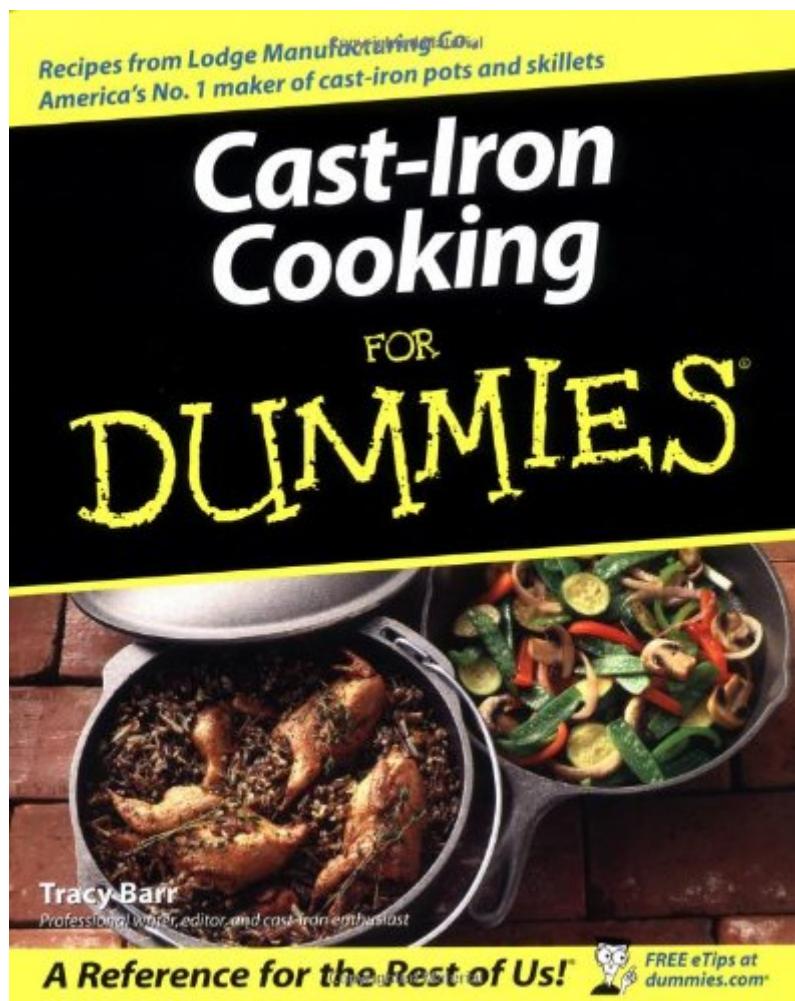


The book was found

# Cast Iron Cooking For Dummies



## Customer Reviews

This is a very good introduction to cooking with cast iron. The first couple of chapters give you the basics of using cast iron (seasoning, how and what to buy, caring for and using, etc.). The second part of the book has all the recipes with chapters on meats, poultry, seafood, vegetables, breads/cornbreads, desserts, and non-traditional dishes. There is also a chapter on using an outdoor dutch oven and some recipes to go along with that. Overall, the recipes are good but do use more bacon fat and butter than I would like. Every recipe is accompanied by its nutritional information so you can decide if you need to substitute some of the ingredients or not. The hushpuppies recipe has slightly more than 50% of its calories come from fat so let the cook beware. Definitely buy this book if you are new to cast iron cooking. If you are a pro, I might hold off as the book will probably be too introductory.

Being fairly new to this wonderful world of cast iron, I needed all the help I could get, and this book gives you all the help you need. I had been desperate to find ways to clean my old cast iron, and chapt. 3 was right on the money. It was worth buying the book for that chapter alone. I also found out how cast iron is made and also that you really need to search the backround of the company that you are purchasing your cast iron from. Many companies may have names that sound like they are made in the USA, but after checking, they aren't. The problem with this is the contents of the cast iron are not regulated outside the U.S. as stringently as they are here. What I'm trying to say is, you really don't know what you may be eating out of. I am returning an order after finding my item was made in China. It took almost an hour on line to find that info out. It was well hidden. I am now strictly sticking to Lodge Logic. Great products, and a regulated American company.

My husband (of 42 years) has always wanted a set of cast iron cookware (to experience cooking "the way Grandma fixed it"). I finally bought him a full set with dutch oven, fry pan, and skillet - with lids. With this gift, I included a note that said He was the cast iron chef in our house (He has never had to cook before)! After purchasing "Cast Iron Cooking for Dummies", which addresses the care and use of cast iron cookware in addition to recipes, and in-door/out-door use suggestions, my husband has become the guru of cast iron... and has prepared many delectible food dishes. The book has 305 pages of information, extensively covering meats - poultry and fowl - fish and seafood - stews, chowders, and gumbos - vegetables and side dishes - desserts - cornbreads - biscuits and muffins - other breads - sauces, condiments, and marinades - outdoor cooking - game animals - and fun foods. I haven't read this book myself, but my husband did... and has amazed me, even

reminded me - of how good food cooked in cast iron can taste. This must be an amazing book. Cast Iron Cooking for Dummies

Very inclusive. I am recommending this book to all my Scouting friends. The "older" leaders among us have difficulties condensing all of the sources of Cast Iron (particularly Dutch Oven) cooking into a consistently easy reference. This does it!

Not many people are used to cooking with cast iron, this is a great learning cookbook. I've used iron skillets for years and want to camp cook using a dutch oven. This cookbook will advance my knowledge without the quesswork. When your camping and hungry mistakes are not fun!

I'm not overly crazy about the lay out of the book, but the amount of info in here is worth the cost of the book alone. Very few recipes call for processed pre-packaged foods (mostly just a few of the desserts). Its a good starter book for both the info and the recipes.

Great Christmas gift to myself! Great recipes, care of cast iron cookware, and great tips on cooking with cast iron. Anyone who uses even just a cast iron skillet needs this book. So give it as a gift to someone or yourself, we need more cast-iron cooking it's good for our bodies! OH, buy it from .com, it's less expensive

This is a good book for some one who has never owned a piece of cast iron cook ware or are considering buying some. It contains some very useful information in it including the selection types styles and brands. It also is very good about explaining the care and feeding of cast iron cook ware and cooking conversion tables. That is helpful. However the recipes both quantity and type are a bit disappointing. If you are trying to learn about this type of cook ware this is a good book for you but if you are seeking new recipes I think there are better books to be had. Dean

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