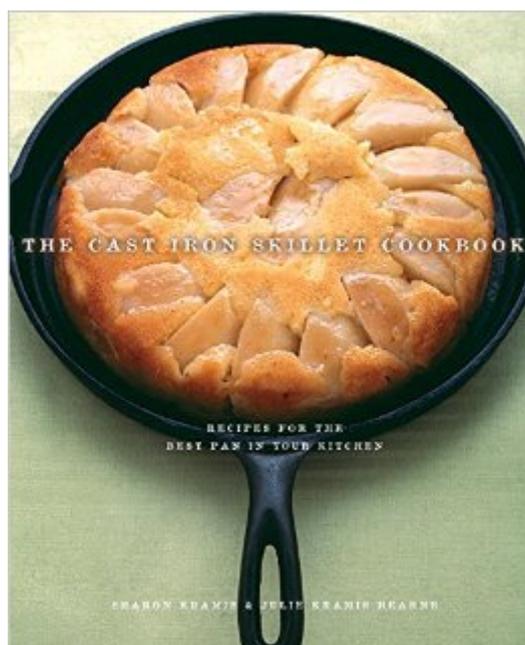


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# The Cast Iron Skillet Cookbook: Recipes For The Best Pan In Your Kitchen



## Synopsis

Learn how to season cast iron, clean cast iron, and cook 90 tantalizing recipes in your cast iron skillet. This cookbook aims to show modern cooks how this inexpensive cast iron tool is the best pan in their kitchen. Fusing new and traditional recipes and gathering farm-fresh produce and ingredients, the authors show cooks how to make delicious food in this versatile skillet. Recipes include: Succulent Seared Pork Chops with Plum-Mustard-Cornichon Sauce; Dutch Baby (puffed pancake with lemon and powdered sugar); Grilled Prosciutto-Wrapped Radicchio; and Warm Pear Upside Down Cake.

## Book Information

Paperback: 192 pages

Publisher: Sasquatch Books (October 5, 2004)

Language: English

ISBN-10: 1570614253

ISBN-13: 978-1570614255

Product Dimensions: 7.3 x 0.5 x 9 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (159 customer reviews)

Best Sellers Rank: #492,430 in Books (See Top 100 in Books) #52 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron](#) #1952 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#) #3376 in [Books > Cookbooks, Food & Wine > Cooking Methods](#)

## Customer Reviews

'The Cast Iron Skillet Cookbook' by mother and daughter, Sharon Kramis and Julie Kramis Hearne, has roots deep in American culinary tradition based on both the subject and the fact that Kramis senior is a James Beard protégé from Beard's western cooking lessons. Based on the Beard / West Coast connection, the authors get a very nice blurb from senior Beard assistant Marion Cunningham. This is very much of a 'comfort food' rather than a 'gourmet' oriented book, with many of the potential weaknesses to which this kind of book can fall prey. The best thing about this book is that in spite of some weaknesses in keeping on message, this is a really nice book to have if you like cooking with cast iron cookware. The most obvious weakness in the book is that even though both the title and the subtitle, 'Recipes for the Best Pan in Your Kitchen' suggest that the book is all about the classic ten (10) to twelve (12) inch skillet, the book actually contains recipes for a wide range of cast iron ware, including Dutch ovens, grills, griddles, popover pans, and special

molds. The thing I miss most in this book is a clear explanation of why the seasoned cast iron skillet is better for some tasks than any other cookware material. My understanding is that well seasoned cast iron has the non-stick advantages of a Teflon coated pan without the weakness of teflon in giving a good sear or good color to sautéed protein. Cast iron is not as responsive to heat changes as copper or aluminum, but this is its strong point when it comes to maintaining heat when you add room temperature or cold food to a hot pan.

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