



How to Strip and Recoat a Cast Iron Skillet

This guide will help someone strip the existing coating on a cast iron skillet. Then it will help you apply several new coatings to that cast iron skillet.

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INTRODUCTION

Cast iron is a porous metal that easily forms rust, making it unsafe for cooking. It is a great piece of cookware that can last with proper care. Use this guide to restore your cast iron skillet by stripping and replacing the coating.

This guide requires the use of power tools, so it is strongly recommended to wear safety equipment when handling any of these tools. Grinders are especially dangerous without eye protection.

Before beginning, make sure you are in a well ventilated area. Metal dust will quickly fill the air around you.

TOOLS:

- [Angle Grinder](#) (1)

Air/Electric

- [12" Quick Release Bar Clamp](#) (2)
 - [40 Grit Flap Disc](#) (1)
 - [150 Grit Sanding Disc](#) (1)
 - [Safety Glasses](#) (1)
 - [Leather Work Gloves](#) (1)
 - [N95 Mask](#) (1)
 - [Orbital Sander](#) (1)
 - [High Heat Cooking Oil](#) (1)
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Step 1 — How to Replace a Cast Iron Skillet Coating



- Clamp down opposite sides of the cast iron skillet to a table.

 Make sure the clamps are secure to avoid injury.

Step 2



- Grind off the black coating of the entire surface to expose the shiny bare metal.

 Make sure to have on all your safety equipment for this process.

Step 3



- Sand the entire surface of the cast iron skillet to smooth any rough spots left.

Step 4



- Rinse the cast iron skillet with water.
- Scrub the cast iron skillet with a sponge to remove any excess metal shavings.

Step 5



- Apply an even coating of high heat oil to every part of your cast iron skillet.

Step 6



- Wrap the bottom rack of the oven with aluminum foil.
- Place the cast iron skillet upside down on the rack above the foil.
- Bake for 1 hour in a preheated oven of 500°F (260°C) or whatever the highest temperature your oven reaches.
- Let the cast iron skillet cool completely after baking.

Step 7



- Repeat steps 5 and 6 until a dark black coating has formed.

The finished product will be a dark black that resembles a non-stick coating and has no sticky patches.