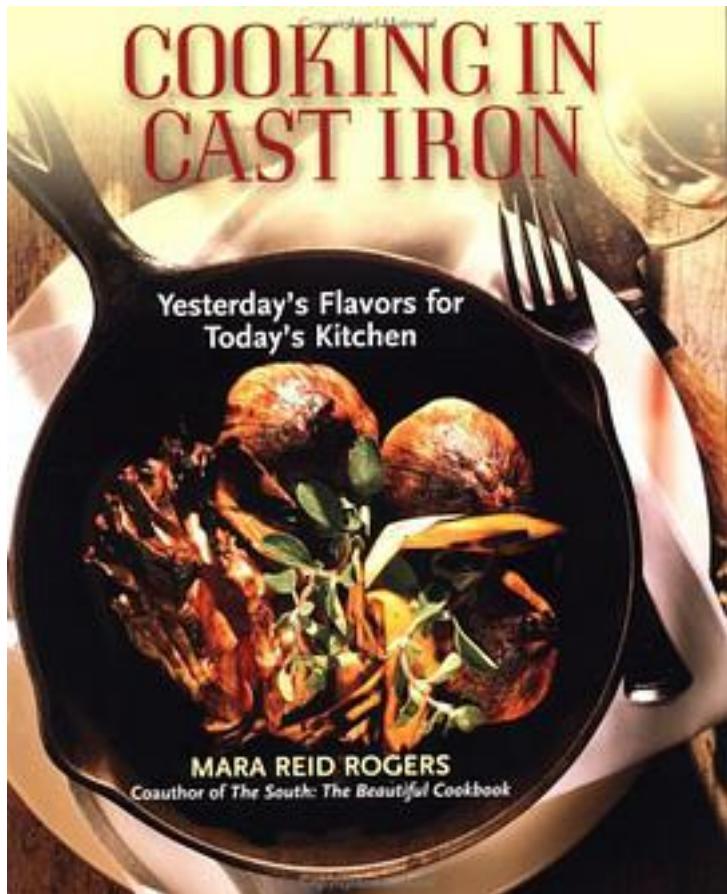


# Cooking in Cast Iron



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No other cookware quite captures the spirit of American homestyle cooking. Durable and timeless, cast iron has been handed down from generation to generation. Today, there are cast iron skillets, Dutch ovens, casseroles, woks, and grill pans. The original non-stick cookware, it's perfect for cooking with less fat or oils-and readily adapts to a

wide range of ethnic cuisine.

Cooking in Cast Iron will acquaint home cooks with the benefits, history, care, and use of this rugged and romantic cookware. Plus, more than 150 recipes-from main dishes and side dishes to breads and desserts-demonstrate the versatility of cast iron in today's kitchens. This culinary celebration of cast iron includes:

- \* Pan-Fried Catfish
- \* Best-Ever Boneless Fried Chicken with Bourbon Gravy
- \* Shrimp Gumbo with Filé
- \* Thai-style "Paella"
- \* Mexican Rice with Annatto and Avocado
- \* Indian Basmati Pilau
- \* Red Pepper Gorgonzola Bread Pudding
- \* Bananas Foster

作者介绍:

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