drying can also be done by heating the cast iron, just use low-medium heat and allow it to heat up gradually. Avoid splashing water on the cookware while it is very hot.

Heat Resource



Any pre-seasoned cast iron cookware requires some (though not a lot of) attention in order to prevent rust formation and food accumulation. Using and caring for your pre-seasoned cast iron is a simple routine: **Cook, Clean, Season, Repeat.** Here is how.

Cook ///

- Your pre-seasoned cast iron is ready to use out of the box. It is compatible with all types of heat surfaces, grill and campfires.
- It cannot be used inside a microwave; use an oven instead.
- When using an induction based cooker (glass-top or equivalent), always lift the cookware to move it, and do not slide it across, as it may scratch the cooking surface.
- Pre-heat the cookware slowly using either low or medium heat until it gradually heats up.



Clean ///

- Wash the cast iron thoroughly by hand, as pre-seasoned cast iron is not dishwasher safe.
- Use a brush to scrub off any sticky foods from the



cookware. For heavier stains, scrap using a pan and salt paste. For stubborn stains, repeat the process after soaking the cookware with hot water for 5 minutes.

- Use a cloth or a paper towel to dry the cookware until it is completely dry. You can also slowly warm up the cookware until all the water evaporates.

Season ///

- Apply a thin layer of any kind of vegetable oil.
- Warm up the cookware (slowly, using low-medium heat) until some smoke begins to form.
- Turn the heat off, and rub some more oil on the cookware.
- Store in a dry place.





Q1: Can I use this Dutch oven on an induction stove top/oven ?

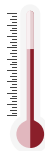
A: Overmont Dutch oven can be used on a gas stove top, induction stove top, charcoal grill, campfire and in the oven. Please do NOT put it in the microwave.



Q2: What is the maximum temperature it can be used to?

A: Below 480°F

⚠ 480°F



Q3: Is this pre-seasoned? Do I need to season it myself?

A: It is pre-seasoned with vegetable oil and ready to use. After each use, just lightly oil the inside of the pan with your oil of choice.

Q4: Can a Dutch oven rust?

A: Yes. Cooking food releases steam and after the oven is turned off and begins to cool down, this steam condenses to water. Moisture is what contributes to the rust of a cast-iron product.



Q5: What should I do if it is already rusted?



A:

- Gradually warm up the cookware using low-medium heat and then wash the cast iron using an abrasive brush in hot water and some soap until

all the rust is removed. Yes, soap. Then wash the cookware.

- Rub the hot cookware with vegetable oil until a thin layer of oil forms.
- Place the cast iron cookware upside down in a 400°F (200 degrees C) oven, and leave it there for an hour to 70 minutes.
- Let the cookware cool down on its own. Do not try to wash it with cold water to expedite the process.

- Store the cookware in a dry place.

Q6: Is it normal that the lid does not fit?

A: Yes. There is a gap between the pot body and the lid to prevent excessive pressure inside the pot. This will not affect your cooking.

Q7: Is it normal for cast iron pans to have uneven thickness at the bottom?

A: It is normal. The bottom center of the pan is where it gets the warmest while cooking, so it will be thicker than the rest.

Q8: How did the black residue form and how can it be cleaned up?

A: It can either be burnt food that didn't come off while cleaning, or part of the pre-seasoning layer

coming off due to contact with a sort of acidic food that was cooked on it earlier. All you need to do is wash the cookware again using hot water, clean off the residue and repeat the drying and seasoning steps.



Overmont Premium Cast Iron Series

01//

Classic Dutch Oven

- Available in 4.4qt & 6.6qt
- Sits perfectly over the campfire
- Equipped with a lid lifter
- Your lifetime pot if cared for properly



02//

2-in-1 Dutch Oven

- 5qt pre-seasoned double Dutch oven
- Lid can be used as a skillet
- 2 silicone handles for easy lifting
- Great for roasts and non-knead bread recipes



03//

Double-sided griddle

- Useable on ALL Cooking Surfaces
- 17x9.8",weighs about 8.8 pounds
- Great for meal prep
- 2 scrappers included for cleaning stuck-on food



04//

2-in-1 Skillets

- Features a shallow skillet & a 3qt deep pot
- Measures 10.5x10.5x3.2" with 9.9x9.9x1.6" lid
- Can be used throughout the day



05//

3pc Skillets Set

- Long handle with holes makes it easy to hang and carry
- Scraper and handle gloves included
- Different sizes meet different needs

