

Maple Wood Cutting Board

How to Care for you new natural wood cutting board

Re-season the board on a regular basis.

This will make it easier to keep the board clean, and it will keep the wood from drying and cracking. Season it regularly, and especially if the wood loses its deep rich color and starts to look whitish.

Season your board with mineral oil.

Unlike vegetable oils, food grade mineral oil is tasteless and odorless. It does not get sticky and does not become rancid with time.

Rub on generous amounts of the oil (warmed to room temperature) and allow it to soak in. Repeat the process about 6 to 8 hours later, and do it again, if necessary, until the oil is no longer being absorbed. Then wipe off any excess that remains on the surface, using a cloth or paper towel.

You can wash by hand your wooden cutting board, using a nylon or Tampico scrubber, with mild soap and water.

Do not let your wood board soak in water, and do not wash in a dishwasher. Soaking in water will soften and warp the wood.

Towel-dry your wooden board thoroughly after washing. Wood dries faster than plastic, and will thus be less likely to harbor bacteria on its surface.

Avoid temperature extremes. It is best to use and store your board at normal room temperature.

Store the board in a dry location at room temperature; away from extremely hot, cold and humid areas.

Food Safety Tips

Cutting boards should never be used interchangeably with uncooked meat (including poultry and fish) and other foods (like bread, salads, etc.), to avoid possible cross contamination from pathogens in uncooked meat products.

Whenever possible, use a board only for uncooked meat products, and a different board for vegetables, breads, etc.

The USDA recommends that you wash wooden cutting boards, especially those that are used with meat products, with hot, soapy water, then rinse and dry thoroughly. Do this only with a board that is well seasoned, and that it has been at room temperature, not out in the cold.

Follow by re-seasoning, since the soap and hot water will have removed much of the surface oil.

When the board is dry, you can rub a wedge of lemon on the surface to help keep it free from bacteria and other germs.

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Fante's Kitchen Wares Shop
1006 S 9th St Philadelphia PA 19147-4707
1-800-44-FANTE
www.fantes.com