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# Cast Iron Cookbook: Vol.2 Lunch Recipes (Cast Iron Recipes)



## Synopsis

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Cast iron skillet cooking is making a serious comeback finally. Cast iron has always been known to have even heating, great heat retention and is so versatile you can use it on a grill, toss it in the oven or even use it over an open flame. Yet very few people were using it. Some people claim to have been handed down cast iron cookware that is 150 years old. That is amazing. Maybe a bunch of grandmas got together and decided it was time to revive cast iron cooking from the slow death it was experiencing. Who knows and really who cares, you just want to eat great tasting food.

What's So Great About Cast Iron Cookware

For starters, there is the nostalgic feeling you get cooking with them if your family were avid users when you were a kid or those grandparents you only saw once in a while. The flavoring is just better in cast iron as it seems to release its own unique taste. It somehow captures the aromas of many delicious meals and melds it with whatever you are cooking.

Cleaning cast iron is not near as difficult as you have been led to believe. Just clean it while it is still warm instead of waiting until all the food is baked right on. You don't want to use soap on it and can just use hot water. Now if you love to cook and then soak your pans cast iron will not be your friend. You do not want to soak cast iron as it might rust and then you will really need to do some work. You do need to season your skillet after buying it which does take about an hour (instructions inside) but then you have a skillet that will last for years and years.

Cooking with cast iron is more convenient than traditional pans. You can start the recipe on top of the stove and then finish it off in the oven without changing anything. Just slide the skillet in. Or put the pan right in the oven to start and when it is done serve it right from the pan. Who needs casserole dishes? You can essentially make any recipe you can imagine in a cast iron skillet.

Would You Like Even More Recipes? You should always have a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series:

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Cast Iron Cookbook Vol. 3 Dinner Recipes  
Cast Iron Cookbook Vol. 4 Dessert Recipes

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## Book Information

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## Customer Reviews

I have a few of Charity Wilson's cookbooks but I really am looking forward to this one. The holidays are coming up and my kids are so sick of school lunches. We already tried the Ham Hash Frittata and it was delish! Our holiday plans include Cajun Shrimp Quesadilla (me) and Potato Apple Bake (kids) plus I am sure we will try many more during our lunches at home. Thanks!

I have not even read this book yet and I will give it five stars. Anything promoting cast iron cookware is a winner with me. People can keep their fancy new fangled cookware. I love my old cast iron skillets. My Mom gave me a eight incher (or is it nine?) skillet 40 years ago. How long SHE had it is a mystery, But, I remember seeing her cook with it when I was a little kid. I use it for anything that will fit in it, but it is especially great for cornbread. Dang, now I want some corn bread. :/ I bought a 12in and a 6in skillet around the same time Mom gave me the old timer. They are easy to clean and will last several lifetimes. What's not to love? The big boy is used for stir fry and BIG meals. I like to brown chicken on the stove-top, and then slide it in the oven to finish cooking. When it is done, what's left in the pan after the chicken is removed makes for some awesome chicken gravy. (If you don't have enough "fat" in the pan, add some butter - Unsalted is best. For every two tablespoons of "fat", I use a quarter cup of flour. Cook the flour until it starts getting a bit darker. You can usually tell when it is done simply by the smell. It smells sooo good. :) Once the flour has reached the desired

doneness (Is that a word?). Add chicken broth a little at a time and stir, stir, stir. Keep adding chicken broth (and keep stirring) until the gravy is as thin as you want. Do NOT try to make chicken gravy with just water. It won't turn out as good, and you KNOW you want people to LOVE your gravy. :) For a bit more "chicken" taste, you can add some of the Knor powdered chicken bouillon. Be careful with this stuff though as it is mostly salt (hence the unsalted butter.) Add the Knor 1/8 teaspoon at a time. After a few tries, you will learn what the correct amount to add is. NEVER salt and pepper your gravy until it is done, and you have put it in a bowl. ALWAYS taste before adding salt or pepper. You can always add more salt and pepper, but you can't remove it once it is in there.)

These recipes are simple and delicious. I especially like the avocado pizza and quesadilla recipes. Easy to follow, and nutritional info included.

I've been using my cast iron to mainly grill pita breads. This book provided lots of creative recipes that I can now use my cast iron for. I really like the part on how to properly take care of your cast iron.

Not at all impressed with the recipes in this book. A few of them are strange combinations of ingredients and the others are so ordinary like a baked potato!

Gave as gift.

I cannot wait to give these a try. All look awesome and easy. Two Thumbs Way Up! I will keep a eye out for more from this author.

Cast iron is here to stay. It is as good indoors as it is outdoors and the recipes presented in this book prove it. Some yummy and some not so yummy but all are good for practice. In fact, some of the not so yummy I discovered were my fault. Tried again and turned out fine when I followed the clear instructions.

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