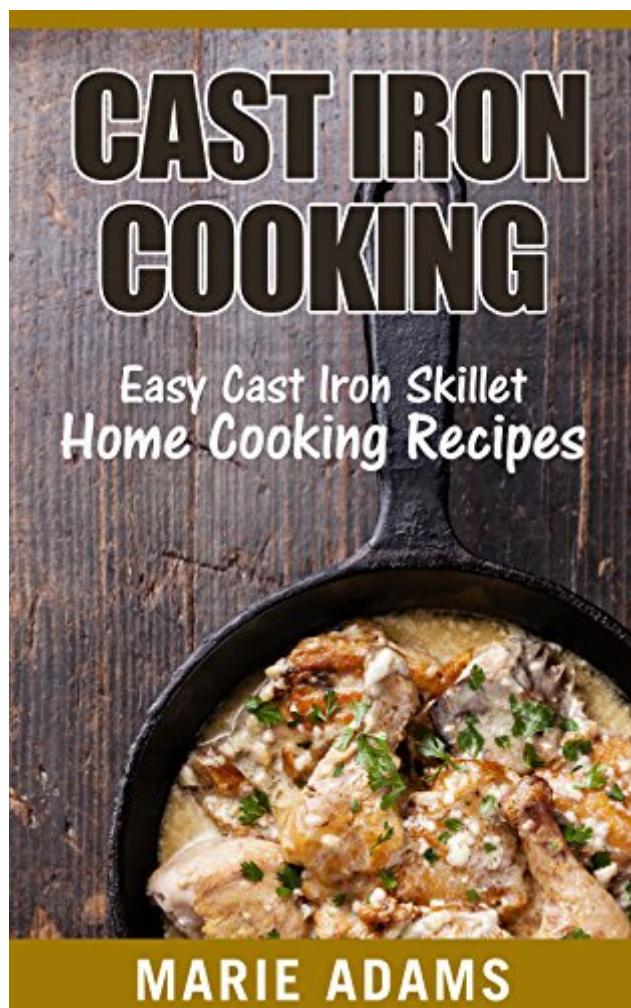


The book was found

Cast Iron Cooking: Easy Cast Iron Skillet Home Cooking Recipes



Synopsis

Dinner Just Got Easier! Use the most versatile pan in your kitchen — the CAST IRON SKILLET - to prepare unforgettable one-pot meals your family and friends will love! Download FREE with Kindle Unlimited! Cast iron cookware is great because of its versatility. It allows you to cook meals in one simple piece of cookware that would normally require all sorts of pots and pans. You can easily use cast iron on the stovetop for sautéing, stir-fry, and soups, or use it in the oven, or both. Using cast iron is particularly helpful since you can cook your proteins and veggies, from stovetop to oven, all in one dish. Although cast iron cookware has been around for several hundred years, its popularity has made a resurgence as more and more cooks of the new age are embracing the ease of this traditional cookware and incorporating it into their busy lives. Inside, you'll find: All the information you need about seasoning and caring for your cast iron cookware. Learn about the many health benefits of cooking with cast iron cookware. Lots of cast iron cooking tips—158 recipes for breakfast, lunch, dinner and desserts—Delightful breakfast recipes like the Breezy Brunch Skillet and the Farm House Breakfast—Satisfying poultry recipes such as the Spinach Stuffed Sundried Tomato Chicken, the Kung Pao Chicken, and the Turkey Pot Pie—Bountiful beef recipes like the Skillet Lasagna, the Simply Delicious Beef Chili, and the Cast Iron Roast Beef—Wholesome pork and lamb recipes such as the Grilled Pork Quesadillas, the Mushroom Pork Chops and the Lamb and Butternut Squash Stew—Delicious fish and seafood recipes such as the Shrimp Piccata, the Pecan Fried Catfish, and the Spicy Lemon Whitefish—Tasty vegetarian and side recipes like the Root Vegetable Pot Pie, the White Bean and Southern Greens Chili and the Creamy Zucchini Slides—Comforting soup recipes like the Bacon Potato Winter Soup and the Grandma's Chicken Noodle Soup—Luscious dessert recipes like the Caramel Apple Cake and the Raspberry White Chocolate Dump Cake. Read on your favorite devices such as Kindle, iPhone, iPad, Android cellular phone, tablet, laptop, or computer with the free reading Kindle App. Scroll back up and click the BUY NOW button at the top right side of this page for an immediate download!

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Presently surprised great cook book quick and easy even for a non cook like me .with good information on maintaining your cast iron cook ware

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very easy

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