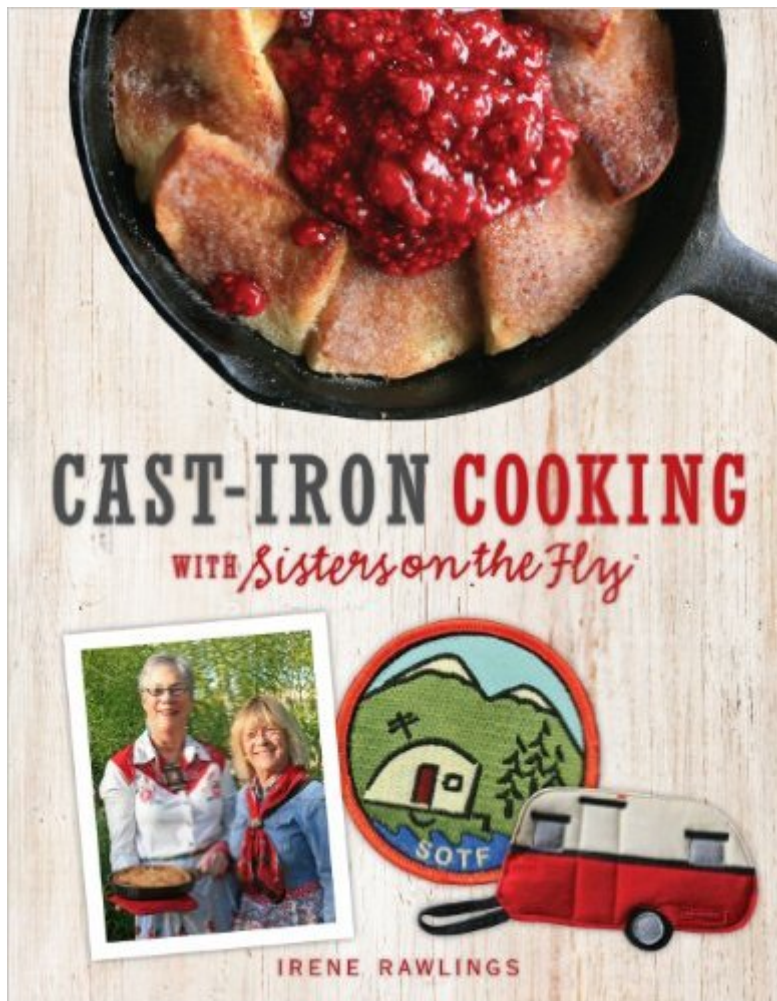


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# Cast-Iron Cooking With Sisters On The Fly



## Synopsis

From the road-warrior band of Sisters on the Fly, heirloom and contemporary recipes that are simple to shop for and prepare on the road, for the backyard grill, or in the kitchen, using cast iron cookware. Includes engaging stories, recipes, and action photos of the SOTF in their homes and out on the range in their trailer caravans. With a motto of, "We have more fun than anyone," Sisters on the Fly member Irene Rawlings introduces readers to the culinary comfort of cooking with cast iron inside *Cast-Iron Cooking with Sisters on the Fly*. Harkening back to the days of car travel before the interstate highway system made it easy to get to today's popular camping spots, Irene offers heirloom and contemporary recipes presented alongside engaging stories and action photos of kindred Sisters cooking deliciously flavorful meals with readily available ingredients over campfires and at their home ranges. Special to this collection, Rawlings explores the basics of cooking with cast iron for 100 tasty main dishes, delectable sides and appetizers, scrumptious biscuits and breads, to-die-for desserts, and luscious libations. From Un-Stuffed Cabbage and Camp Dutch Oven Roast to Chicken-Cashew Pasta Salad, Sweet Potato Biscuits, and Miss Verbena's Pimento Cheese, as well as favorites including Cowgirl Bean Bake and Bertie's Quick Peach Cobbler, *Cast-Iron Cooking with Sisters on the Fly* is a photographic cookbook travelogue complete with informative sidebars covering everything from poison ivy to a broken heart, along with tips for purchasing, seasoning, cooking with, and caring for cast iron. Share in the Sisters' love of cooking with cast iron inside *Cast-Iron Cooking with Sisters on the Fly*.

## Book Information

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## Customer Reviews

I bought (pre-ordered, in fact) this book because I inferred that it was a camping recipe book. The "sisters on the fly" are a women's camping group and cast-iron is a natural choice for the campfire, so I don't think this inference was misplaced. I mean, look at the cover art! Camping, right? mmmm not so much. In fact, I think it's a stretch to call this book a cast-iron cookbook at all. A surprising number of recipes in this cookbook require an oven. Not a cast-iron dutch oven, friends. An actual oven. Like one you can put a cookie sheet in. A FEW of the recipes that specify using an oven could perhaps be modified for a dutch oven but, WEIRDLY, this so-called cast-iron cookbook does not suggest such modification. I would say fully half of the recipes require an oven. Now maybe for RV campers you can get more use out of those but I'm a tent camper and I was looking for campfire/briquet recipes. So everything that began with "set your oven to 350 degrees" made my heart sink a bit. But the really appalling thing about this cookbook, IMO, is the number of recipes that do not require any cast-iron cookware whatsoever. I'm not saying there are a LOT of these, but there are some, and I think we can all agree that "some" is way more than there should be in a book titled "cast-iron cooking." The one that really set me off was "deviled eggs." I mean, not only can you NOT boil water in cast-iron cookware, but the recipe itself was beyond basic. I am not a beginning cook. I do not need a to know the four traditional ingredients of deviled eggs. Moreover, if I \*did\* need that, I would not try to find it but buying an esoteric cookbook marketed as a cast-iron camping book. I really wanted to love this book but it was a huge disappointment.

I do like cooking with cast iron and I am always looking for books that showcase what can be done with a cast iron Dutch oven or skillet. I found this book and was interested enough in it to give it a shot. It's a nice cookbook filled with good recipes, great stories and beautiful pictures, but it is not a cast iron cookbook to the extent the title would imply. I will start off by saying that I had never heard of Sisters on the Fly. This cookbook starts off with a little history lesson and how Sisters on the Fly got started, and it's worth the read. A description of the organization can be summarized as "women who like to get together and have fun outdoors" - sounds like a good thing to me. At its heart, this is really a camping cookbook. The recipes within are workable when enjoying the great outdoors, and that makes sense considering the Sisters on the Fly. While most people will probably prepare these in a warm, dry kitchen, the conversion between the oven and an open fire (or fire pit) is not a quantum leap and these recipes are suited for either provided you are careful. In fact, a good number of the recipes provide explicit directions for either method of preparation - this is the first cookbook I have seen that actually explains what to do when cooking outdoors. (I am sure they

exist, but I have never seen another book that provides this kind of instruction. This cookbook has the following chapter breakdown: Cast-Iron College, Awesome Appetizers, Bodacious Breakfasts, Lunch on the River, Magnificent Mains, Savory Soups, Biscuits/Cornbread/More, Sensational Sides, Delectable Deserts, and finally Luscious Libations. There are a few other supplementary chapters that do not provide recipes but are useful, such as a conversion chart and a resource bibliography.

Here is a potentially interesting book, albeit with a fairly irritating and possibly pointless wrapper. Sisters on the Fly? What are they and how will they show me the best way to make use of my Dutch oven? Well let the book do the talking: "Sisters on the Fly are the little girls who in the 1950s and 1960s climbed into the backs of the station wagons that would pull their families' Airstream trailers on cross-country vacations that instilled a sense of adventure without really having to "rough it." Now, they are finding vintage trailers through want ads, in junkyards, in farmers' fields and on the Internet. They are restoring those trailers to their original glory and creating uniquely decorated "homes on the range" in which to start a brand-new page of travel memories." Any clearer? Probably not. In any case, it didn't seem to bring anything to the party for this reviewer. Fortunately the book's content managed to shine through regardless. Starting with a "Cast-Iron College" the reader is given a fairly detailed overview and series of lessons to the delights of cast-iron (cookwear) cookery, a subject often written off by the inexperienced on the perceived grounds of complexity. Maybe this will inspire you to try a new cooking technique or perfect an existing one? Straight after that it is on to the recipes, split into key chapters with faux-cutey names like "Lunch on the River" and "Luscious Libations". Whilst harmless they just grated with the "shock" of the strange sisters packaging. This reviewer has tried to focus purely on the cooking advice and recipes as they are of a good, high standard - yet if the book had been purchased one could imagine cutting out or taping over some of the more irritating sections...

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