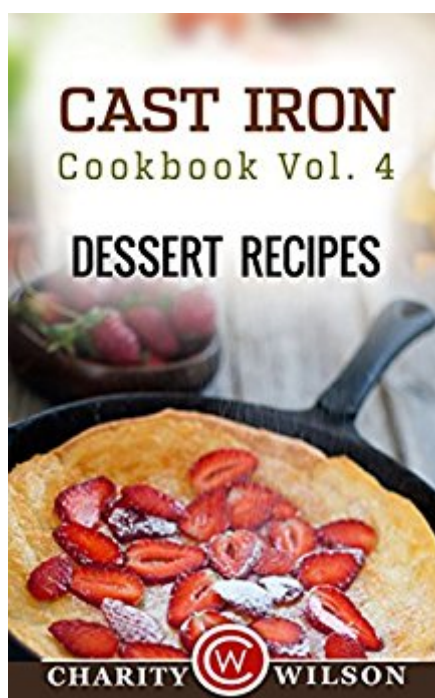


The book was found

Cast Iron Cookbook: Vol.4 Dessert Recipes (Cast Iron Recipes) (Health Wealth & Happiness Book 54)



Synopsis

Then just write out the recipes you love in a Blank Book Billionaire blank recipe book. You can find some great options by searching My Recipe Journal right here in . Cast Iron Cookbook Recipes Just For You

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:

Cast Iron Cookbook Vol. 1 Breakfast Recipes
Cast Iron Cookbook Vol. 2 Lunch Recipes
Cast Iron Cookbook Vol. 3 Dinner Recipes

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Book Information

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Customer Reviews

I was shocked to see the calories & fat content in these recipes! If you care about your health this book is not for you.

All these recipes appear to be easy to medium difficult to make. The ones I've tried are delicious. You probably have most, if not all ingredients in you pantry or refrigerator. I loved the hints to seasoning your pans. The ones I have are now handed down 3 generations and I seldom cook in anything else. I even have one for corn bread. Once you taste food that's been prepared in cast iron, nothing will ever be the same if you try to go back to steel or non stick pans.

Who knew there are so many things that can be cooked in cast iron? This cookbook has many dessert recipes to try. The Fried Apples and Meyer Lemon Cake looks good.

This cookbook is chockful of wonderful recipes ranging from chocolate chip cookies to caramel pecan brownie~all baked in an iron skillet. The recipes are clear and easy to follow. The author tells you everything you need to know about cast iron cooking from seasoning your skillet to cleaning it and how to deal with tough foods that just don't want to come off. Cast iron cookware is practically indestructible so you can buy it once and use it for years. Great little cookbook.

Was a gift for a friend.

This book gives wonderful and varied recipes, as well as how to care for your cast iron cookery. Everything I've tried has been delicious. I highly recommend this book

One more great book of really great recipes from the old south that you can enjoy.

From pina colada pie, to bacon and beer brownies, to chocolate bread pudding this book has the most interesting recipes you'll find. Best of all they are easy to make as long as you have a cast iron skillet.

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