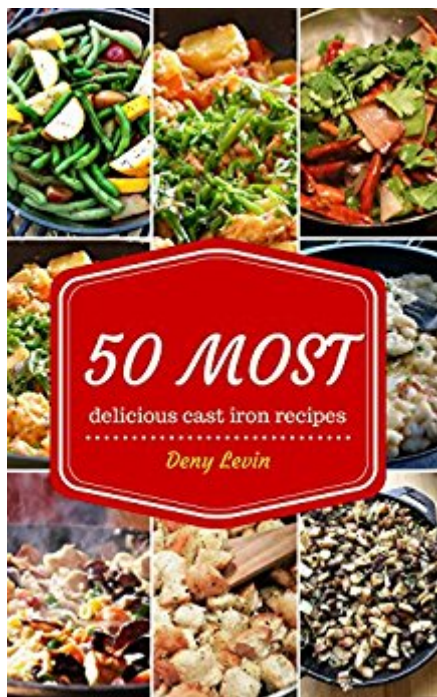


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# Cast Iron Recipes Cookbook: 50 Most Delicious Of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2)



## Synopsis

Cast Iron Recipes Cookbook Get this Kindle book now for only 2.99 Read on your PC, Mac, smart phone, tablet or any Kindle device Cast iron cookware is a traditional method of cooking that seems to be ancient and outdated. Many people have reexamined the use of cast iron because of the renewed interest in traditional cooking methods. Cast iron pots, skillets and pans are the most durable, most versatile and consistent cooking tools on the market. Despite their antiquity, it can be used in a variety of modern ways to create perfectly cooked foods that is truly delicious. Cooking in a cast iron pan can actually provide your body with significant amount of dietary iron; iron is an important nutrient that is found in leafy green vegetable and red meats. The iron from the pan leeches into the food during cooking. Iron content in food prepared in cast iron pans can increase anywhere from 25 percent to 200 percent. Cast iron may be an old way of cooking, but it is still a very useful way to prepare and serve foods. The retention of heat, the consistency of temperature and the delicious meals that benefit from the seasoning of the pan itself make cast iron a great way to cook meal for your whole family. This collection of simple, delicious and healthy recipes will show you how much you can do with just one cast iron skillet. Many professional chefs refer to cast iron skillet as precision cooking utensil, because it allows you to have control over the cooking temperatures. These recipes in this book are carefully designed to help you make really delicious quick and easy, fat free cast iron meal. All 50 recipes have been specifically design for cooking in a cast iron skillet. This book is great for beginners, your family and friends will love them. The cast iron pan remains a classic despite all the technological advancement that has come along in kitchenware. if you love to prepare healthy quick and easy meal from your skillet, this book is just for you because in this book will learn step by step direction for preparing each of the recipes that the process of cooking much easier and quicker, also how you can make cast iron skillet meal with no effort. Each recipe in this cookbook is easy and tastier to prepare. No matter what your eating style is, these cast iron recipes are simple the best collection of wholesome and healthy quick and fast recipes around. The cast iron pan take a little more work and attention that modern stainless steel pans, but the flavorful end results are worth the extra effort. By using cast iron cookware, you can completely eliminate your exposure to dangerous chemicals that the non-stick cookware produces. Cast iron cookware is a healthier way to prepare your food. Cast iron skillets are the best tool for cooking a range of cast iron skillet recipes; food cook in cast iron skillet especially acidic food like tomato sauce, has increase iron content, plus cast iron skillets conduct heat beautifully, go from stovetop to oven with no problem.

## Book Information

File Size: 804 KB

Print Length: 64 pages

Simultaneous Device Usage: Unlimited

Publisher: Publisher: 50 Most Delicious of Cast Iron Recipes- Free Download with Kindle Unlimited  
(February 26, 2015)

Publication Date: February 26, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00U227KCC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #338,972 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #85 inÃ Â Kindle Store  
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## Customer Reviews

Cooking in cast iron is an art that dayes back hundreds of years and the recipes in this cookbook can really make you an artist. They are so good and so easy to fix. So if you love delicious food, and who don't then this is a cookbook I believe you will love. Thank you and enjoy.

Needs to be edited. Words are misused, a price was left on a recipe ingredient- an easy proof read would have caught these errors. The layout also leaves much to be desired. No organization of the recipes, at all. Desserts are mixed in with main dishes and sides, and the book doesn't even have a table of contents to make searching for recipes easier. On the upside, the book earns two stars because many of the recipes do indeed sound delicious.

I'm not sure whether it's just the Kindle edition but there is no index. The recipes are fine, but it's hard to find the particular one that I want. I could use a bookmark but then still have to browse

through all the bookmarks.If there is an index then the Kindle edition does the author a disservice.

Great book

I just love cooking with cast iron and this is a great book!

Need to read you will love the ideas.

Great compliment to my cast iron! :)

good stuff. great recipies

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