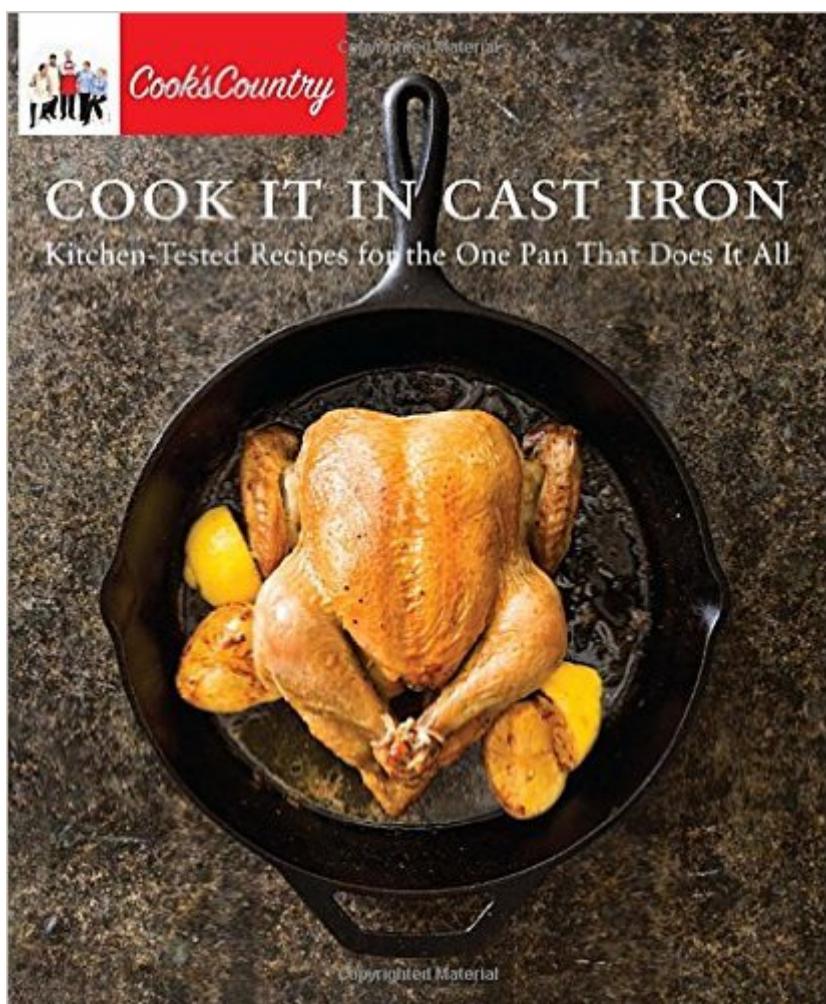


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# Cook It In Cast Iron: Kitchen-Tested Recipes For The One Pan That Does It All (Cook's Country)



## Synopsis

Learn to cook it all in cast iron! The cast-iron skillet is a sturdy, versatile, traditional kitchen workhorse that 85% of us own but far fewer of us reach for daily, mostly because we have one or two recipes we use it for and otherwise it stays in the back of the cabinet. In this new cookbook, the editors of Cook's Country will show you everything you need to know about cast-iron cookware and the many (and often surprising) dishes you can cook and bake in this multitasker of a pan, from the classic dishes everyone knows and loves like steak, perfect fried eggs, and cornbread, to innovative and inspiring recipes like skillet apple pie, pizza, and cinnamon swirl bread. Learn about this cast iron's history and what makes it uniquely American and let us show you how to shop for, season, care for, and clean this perfect pan.

## Book Information

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## Customer Reviews

This book is well worth the money if you have a cast iron frying pan, plan on purchasing one or want to reduce the number of pans and baking dishes you need in your kitchen. This book covers all the basic information you need to choose a pan, to cook in and care for you pan , plus detailed recipes that walk you step by step through Frying, Baking, Roasting, Braising, Deep frying in and even using it as a Pie pan, Pizza pan or Baking golden brown breads with a crispy outside crust and billowy soft middle. There is a reason Cast Iron pans were carried on the wagon trains that settled the west and have been found in kitchens for generations often the same pan. Cast iron holds the heat and stays hot longer than other types of cookware making it a favorite for searing and browning meat including

steak, the rich caramelized crust you get on a steak will amaze you, in the oven it maintains a constant temperature better, cooking your food more evenly with a golden crust. Cast iron cookware is the only piece of cookware that actually improves with years of use, its durability is legendary. It is virtually indestructible. If seasoned properly it is the best non stick cook ware you can own. Cast iron pans are versatile; use it on the stove, grill, in the oven or over a campfire. This cook book includes the following recipes with step by step instructions, additional tips and a paragraph explaining why the recipe works, plus a picture of each food. I am going to add some of the pictures to help you decide if this is just the right book for you.

a. Snacks: Pizza dip, crab dip, fondue, baked brie, garlic shrimp, Nachos,

b. Searing: Blackened Chicken, Oven seared chicken breast, Indoor Barbequed chicken, Teriyaki Chicken thighs, Steak tips with mushroom gravy, Steaks, Filets Mignon, Cowboy steak, Thick cut pork chops, Pork tenderloin, Lamb chops, Snapper, Scallops.

Roasts: Butter flied chicken, Classic roast chicken, Boneless turkey breast, London Broil, Classic Roast Beef & Gravy, Garlic roasted top sirloin, Meatloaf with mushroom gravy, Stuffed boneless pork loin, Bone in Pork Rib roast, Roasted pork shoulder, Leg of lamb. One Dish Dinners: Lasagna, Ziti, Macaroni & cheese, Pan roasted chicken breasts with root vegetables, Braised chicken thighs with Swiss chard & carrots, Curried chicken & rice, Easier fried chicken, Southwestern style chicken & biscuits, Chicken pot pie, Beef Pot pie, shepherd's pie, chili, Steak tips, flank steak with potatoes, Stir fried beef & broccoli, Pork cutlets with green beans, Pan fried pork chops with succotash, Pork chops & dirty rice, Pork tamale pie, Cod & potatoes with orange parsley salad, Clams with couscous, Paella.

Sandwiches, Burgers, & Pizza: Grown up grilled cheese, Turkey club Panini, Fried chicken sandwiches, Ultimate burgers, Fried onion burger, Chicago Style Italian beef, Baltimore pit beef, Middle eastern style lamb pita, Italian style sausage and pepper subs, chipotle chicken tacos, Flank steak tacos, skillet pizza marguerite, no cook pizza sauce, Chicago style pepperoni pan pizza, cast iron skillet calzone.

f. Eggs & Breakfast: Scrambled eggs, fried eggs, Denver Omelet, Hash brown pie, Skillet Strata with bacon, Huevos Rancheros, Spinach & Feta Frittata, Hash brown pie, Cheese Quiche, Single crust pie dough, Home fries, Corned beef hash, Homemade sausage, Cornmeal Pancakes, Dutch Baby, French toast casserole, Drop doughnuts, Cinnamon Buns,

g. Biscuits and Breads: Lemon dill biscuits, Southern style cornbread, Beer batter Cheese bread, Olive Bread, Brown soda bread, English muffins, Garlic rolls, Rosemary Focaccia, Rustic Italian loaf, Cinnamon Swirl bread, Corn tortillas, Flour tortillas, Griddled Flatbreads.

h. Desserts: Pears with caramel sauce, Glazed peaches with pistachios, Bananas Foster, Nectarine & Raspberry crisp, cherry cobbler, Apple pie, blueberry pie, Summer fruit tart, Apple fritters, German apple pancake, peach cake, chocolate hazelnut bread pudding, chocolate

chip skillet cookie, hot fudge pudding cake. This book is more than a cookbook, it includes everything you ever needed to know about cast iron fry pans plus kitchen tested recipes with easy to read, detailed step by step recipes: Choosing the best and right cast iron fry pan for your kitchen.A. 10 cast iron frying pans were tested for Browning, Sticking, Ease of Use and Durability. The results are included to help you decide which cast iron frying pan is just right for you and your cooking needs.B. Caring for your cast iron fry pan is thoroughly covered in this book including seasoning your new or older skillet, cleaning your pan, and problem solving such as cleaning an extra dirty skillet, restoring a scratched skillet, cleaning an extra dirty skillet and even getting rid of the stink in a stinky skillet. Especially helpful if you decide to purchase a used cast iron skillet. This book also includes the recommended best Scrubber (available on )to use on these fry pans in addition to common household items that will work in a pinch.C. It is not surprising that myths about cast iron skillets are rampant. The test kitchen extensively investigated each myth and this book brings you the true story about each including but not limited to :a. If a cast iron pan gets rusty it is ruined: Wrong! Unless a cast iron fry pan is cracked it can be cleaned and reseasoned . Did you know that cleaning an old dirty cast iron fry pan can be done in your oven by running it through the self cleaning cycle in your oven and then reseason the pan. I didn't until I got this book.b. You can use a cast iron fry pan on electric or gas stoves.Everything you really need to know about this timeless American workhorse, the Cast Iron Frying pan all published in this one book.

First, the Pros.Christopher Kimball's mini food media empire includes America's Test Kitchen, Cook's Illustrated and Cook's Country. I have read Cook's Illustrated for years and years and can vouch for the empire's reputation for meticulous research in recipes and product evaluation. I bought this because I wanted to see all the results of that research on cast iron cookware.I am not disappointed. Their findings on seasoning, cleaning and using cast iron dispel contradicting advice and myths that accumulated over a century. These findings also provide simpler and easier ways to clean and maintain your cast iron than you will find most anywhere else.Now, the Cons.I very rarely pay any attention to Cook's Country because I rarely find its recipes appealing. This book is done by Cook's Country and provides Cook's Country type recipes. Very few of them appeal to me at all. Dips, for example, are something we have not made since the 80's. I'd rather set out olives and a couple of good cheeses when entertaining. I wish they had included some Cook's Illustrated sort of recipes, adapted for cast iron.Secondly, the font size used. Mr. Kimball should recognize that his readership is not comprised solely of millennials.Those of us with older eyes and/or vision problems do not like needing a magnifying glass to read a cook book. It seems as if a tiny typeface was

selected to accomodate the one page per recipe format used. Lastly, I wish he would stop putting hardbound prices to paperback books.

I absolutely adore both of my cast iron skillets, so when I saw that this book was going to be published I hit the pre-order button. America's Test Kitchen/Cook's Illustrated or Cook's Country is one of my most trusted recipe sources. I absolutely love this cookbook, and have marked a LOT of recipes. First, I really liked the information on how to season a cast-iron skillet, and also breaking myths about not being able to cook acidic products, or using soap and water to clean a cast iron skillet. I own both Le Creuset skillets and Dutch ovens, and Lodge skillets...and found it really interesting to read the reviews and comparisons to using enamel cast iron or plain cast iron. The recipes... while I haven't made any, please trust that I'm an advanced cook and can tell if a recipe is going to be good, by the ingredients and reading directions. Of course, once I make recipes from this book (and I will, and I will blog them as well), I'll update my review. Here are some "gotta make" recipes that I've already bookmarked: The Baked Pepperoni dip-- I don't care if the fat police break my door down. This will be fun to serve at a casual dinner party. Baked Brie with honeyed apricots... yes! Spicy Garlic Shrimp (they had me at garlic) Lamb meatballs with yogurt sauce, Caramelized onion, pear, and bacon tart, come to Mama. Then there's chicken: Blackened chicken with pineapple-cucumber salsa, Oven-seared chicken breasts with leek and tarragon pan sauce, Indoor barbecued chicken (gorgeous pictures, by the way for every single recipe), Where's the beef? There's plenty: Cowboy steaks, Thick-cut steaks with herb butter, pork chops, pork tenderloin (I was drooling), Crisp skinned salmon with honey-lime sauce. Mahi-Mahi. pan-seared scallops with various sauces. I haven't made London Broil in ages, and the marinated London Broil looks so good! There are beautiful roasts, and pizzas, and skillet dinners. Pot pies, galore! Chicken. Steak. Pork. Yum! Burgers. Sandwiches. I want them all. Breakfasts, too-- eggs, omelets. Dutch babies. Corned Beef Hash, to name just a few. Bread! Yes, beautiful breads. Biscuits. Cornbreads. The pull-apart garlic rolls are going to be tops on my list to make. I love baking bread. The cinnamon swirl bread is gorgeous, and I cannot wait to make that. I make great cinnamon rolls, and their skillet version that is a quick version-- oh, yeah. I'm making that for my boys. Beautiful desserts: cobblers, pies, fruit cakes, fruit tarts and a skillet chocolate chip cookie that I'm fighting the urge to make right now. The hot fudge pudding cake had me swooning. I love this cookbook, and am so excited to make many of the recipes. I know they'll turn out great because I read recipes and follow directions (rarely tweaking until I've made it their way at least once) and I can't recall a single recipe from these cookbook authors that I didn't like. Well done! UPDATE: I made the skillet Chocolate Chip

Cookies. How can anyone improve this classic cookie? By browning most of the butter, and baking it in cast iron. The "skookie" was crispy on the outside and bottom, and chewy in the middle. I had a hard time resisting them.

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