



# HOW TO USE IRON TAWA FOR FIRST TIME?

Cooking in [iron cookware](#) is the best you can do for you and your family's health. No gain without pain, they say. Although one has to show extra attention and care to [iron tawa](#), it is worthwhile considering the multiple benefits such cookware has.

The iron cookware needs to be seasoned regularly to avoid rusting. That is because seasoning helps to bond oil to the pan making the iron tawa rust-free and non-sticky. Each time we cook, more patina (seasoning) builds up.

Before the initial use, follow these steps to initiate a smooth cooking and prevent dosa sticking to the surface.

## **Seasoning steps before using iron tawa for the first time**

1. Apply oil on the iron tawa and heat on a low flame. Apply a layer of oil and salt. Spread it entirely on the tawa with a wooden ladle. Keep doing this for a couple of minutes. Remove from the flame and wipe the oil with a tissue or paper cloth. This will give you a perfect start to your dosa-making ritual.

2. An alternate method: Heat the iron tawa over a low heat. Place on it two small-sized red chillies, roughly torn. Spread them out to cover the iron tawa. Saute them for a couple of minutes. Turn off the flame. Using a cloth or tissue, clean the dosa tawa surface. After this the iron tawa can be used.

You can even follow the onion trick for a smooth beginning. Prior to its first use, heat the iron tawa on a medium flame. Drizzle a few drops of oil over the dosa tawa. Take a half-cut onion and use it to spread the oil across the entire cooking surface. Keep repeating this process until the onion turns a golden brown hue. Finally, take a tissue or paper towel to wipe off any excess oil from the tawa.