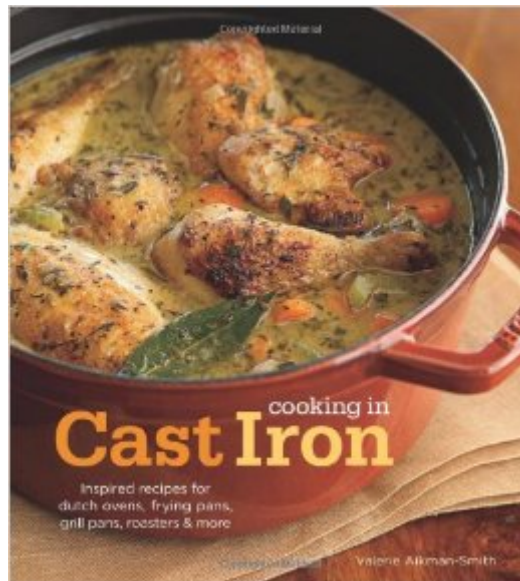


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Cooking In Cast Iron: Inspired Recipes For Dutch Ovens, Frying Pans, Grill Pans, Roaster, And More



Synopsis

Stylish and functional cast-iron cookware is prized for its versatility, durability, and exceptional heating capabilities. Now home cooks can get the most out of their cast-iron collection with over 40 recipes for the Dutch oven, skillet, and more. Whether it's your grandmother's well-seasoned black skillet or the brightly colored enameled pot you received as a wedding present, cast iron is the perfect choice for nearly any cooking task. You can use a Dutch oven to slow-simmer chicken until meltingly tender; a heavy frying pan to sear steaks to a juicy, browned finish; a ridged stove-top grill pan to cook golden and oozing cheese sandwiches; and a sturdy roasting pan to caramelize sweet root vegetables in the oven. Organized by type of cookware, each chapter shows the many ways to use these popular pots and pans, adored by professional chefs and home cooks alike. More than 40 tempting recipes are included, many of which boast beautiful, full-color photographs. From a hearty vegetable frittata and spicy beef chili to comforting lemon-herb chicken and decadent chocolate bread pudding, this book offers recipes for every meal of the day.

Sample Recipes:

Dutch Ovens & Braisers Olive oil "braised potatoes with herbs Brussels sprouts with bacon & onions Herbed beef stew Southern-style fried chicken Garlic-braised chicken Asian-style braised short ribs Rustic walnut no-knead bread Berry cobbler

Frying Pans Tomato, arugula & goat cheese frittata Dutch baby with cinnamon pears Zucchini fritters with herbed yogurt Jalapeño cheddar corn bread

Grill Pans Summer vegetables with balsamic Fish tacos with mango salsa Chicken under a brick

Three-cheese panini Peaches with cardamom honey

Baking, Roasting & Gratin Pans Breakfast strata Potato & chard gratin Macaroni & cheese with bread crumbs Meat lasagna Rhubarb & apple crumble

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Customer Reviews

I cannot find an unkind thing to say about this wonderful book. The presentation of the pages and the photography are superb. Each group of recipes functions as a launch pad for cooking in a particular type of cast iron equipment. So far I have only cooked several recipes since most rely on the oven and it is hot hot summer here right now, but the ones I have tried are fabulous versions of tried and trued down home cooking -- foods most Americans eat on a regular basis. (Americans who sit down and eat at a table, that is) For example a frittata forms the basis for most weekend breakfasts in our house. We tired of scrambled eggs and sausage many years ago. Fried eggs are messy and boring, but frittatas are fun and exciting and don't take any longer than frying eggs and then cleaning the stove. They start on the stove top and finish in the oven. The recipe in the book uses arugula and goat cheese. Well I was out of goat cheese but had feta. Very similar cheeses. And I do not care for arugula but love spinach. Easy substitution. Another favorite stove top recipe for us is braised pork chops -- these are in the frying pan section of the book. The recipe calls for figs. I hate figs. But the rest of the recipe is fantastic, with fresh thyme, shallots and garlic infusing enough flavor to the cider glaze that the figs were not missed. I served apple sauce on the side. Wonderful. I cannot say enough for the brussels sprouts with bacon. I have tried to make a version of that that I never got just right until I tried the recipe in this cookbook. We are just now starting to see brussels sprouts in the stores.

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