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# Cast-Iron Cooking: Recipes & Tips For Getting The Most Out Of Your Cast-Iron Cookware



## Synopsis

Get the most from your cast-iron cookware with 40 fabulous recipes especially designed for cast iron, from a full English breakfast to chilaquiles, pan pizza, cheesy beer fondue, Korean fried chicken, vegetarian chili, mango curry, party nuts, two kinds of cornbread, baked apples, gingerbread and the perfect grilled cheese sandwich! You'll also learn how to buy the cast-iron pots and pans that are right for you and how to care for them successfully.

## Book Information

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## Customer Reviews

Durable and Versatile Cast-iron cookware makes a timeless addition to your kitchen. Whether on any stovetop or grill, in the oven, or over an open fire, cast iron is a classic and healthy natural alternative to chemical nonstick coatings. Seasoning and caring for your cast-iron cookware is easy and straightforward with friendly instruction from author and food writer Rachael Narins. These 40 delightful recipes will have you making everything from blueberry coffee cake to fried lamb chops in your cast-iron pans.

Rachael Narins, author of *Cast-Iron Cooking*, is a chef, culinary educator, and food writer based in Santa Monica. She is a graduate of the California Culinary Academy, a regular contributor to the L.A. Weekly food section, and has written about food preservation for the Los Angeles Times. Her work has also appeared in *Organic Gardening Magazine*, *Bust*, *Edible Westside* and more. In 2008, Narins founded *Chicks with Knives*, a culinary event company. During the summer of 2014, she

served as the VIP culinary judge on an episode of Kitchen Kickstarter on NBC, and is currently the Cast Iron Expert on Feed Feed.

I bought a cast-iron skillet years ago, but I have barely used it. I've never been sure just what to do with it. I mean, you can't cook without non-stick coating, right? So I was eager to learn from this book how to use my cast-iron skillet; how to care for it. This cookbook is slightly different from most cookbooks, as there isn't an extensive introduction. Usually a cookbook has fairly detailed intro that gives a glimpse into the thought that went into the cookbook, history, cooking equipment, cooking techniques, etc. This book does that, but in much briefer style, and after a dozen pages you are diving into the recipes. I liked this! They got to the point, told you what you needed to know, and moved on to the meat of it! You learn about the different types of cast-iron. Not only the traditional skillet, but also griddles and pots and specialty pans. You learn how to best "season" the pan (so you have no need for that non-stick coating I mentioned earlier), and a "seasoned" pan vs. enameled cast iron, and what not to do with cast iron. It's broken into chapters for Breakfast, Lunch and Dinner, Sides and Snacks, and Dessert. All recipes are cooked in a cast-iron pan, whether on the stovetop, in the oven, or over an outdoor fire. Classic recipes like Fried Chicken or Steaks with Red Wine Sauce, something a little more unexpected like Baked Crab & Shrimp or Charred Eggplant Dip, or a dessert of Cranberry Upside-Down Cake. Each recipe is showcased with a full page picture and the recipe title boldly stretched across it. Bright and colorful and yummy photography, simple and easy-to-read ingredient list, and numbered recipe steps. I decided to make the Korean Short Ribs (galbi). The recipe called for "flanken-cut beef short ribs", and I had no clue what "flanken-cut" was. It would have been nice if it had explained this. Regardless I just used what I had on hand. The ribs were marinated for 24 hours in a soy sauce/rice marinade with scallions, pears, onion, garlic and ginger. Then they were cooked in a hot cast iron skillet. Yum! The trouble is that my skillet is now coated in cooked-on marinade, and it does not want to come clean. Which leads me to my only real complaint: This book didn't give me explicit instructions for how to clean off cooked-on food and grime, nor what type of scrubbing pads I could use (rather than what I can't use). But that's really my only complaint. The book is concise at under 100 pages, beautifully done, with tantalizing recipes. It's informative and inspirational, and I love it!

I really love Storey Publishing and review for them frequently. It is because of the quality of their books and Ms. Narin's Cast-Iron Cooking is a prime example of this. While the traditional care of a cast iron skillet is included, it is the recipes that really make this book stand out. Interesting, unique

breakfast to desserts recipes go beyond what is seen in other cast iron skillet recipe books I have reviewed. Recipes are simple and laid out well with photos to accompany most if not all. Ms. Narins even included some vegetarian recipes. However, they are very limited. This book is definitely worth the purchase price, especially for the ebook version.

Great recipes that one might actually make! We tried the North African lamb chops which were delicious...it might be my new favorite meal. The dishes in the book all look delicious and seem achievable. I can't wait to try some other recipes.

It provides good information about the care and maintenance of cast iron cookware as well as providing some good recipes.

Excellent book of recipes and how to care for your cast iron cookware.

gave this cook book as a gift along with a cast-iron. Delivered on time and my brother loves it!

Got as a gift for my sister, and she says she likes the simple recipes.

Great easy to follow recipes.

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