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MASTER OF ASIAN COOKING

譚榮輝



HOW TO SEASON YOUR CARBON STEEL WOK

You'll Need: 1 bunch chopped scallions, 1/2 cup of sliced unpeeled ginger, 2 tablespoons of grapeseed, canola or peanut oil

STEP 01



Wash the Wok

Use a steel scrubbing pad and dish soap to remove the coating that comes with unseasoned woks. Rinse with hot water.

STEP 02

Dry the Wok

Dry your wok thoroughly to prevent rusting by placing it over low heat for 1 to 2 minutes until no water droplets are visible.

Tip:

Open the windows and turn on the exhaust fan. Although the wok is clean, some chemicals from the oil will still remain; make sure your kitchen is thoroughly ventilated before seasoning.

STEP 03



Heat the Wok

Place wok on stove burner and set on high. Your wok is ready to begin seasoning when flickering water droplets into the wok evaporates within 1 to 2 seconds.

STEP 04

Take Off Heat, Add Oil

Remove the wok from the heat. Once it has cooled for a few minutes add 2 tablespoons of oil. Swirl oil to coat the bottom and all the sides.



STEP 05

Add Aromatics

Put wok back on the heat and add the scallions and ginger.



STEP 06

Reduce Heat & Stir-Fry

Turn to medium heat and smear the aromatics all around for 15-20 minutes. If it becomes too dry add 1 tablespoon of oil.

STEP 07

Cool & Wash

Let your wok cool, discarding all aromatics and rinse with hot water (no dish soap)



STEP 08

Dry Wok

Set on low heat for 1 to 2 minutes until no water droplets are visible.



You're Wok Is Ready!

