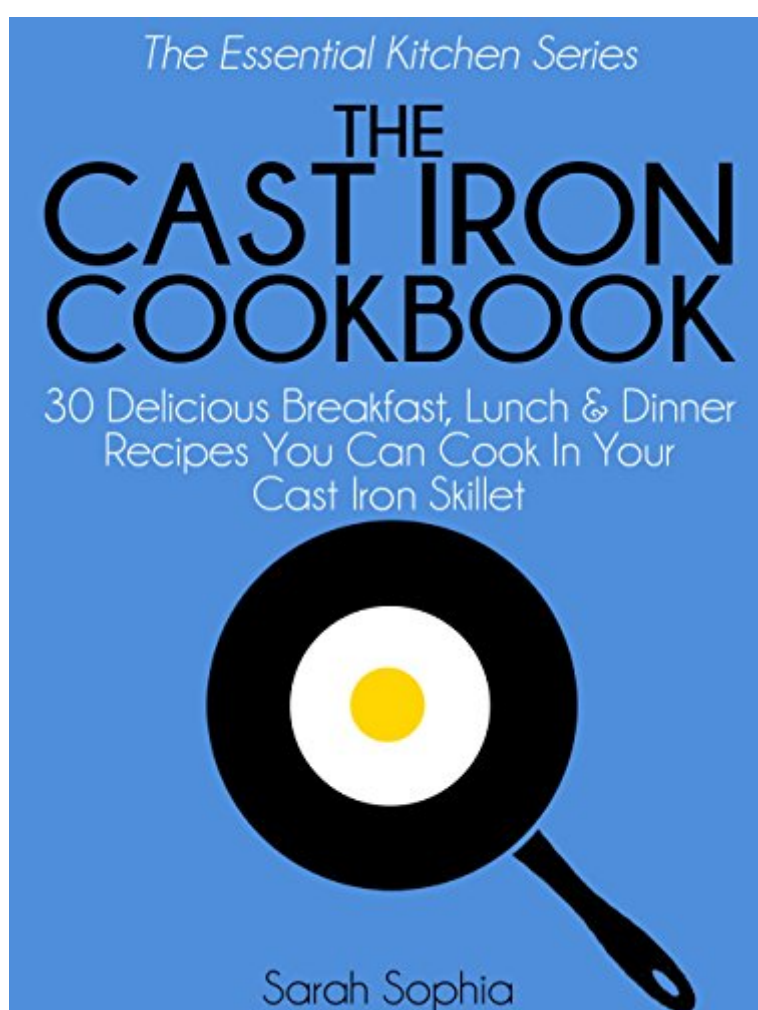


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# **The Cast Iron Cookbook: 30 Delicious Breakfast, Lunch And Dinner Recipes You Can Cook In Your Cast Iron Skillet (The Essential Kitchen Series Book 16)**



## Synopsis

The Cast Iron Cookbook Learn to Cook Delicious Meals With Your Classic Cast Iron Skillet If youâ™ve ever cooked with cast iron cookware then you will know the satisfaction it brings. Despite all the technological advancements that have come along in kitchenware, the cast iron pan remains a classic. Adored by chefs around the world, cast iron pans are unparalleled for cooking with. No other pan gives the same even heat distribution and if youâ™re looking to cook restaurant quality food then you need to use a cast iron pan. Despite how amazing cast iron pans are, they remain very low cost whilst lasting for many, many years. So there is really no reason you shouldnâ™t be cooking with one! In this book you will learn to cook absolutely delicious meals in your cast iron skillet. All 30 recipes have been specifically designed for cooking in a cast iron skillet, your friends and family will love them all. The ability to transfer your pan back and forth between the oven and stovetop opens amazing cooking opportunities and thatâ™s what this book is about. You will learn the recipes for:- Frittatas - Risottos - Baked Pastas- Quesadillas - Paellas - Pizzas - Sâ™mores And much, much more. If youâ™ve ever wanted to cook quick, easy and amazing meals in your cast-iron skillet then grab this book now. Every recipe is simple to cook and is perfect for beginners all the way to advance chefs. So, donâ™t let that cast iron skillet sit in a cupboard unused, whip it out and learn why itâ™s the best piece of kitchen equipment available. Click the âœbuy nowâ• button and start cooking with your cast iron pan today. I know youâ™re going to love it. FREE GIFT: And donâ™t forget to grab your free gift, just my way of saying thanks for buying. Tags: cookbook, cooking, recipes, cook book, recipe book, recipe, healthy recipes, food, eating

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## Customer Reviews

Note: Even though this is Book 3 in the series, it stands alone quite well. This book is about cooking with cast iron pots and pans. It includes some tips about maintaining your cast iron cookwear plus the 30 recipes for breakfast, lunch, dinner, and a few desserts. At the end, the author gives a weblink for free dessert recipes using cast iron cookwear. First, let me explain that I know almost nothing about cast iron cooking. If I had an older relative who habitually cooked with cast iron, I donâ™t recall it. No, I know of cast iron cooking from my man. He LOVES his cast iron for camping trips and he has occasionally gotten out the big fry pan at home. I will tell you that he almost always waits a week to clean it after use, which drives me a little nuts. I am not allowed to âcleanâ™ it in the sink or in the dishwasher. That is his chore, one he puts off. It is a heavy thing to wield and I have to use both hands to easily move it around. I live on a farm. I lift 50 pond hay bales. So that gives you an idea of how heavy this pan is for it to cause an ache to my wrists whenever I try to manipulate it. The author starts off with providing basic knowledge on the reasons for using cast iron (even heating, non-stick surface) to the proper maintaining of it (no dishsoap, no metal scrubbie, etc.). She doesnâ™t beat it into you with repetitious sentences, so the book doesnâ™t get bogged down in these basics. Then it is off to the recipes! This is the audioversion of the book, so you might think that listening to recipes read out loud would be silly. However, the vast majority of these recipes were so simple that listening to the book was quite enjoyable. Besides, I am one of those people that finds a recipe to be more of a recommendation than a dictation.

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