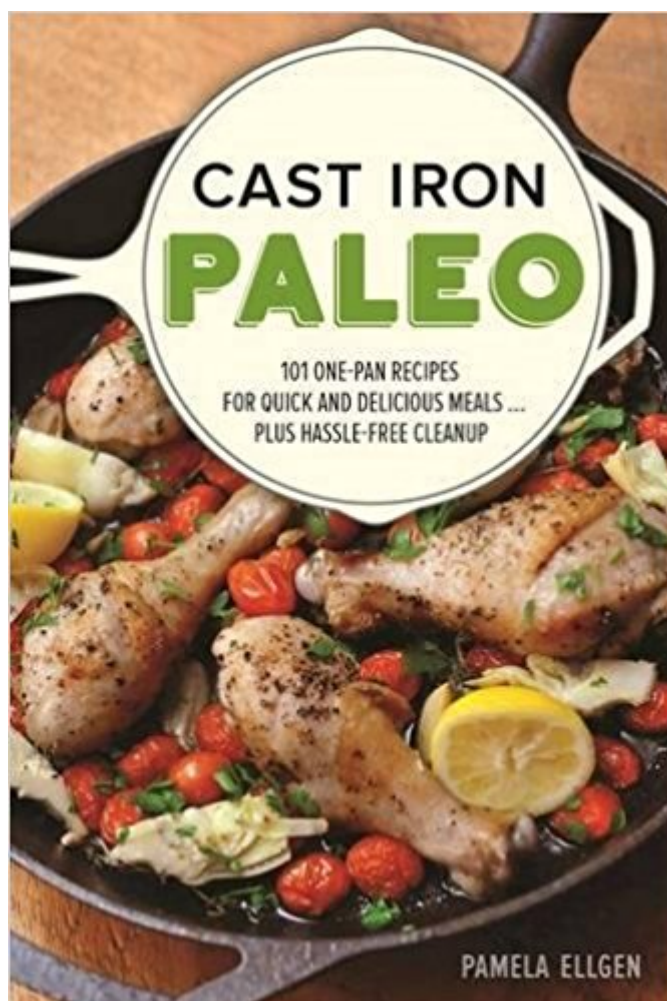


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# Cast Iron Paleo: 101 One-Pan Recipes For Quick-and-Delicious Meals Plus Hassle-free Cleanup



## Synopsis

PALEO COOKING HAS NEVER BEEN EASIER THAN WITH THIS COLLECTION OF QUICK CAST IRON SKILLET RECIPES Your healthy Paleo lifestyle is about to get easier and so much more delicious thanks to one pan and one book, Cast Iron Paleo. On the stovetop or in the oven, your cast iron skillet brings out the flavors of pastured meats, fresh vegetables, healthy fats, and the savory spices youâ™™ll find in these recipes, including:â€¢ Maple-Glazed Pork Chopsâ€¢ Sizzling Portobello Fajitasâ€¢ Bacon-Wrapped Filet Mignon with Broccoliniâ€¢ Eggplant Involtiniâ€¢ Mussels in Thai Coconut Brothâ€¢ Sage Pork Belly with Greensâ€¢ Honey Mustard Rosemaryâ€¢ Chicken Thighsâ€¢ Plus breakfasts, desserts and more!

## Book Information

Paperback: 248 pages

Publisher: Ulysses Press (December 13, 2016)

Language: English

ISBN-10: 1612436404

ISBN-13: 978-1612436401

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #975,127 in Books (See Top 100 in Books) #116 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #241 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #1258 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

"Hereâ™™s the thing, fellow foodies, you donâ™™t even have to follow a Paleo diet religiously or even â€œpart-timeâ€• to enjoyâ€• | make that love.... Cast Iron Paleo." -Buttermilk Press

Pamela Ellgen is a paleo food blogger, certified personal trainer, and author of the books Psoas Strength and Flexibility and Modern Family Table: Savoring Fresh Whole Foods with the People You Love. Her work has been published on The Huffington Post, LIVESTRONG, and Spinning.com. She lives in Petaluma, CA, and may be found at [pamelasmodernfamilytable.com](http://pamelasmodernfamilytable.com).

This book is amazing. I've never loved my cast iron + eating paleo more and it's all thanks to this

book. This book honestly makes cooking for a paleo diet 1000 times more easier. One-pan recipes are the key to keeping and maintaining a healthy lifestyle. These quick meals makes it 100000 times easier to eat what I need to do without getting caught up in the complexity of meals Luckily for me my boyfriend picked out my cast iron so I didn't need to find one on my own, but if I did, no fear, this book even helps talk you through the steps of the right cast iron. I never would have thought about a scallion cauliflower pancake - this book brought up the recipe and man oh man, it's delicious. Not quite the same as the pancakes I used to have but honestly, pretty down good and a great alternative. The only thing I really missed from this book was beautiful imagery but honestly it's okay because the book itself has amazing recipes with easy to follow instructions. Great book and highly recommend for anyone - whether or not they keep paleo these easy and delicious results and meals that come from this recipe belong in everyones mouths!

This book came really well timed, as a bunch of my friends have just "taken the Paleo plunge." I'm not personally paleo, so I wasn't sure if I would get anything out of it. But I have a small kitchen and hate cleanup, so I am always happy to try out a book that promises easy cooking! I was really pleasantly surprised by the results I've had so far. The book doesn't preach too much about the paleo benefits, but does give you information if that's something you need. More importantly, the recipes are simple, clear, and don't involve crazy ingredients that I couldn't hope to find at a local chain supermarket. I've been eating the Roasted Butternut Squash Chili for lunch for a couple of days now, and have been loving that. I can't wait to try some of the chicken recipes! I also love that every recipe is on just one page, so I don't have to touch my Kindle while I'm cooking.

Recommended purchase!

This is a great cookbook. I already use cast iron pans for cooking because I am boarderline anemic. The doctors advised me to use cast iron to add iron to my diet. These recipes do follow the Paleo diet. Even if not on the Paleo Diet, dishes could be added to any meal. These recipes are easy to follow, do not take much prep work, and have ingredients that I already have in my pantry. Ingredients are readily available in stores. Recipes are for breakfast, vegetables, vegetarian, fish and seafood, poultry, pork, beef and lamb, and best of all desserts. I also like that is a chapter on cast iron cooking. It guides you through benefits, seasoning, and caring for your pans. If the author ever does another edition of this book, I wish pictures would be included. The recipes sound delicious. Wish I could also see how they should look.

Paleo, paleo... Wherefore art thou Paleo? Right here in this cookbook with delicious recipes! Author Pamela Ellgen wasted no time bringing the recipes in this book, giving the reader over 100 to choose from. The first couple of pages are dedicated to cast iron maintenance and what is considered paleo, but the rest of the book is ALL recipes. Whatever you're craving, there is a recipe that fits your desire. Broccoli Mushroom Casserole, Sizzling Portobello Fajitas, Pan Seared Salmon, Duck Confit, Swedish Meatballs, breakfast items, desserts, you name it. Most of the prep times listed are 5 to 10 minutes, with 10 minutes to 3 hours of cook time based on the dish. The good thing is that clean up is relatively simple with everything being prepared in the cast iron skillet. Whether you're paleo or not, I have no doubt in my mind that most people would be satisfied with the recipes provided.

If you're looking to get into Paleo cooking, this is a great way to start--Pamela's recipes are easy to follow and don't require specialty ingredients, plus she includes a quick guide to eating Paleo before she gets into the recipes. And since the recipes are designed to be made in a cast-iron skillet, you'll also learn how to choose, clean, and use cast-iron cookware. Bonus! (Although if you don't have a cast-iron skillet, you can make these recipes in a non-stick skillet or you can bake/braise them in a baking dish.) Paleo cuisine doesn't focus much on desserts, but that said, you'll find a chapter of gloriously full-flavored and low-sugar treats like Berry Cobbler and Caramelized Rhubarb Pudding Cake. You'll find plenty of vegetarian recipes, too--both sides and mains--along with seafood- and meat-based dishes. Artichoke and Leek Frittata is going to be my next breakfast! And given how inexpensive pork belly is at the butcher shop, I'd say Sage-Roasted Pork Belly with Stewed Greens is going to be my next dinner. All in all, this book is accessible, compact, and offers a delicious way to enjoy better health plate by plate. Eating well really isn't complicated, not when you have commonsense advice and easy recipes at your fingertips!

Whether your family is on the paleo diet or not, this book offers a wealth of recipes, from around the world, that everyone would enjoy. My family is on a range of diets and this book helps bridge the gap between them all. The vegetable and vegetarian main dish recipes are an especially big help for us. The chapters cover meals throughout the day, from pancakes, crepes and dutch babies for breakfast, to the berry cobbler and pineapple upside-down cake for dessert. My favorite recipe are the Laotian • lettuce cups, and the garlic-lemon shrimp, but all the recipes we've tried have been really delicious and something everyone enjoyed.

I am such a big fan of this book! My cast iron skillet is by far my favorite pan to use in the kitchen and this book has tasty recipes that are easy to follow, no matter what level cook you are. It is my go-to to find a yummy weekday dinner! I cannot say enough good things about this book!

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