



## Synopsis

Every chef worth her skillet knows cast iron beats nonstick every time! In *The Everything Cast-Iron Cookbook*, you'll learn how easy it is to create healthy and delicious recipes with these versatile pans. Food writer and cast-iron enthusiast Cinnamon Cooper shows you how to make 300 mouth-watering recipes, including: Quinoa and Beef-Stuffed Acorn Squash, Seared and Roasted Pork Belly, Smoked Turkey Chili, Roasted Tomatillo and Green Chili Sauce, Icelandic Sugar-Glazed Potatoes, Shrimp and Avocado Pasta with a Tequila Tomato Sauce, Fresh Fig Muffins, Upside-Down Apple Pie. From fried chicken as scrumptious as Grandma's to spicy exotic Palak Paneer, these recipes will satisfy all year long. And this cookbook guides you through purchasing, seasoning, and cleaning your cast-iron pans. Cooking with cast iron proves what once was old is new again!

## Book Information

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## Customer Reviews

I received this book from a friend who knows I love to cook. As a vegetarian, I'm always worried that general cookbooks won't have enough non-meat dishes for me. This book was a pleasant surprise - even though there are a lot of meat and fish recipes, there are also plenty of veggie options. The incredibly creative recipes would have made it worth my while to purchase this book if I didn't receive it as a gift. The vegetables in a Skillet is my favorite chapter - most of the recipes call for only 4 or 5 ingredients: a main vegetable, plus some seasoning. So if I'm stuck with some broccoli that is about to go bad, voila! - Roasted Broccoli with Parmesan! I've made about 10 things from this book, and can't wait to try more. A few of my favorites: Bulgur Salad with Roasted Chickpeas and

Lemon, Chipotle Orange Sauce, Palak Paneer, Quinoa and Beef-Stuffed Acorn Squash (I used TVP instead of ground beef). And let's not forget the skillet cookie. Yum! And, not least importantly, I learned a better method for cleaning my favorite cast-iron pan.

I bought this book as a present for my wife. Yes, she loves to cook. We were both pleasantly surprised to find many and varied recipes. If your palate is too refined for good ordinary American food, this book is not for you. Conversely, if you like southern cooking and fine down-home dining (I do) y'all will love it.

for a cooking novice as myself, this book provides clear and easy instructions for recipes. I was surprised to learn I can put my cast iron pan in the oven as well as on stove top. Includes a wide range of recipes for breakfast, lunch and dinner.

In the past six months our family has been trying to convert all of our cookware to cast iron. Although we still have a few items to replace we love cooking with our cast iron and we love this cookbook to go with our new cookware. The first thing that I noticed when I got this book is that it is full of recipes that our family will actually eat. Not many crazy exotic ingredients that I can't find and the ingredient lists aren't so long that they overwhelm us. The instructions are easy to follow and most recipes are really easy to make. Some of our family's favorite recipes include: Irish Soda Bread, Not So Fancy Apple Turnover, Ebelskiver (a Scandinavian pancake), Refried Beans (I had never made homemade refried beans before this book and these are delicious, way better than out of a can!), Malassadas (Portuguese fries donuts), Scones, Almond Shortbread Cookies, Early American Johnnycakes, Swiss Steak, Sweet and Sour Pork, Ginger Chicken, Kansas City Barbecue Sauce (we freeze this so we always have some on hand), Chipotle Orange Sauce, and Turkey Mole (we usually use chicken though because we eat a lot of chicken). There are so many great recipes in this book. The recipes are broken into the following categories: Recipes to cook in a new skillet, recipes for one in a small skillet, sauces, vegetables in a skillet, chicken and poultry in a skillet, fish and shellfish in a skillet, pork in a skillet, beef in a skillet, lamb and game in a skillet, recipes for a grill pan, recipes for a griddle, recipes for a chicken fryer or fryer kit, recipes for a dutch oven, soups and stews, and recipes for bakeware and desserts. These categories make it easy to find something for dinner based on the ingredients that we have on hand. I really like the layout the books in "The Everything" series has. They always start out with a great introduction chapter and The Cast-Iron Cookbook is no exception. The introduction chapter, entitled Getting Back to Basics

with Cast-Iron Cookware, has a lot of great tips and information. It gives the benefits of using cast iron, how to choose a new or used pan, how to season or reseason a pan, how to clean and prep a pan once it is seasoned, how to clean and store, tips, and precautions. Since we have started using cast iron my husband has been doing a lot of research on cast iron cookware and all the information in this chapter agrees with most of the information he has found. I would recommend this cookbook for people who are looking to try cast iron cookware out or people who already are experts at using their cast iron. The wide variety of recipes is great - there are 300 recipes to choose from - so everybody should be able to find ones they like. I received this book for free to review. However, this did not influence my opinions.

I don't know where to start. First off, I'm sure the author is a very nice man, a terrific chef, and the recipes are good. My problem is mainly with the book's presentation. 1) It's very hard for me to read. Whoever did the layout must have thought green ink would be classy, but for me green-on-white just made it difficult to read. Standard contrasty black-on-white would have been far better. The worst areas are where (for emphasis) dark green letters are superimposed on a light green background. My eyes aren't what they once were and I found the entire text hard to read. 2) There isn't a single illustration or photo anywhere between the covers. Just page after page of text. The first nine pages are chit-chat about cast iron that can be found anywhere on the web. Nothing new here. 3) As someone else said, this is just a collection of pages in the form of a cookbook. 4) Not much, if anything, on technique. For example I've found that a round trivet in the bottom of a Dutch oven is great for keeping meat from sticking, and keeps it out of grease drippings. Both Lodge and Le Creuset sell these accessories in both glazed and unglazed versions, but I can find no mention of their use in this book. 5) Thirteen chapters are devoted to skillet/griddle cooking (mostly frying) but only one chapter to Dutch oven cooking. I doubt that I will be using this collection of recipes. Most are a bit show-offie rather than plain down home simple cooking. (Examples: shrimp in Fra Diavolo Sauce, Vietnamise Chili Garlic Sauce, Quinoa Pilaf.) Whatever happened to plain old chili or chicken-fried steak? Neither are in there..

This cook book goes through how to season your cast iron and care for it along with why cast iron cook ware is good to use and doesn't give off fumes like other non stick cookware. Cinnamon Cooper does a great job of giving recipes for new skillet, recipes for one person, vegetables, meats, even game and fish and also griddle and chicken fryer. There are alot of helpful hints through out this cook book so if you buy it keep it handy. Recipes are easy to follow and taste great! I highly

recommend this cook book!

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