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## Cast Iron Cooking - Easy Cast Iron Skillet Home Cooking Recipes: One-Pot Meals, Cast Iron Skillet Cookbook, Cast Iron Cooking, Cast Iron Cookbook (Paperback)

By Marie Adams

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Dinner Just Got Easier! Use the most versatile pan in your kitchen - the CAST IRON SKILLET - to prepare unforgettable one-pot meals your family and friends will love! Cast iron cookware is great because of its versatility. It allows you to cook meals in one simple piece of cookware that would normally require all sorts of pots and pans. You can easily use cast iron on the stovetop for sauteing, stir-fry s, and soups, or use it in the oven, or both. Using cast iron is particularly helpful since you can cook your proteins and veggies, from stovetop to oven, all in one dish. Although cast iron cookware has been around for several hundred years, its popularity has made a resurgence as more and more cooks of the new age are embracing the ease of this traditional cookware and incorporating it into their busy lives. Inside, you ll find: All the information you need about seasoning and caring for your cast iron cookware. Learn about the many health benefits of cooking with cast iron cookware. Lots of cast..



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### Reviews

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