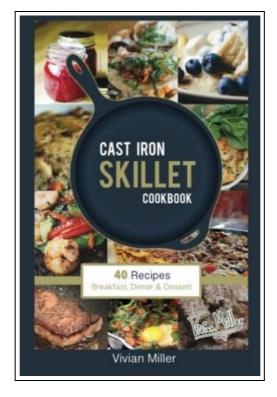
Cast Iron Skillet Cookbook: 40 Recipes - Breakfast, Dinner Dessert



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you passionate about creating delicious meals, but overwhelmed by all the different appliances? Interested in getting back to the basics, using age-old culinary techniques and equipment that have stood the test of time to cook new, exciting recipes? Sounds like cast iron cooking could be the perfect option for you! Using just a cast iron skillet and your average stove, weve prepared 40 tasty recipes that are sure to satisfy your appetite. Vegetarian, meat-enthusiast, sweet-addict or general foodie, theres surely something on the menu to please everyones taste buds. Cast iron skillets are highly praised for their ability to absorb heat, distributing it evenly to ensure quality and consistently enjoyable results every time, infused with additional invaluable dietary iron. Cast iron skillets are suitable both on the stove and in the oven, allowing for exceptional versatility and efficiency within our recipes. Whether youre a hesitant beginner wanting to follow recipes step by step, or a practiced adept after inspiration, this book has you covered for all the important meals of the day. The cast iron skillet is truly an essential addition to any kitchen, in this book youll find the essential recipes!.



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