



# Mini Cast Iron Grill Pan

## Beef Fajitas With Avocado

- 1 1/2 lb flank steak, trimmed if necessary
- 1 Tbsp ground cumin
- 1 Tbsp chile powder
- 3/4 tsp black pepper
- 3/4 tsp cayenne
- 1 1/2 tsp sea salt
- 1 heart of romaine
- 2 avocados (8 to 10 oz each)
- 12 (6") flour tortillas
- 1 C fresh cilantro sprigs

Heat a well-seasoned cast iron grill pan over moderately high heat until beginning to smoke, then brush with oil.

While pan heats, pat steak dry and stir together spices and salt, then rub all over both sides of steak.

Cut steak to fit in pan.

Grill steak, turning over once,  
9 to 11 minutes total for medium rare.  
Then place on cutting board and let it  
stand 10 minutes.

Cut romaine crosswise into thin shreds.  
Quarter avocados lengthwise, then pit, peel,  
and cut lengthwise into 1/4" thick slices.

Stack tortillas, wrapped in dampened paper  
towels, heat in a microwave oven at high  
power until tortillas are hot, about  
1 1/2 minutes.

Holding knife at a 45 degree angle, thinly  
slice steak across the grain. Serve with  
tortillas, avocado, romaine and cilantro.

## CAST IRON COOKWARE

A cast iron pan must be seasoned before use.

This personal pan comes  
**PRE-SEASONED**  
with natural oils,  
**READY TO USE!**

If there are signs of rust or metallic tastes, then  
it is necessary to re-season the pan. Scrub any  
rust spots with scouring pad,  
mild detergent and hot water.  
Rinse in clear warm water.  
Dry thoroughly and re-season the pan.

## TO RE-SEASON

Wash your new pan using hot, soapy water.  
Coat your pan with vegetable oil  
(peanut, grapeseed or canola) over the  
inside surface up to the rim.

**CAUTION:** Always use a pot holder or oven  
glove when transferring pan from stove,  
oven or handling it while in use.

Bake oiled pan in the oven for approximately  
one hour at 350°F/175°C.  
Remove from oven and place hot pan  
on a trivet or pot holder to cool.  
Wipe off excess oil.  
Pan is ready to use.

Do not use any cast iron pan in microwave.

To clean use warm water and a soft cloth, dry  
thoroughly. Do not scour. Do not put pan in  
dishwasher. Re-season the pan after washing it.

To store spread a light coating of oil on inside  
surface of pan.