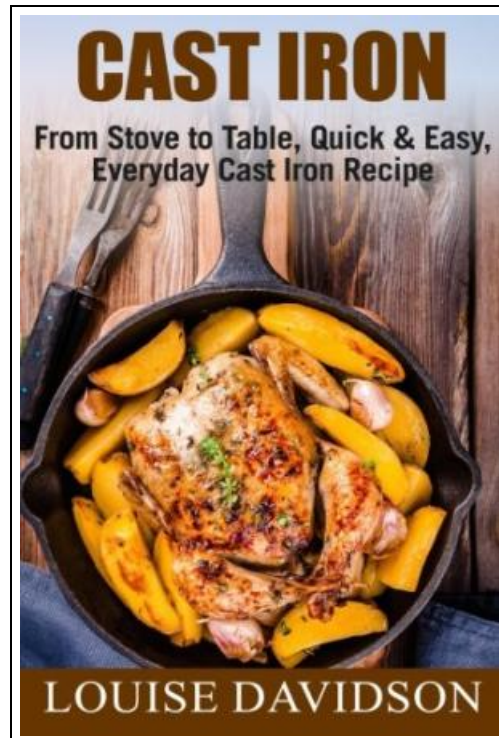


## Cast Iron: From Stove to Table, Quick Easy, Everyday Cast Iron Recipes (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyday cooking with the most versatile pan in your kitchen! The cast iron skillets have survived the test of time and makes every meal taste so much better. The number of dishes one can cook with cast iron cookware and the ease of doing so are simply amazing. They also turn out delicious and cleaning up is a breeze. Yes, the cast iron pan is truly ancient, having been with us for centuries; but it's no wonder it's still around! It is the most versatile pan in your kitchen: from grilling meats and preparing the most outstanding breakfasts to simmering soups and stews on the stovetop or roasting and baking in an oven, the cast iron delivers incredible flavors. No wonder it was our grandmothers favorite pan. This cookbook presents kitchen-tested recipes that you won't be able not to love. Aside from steaks, there are hearty, one-pot power breakfasts, pilafs, paellas, main dishes, light snacks, marvelous vegetarian fare and even decadent desserts! All recipes include a detailed ingredient list, easy to follow preparation steps, and nutrition facts. You'll also be able to learn about the cast iron pan's history as well as pointers on how to care for it, so you always get the best results. The cast iron itself lends a rustic decorative appeal in this age of shiny, modern cookware. See your guests eyes open in amazement when it's placed on the dining table, straight from the oven! Inside, you'll find: An introduction to the cast iron cookware, its history, benefits, capabilities, maintenance, and more Tasty breakfast recipes like the Banana-Nut Quinoa and the Hearty Paleo Breakfast Bountiful beef recipes such as the...



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