



# Cast Iron Cookbook: Vol.1 Breakfast Recipes

*Charity Wilson*

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## **Cast Iron Cookbook Recipes Just For You**

Cast iron skillet cooking is making a serious comeback finally. Cast iron has always been known to have even heating, great heat retention and is so versatile you can use it on a grill, toss it in the oven or even use it over an open flame. Yet very few people were using it.

Some people claim to have been handed down cast iron cookware that is 150 years old. That is amazing. Maybe a bunch of grandmas got together and decided it was time to revive cast iron cooking from the slow death it was experiencing. Who knows and really who cares, you just want to eat great tasting food.

## **What's So Great About Cast Iron Cookware**

For starters, there is the nostalgic feeling you get cooking with them if your family were avid users when you were a kid or those grandparents you only saw once in a while. The flavoring is just better in cast iron as it seems to release its own unique taste. It somehow captures the aromas of many delicious meals and melds it with whatever you are cooking.

Cleaning cast iron is not near as difficult as you have been led to believe. Just clean it while it is still warm instead of waiting until all the food is baked right on. You don't want to use soap on it and can just use hot water. Now if you love to cook and then soak your pans cast iron will not be your friend.

You do not want to soak cast iron as it might rust and then you will really need to do some work. You do need to season your skillet after buying it which does take about an hour (instructions inside) but then you have a skillet that will last for years and years.

Cooking with cast iron is more convenient than traditional pans. You can start the recipe on top of the stove and then finish it off in the oven without changing anything. Just slide the skillet in. Or put the pan right in the oven to start and when it is done serve it right from the pan. Who needs casserole dishes?

You can essentially make any recipe you can imagine in a cast iron skillet.

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