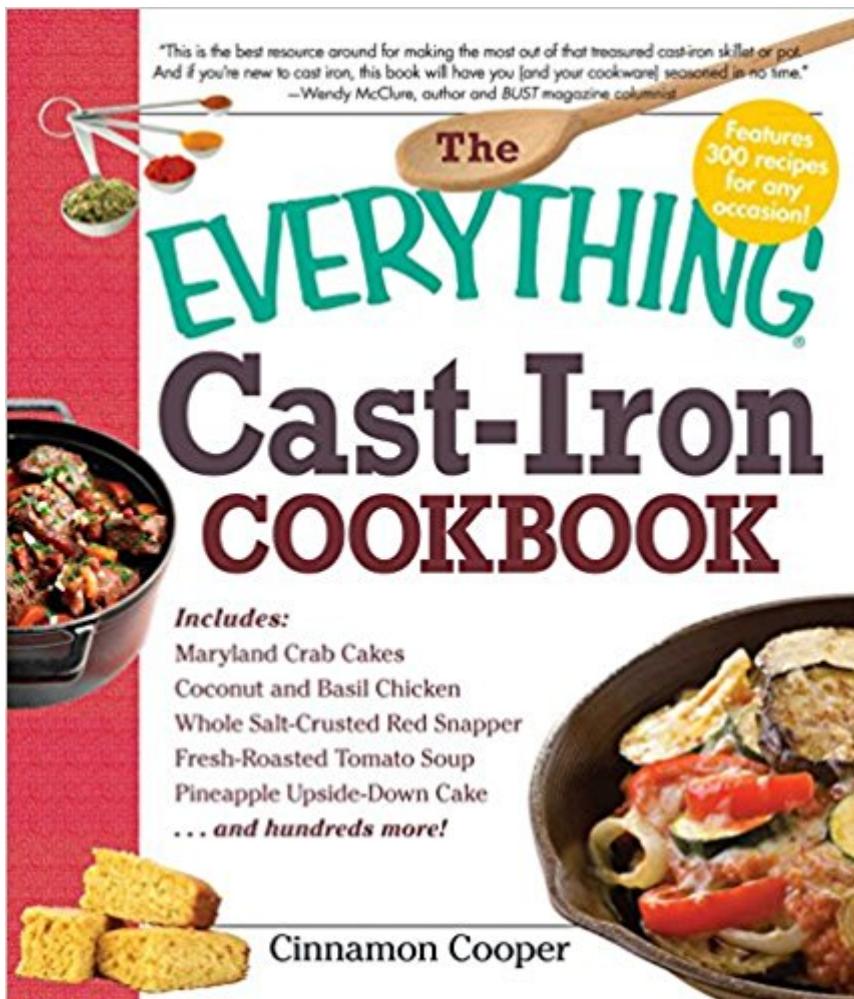


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# The Everything Cast-Iron Cookbook



## 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 Saucel; 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

Series: Everything®

Paperback: 304 pages

Publisher: Everything; Everything edition (June 18, 2010)

Language: English

ISBN-10: 1440502250

ISBN-13: 978-1440502255

Product Dimensions: 8 x 0.8 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 57 customer reviews

Best Sellers Rank: #585,440 in Books (See Top 100 in Books) #53 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dutch Ovens #78 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #4223 in Books > Cookbooks, Food & Wine > Cooking Methods

## Customer Reviews

Cinnamon Cooper began cooking for her family of five at the age of fifteen, and uses cast-iron skillets on an almost-daily basis. She has worked at Williams-Sonoma, and was recently quoted in the Chicago Sun-Times about the benefits of cast-iron cooking. In 2003 she began writing a weekly cooking column titled "One Good Meal" for Gapers Block ([www.gapersblock.com](http://www.gapersblock.com)), a Chicago-centered news and events web magazine, where she encourages cooks to experiment with ingredients. In her column she highlights the joys of using cast iron to 2,000 to 5,000 weekly readers.

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.

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 a lot of helpful hints throughout 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!

Very nice cook book. I have the paper back book and I also downloaded it to my Ipad. There is a section for skillets, Dutch ovens and grill pans griddles and fryers. The recipes are pretty easy to use and there are some nicer than plain old camping food ideas. I would recommend this book to a friend.

Love it!!! I love the way the "EVERYTHING" books are laid out! I collect many of these books. And I love cooking with my cast iron!

This was a gift and she loved it.

Great book with wonderful recipes. I have owned a cast-iron skillet for years and was stuck repeating the same old recipes. I bought this book to try out new things outside of my comfort zone. Loved the dutch baby recipe and all other instructions are very easy to follow.

If you love cast iron, or even if you don't love cast iron but have a piece or two, this book has what you need to know. Buy it, find your cast iron and get cooking! It will make you fall in love with cast iron and want more!

I used to use some cast iron, but got away from them. Now I'm back and feeling like a newbie. Made bisque last week and after 44 years of marriage, my husband said "best ever, can you repeat

this?"

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