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The New Cast Iron Skillet Cookbook: 150 Fresh Ideas For America's Favorite Pan



Synopsis

Cast iron skillets are booming in popularity: they're versatile, they're relatively inexpensive, and they don't have the toxic chemicals released by artificial nonstick pans. Though cast iron was the only pan in grandma's kitchen, these 150 recipes are fresh and updated, from cornbread with Parmesan cheese and sun-dried tomatoes to frittatas, Vietnamese spring rolls, and to-die-for sticky buns. ã ã

Book Information

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Customer Reviews

During the last decades of the twentieth century, the cast-iron skillet fell out of fashion with cooks. New technologies produced nonstick-surface coatings for pans and made them the darlings of the culinary world. But nonstick coatings may break down at high temperatures needed for searing some foods, and environmental issues complicate their manufacture. The old technology of the cast-iron skillet, which can be passed down through generations, now looks much friendlier. True, cast iron needs initial seasoning, and its daily care seems counterintuitive (don't wash it!), but it handles so many cooking tasks perfectly and moves seamlessly from stovetop to oven. Brown catalogs recipes covering breakfast, snacks, and dinner, and she appeals to all sorts of ethnic traditions. Her several quesadilla inspirations illustrate that Mexican staple's versatility. There's also a skillet-browned mac and cheese. Detailed instructions smooth the way for cooks new to this time-tested cookware. --Mark Knoblauch

For three decades, Ellen Brown has proven herself a food writer who can shine new light on just about any aspect of American cookery, and her new book proves, once and for all, that a cherished black iron skillet can be the most versatile--and most modern--of kitchen tools to turn out everything

from fried chicken to desserts. --John Mariani, author of *The Encyclopedia of American Food & Drink* This is one of those rare beautiful cookbooks you'll actually use. In fact, I'd venture to guess that you'll likely be compelled to open it daily--or at least every time you draw up a grocery list--and that your trusty skillet will soon settle in to a most convenient storage spot: the stovetop. --Liana Krissoff, author of *Canning for a New Generation* Ellen Brown's book details the maintenance of old-fashioned skillets, and tells the colorful history of cast iron. Full of updated and everyday classic recipes and useful tips, Ellen has done it again, making *The New Cast Iron Skillet* an indispensable resource. --Joan Nathan, author of *Quiches, Kugels, and Couscous: My Search for Jewish Cooking in France*

Love the format, nice concise recipes, beautiful pics, each section has recipes together i.e. all chicken dishes together whereas other cookbooks spread everything all over the place. Most of the recipes are quick and easy. Reminds me of Americas Test Kitchen 30 minute recipes only much better. Btw there are alot of modern current recipes like stir fried thai chicken with basil or salmon with balsamic chili glaze, both easy to cook. Then there are the old school steak dishes, chicken dishes with lemon and garlic etc. Im just a guy thats beginning to cook and honestly cooking with cast iron is cool and fun. Less dishes too as you can transfer pan to oven. The food just cooks differently and tastes different. It is an excellent change of pace. I HIGHLY recommend this cookbook and even over all the americas test kitchen books which I like and have a few of. Two thumbs up.

Great book, Great skillet recipes. I've gone back to using all of my Cast Iron Skillets and Dutch Oven having tired of non-stick pots and pans that peel into the food. Can't remember why I packed the cast iron in boxes and put them on a shelf in the Garage, but they are all back in the kitchen, having been re-seasoned and are the darlings of my life once again. This book will remind you how to care for these family heirlooms and provide you with delicious recipes to boot. I highly recommend the book, it is well written.

This book is excellent. I have explored almost half of the recipes and none disappoint!

Lots of really great recipes and I definitely recommend for those who just are starting with cast iron- lots of tips on care, what oils to season with, how to clean, etc.

If you have been wanting to use your iron skillets for more than bacon and eggs this is the book for you! You will find lots of ideas and tips for using your iron skillets. I highly recommend this book.

I wish it had receipes to use on the grill but I have tried a couple on the grill and it works pretty good. I live in FL so it is so hot this time of year to cook inside.

The cook book has so much great info in it besides a ton of great recipes. I've learned a lot about methods of cooking and highly recommend this one!

I love using cast iron skillets for cooking more than just eggs and bacon. This cookbook offers a wide selection of recipes that range from easy to more complex...and I'm looking forward to trying them all.

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