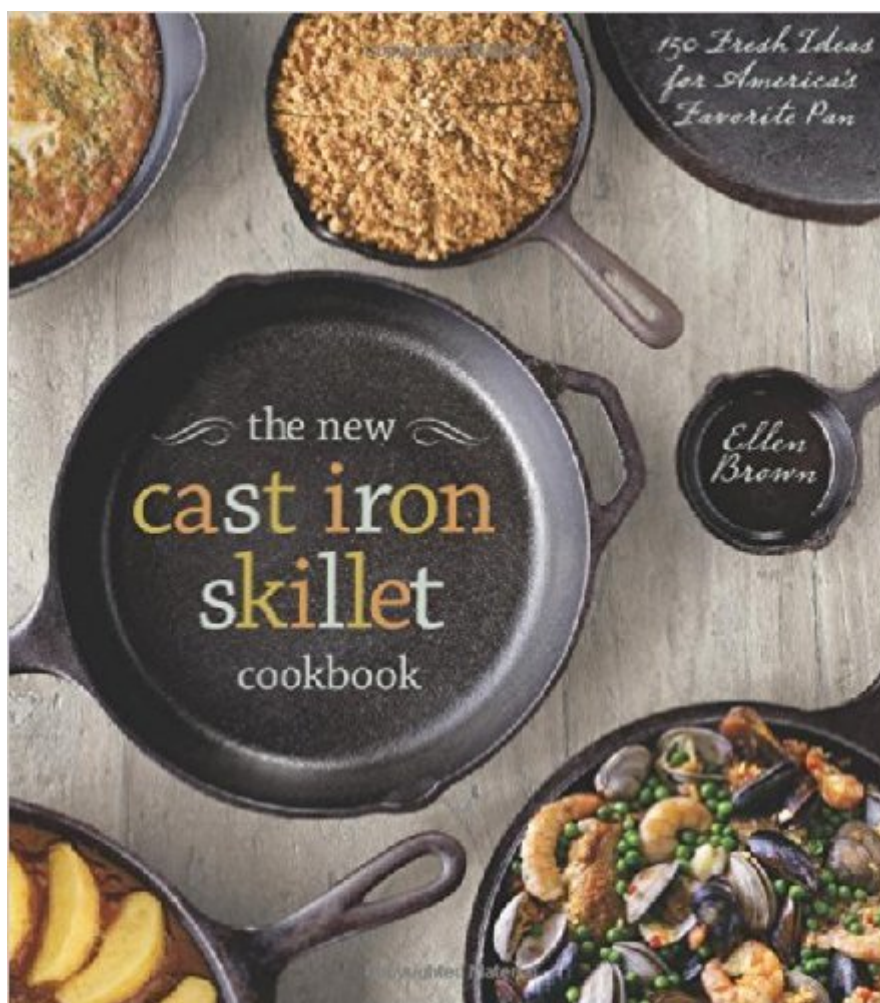


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# The New Cast Iron Skillet Cookbook: 150 Fresh Ideas For America's Favorite Pan



## Synopsis

Cast iron skillets are booming in popularity: they're versatile, they're relatively inexpensive, and they don't have the toxic chemicals released by artificial nonstick pans. Though cast iron was the only pan in grandma's kitchen, these 150 recipes are fresh and updated, from cornbread with Parmesan cheese and sun-dried tomatoes to frittatas, Vietnamese spring rolls, and to-die-for sticky buns.

## Book Information

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## Customer Reviews

Ellen Brown has written what should be called....The Skillet Bible....Having grown up with a grandmother and a mother who used a passed down black skillet to cook with...cooking so many things at home,this book resonates with so many memories for me. Nothing better to turn out a batch of southern fried chicken, calves liver, bacon and onions or perfect fried eggs. Luckily I inherited this choice and well seasoned "Griswold" skillet.As a professional chef it worked it's way into my restaurant for many,many uses, for many years. Cooking real RI jonnycakes and skillet cornbread, ours was good but try Ellen's spicy jalapeno and red pepper cornbread - YUM !!Needless to say, when I sold my restaurant, the pan was not part of the deal!So glad to see Ellen's encouragement for young cooks to use this valuable cooking tool and have it become a precious heirloom for their family like it has been for me.

Love the format, nice concise recipes, beautiful pics, each section has recipes together i.e. all chicken dishes together whereas other cookbooks spread everything all over the place. Most of the recipes are quick and easy. Reminds me of Americas Test Kitchen 30 minute recipes only much better.Btw there are alot of modern current recipes like stir fried thai chicken with basil or salmon

with balsamic chili glaze, both easy to cook. Then there are the old school steak dishes, chicken dishes with lemon and garlic etc. I'm just a guy that's beginning to cook and honestly cooking with cast iron is cool and fun. Less dishes too as you can transfer pan to oven. The food just cooks differently and tastes different. It is an excellent change of pace. I HIGHLY recommend this cookbook and even over all the Americas Test Kitchen books which I like and have a few of. Two thumbs up.

This is a great cookbook! It has great instructional tips on keeping your cast iron well seasoned. It has a wide variety of recipes divided into categories that I like, breakfast and brunch, little dishes, main dishes (different meats), side dishes, breads and rolls and desserts. The instructions are easy to follow and unlike many recipes online, without adding anything to the original recipe the end product is perfect. It looks great and the recipes taste so amazing! I couldn't recommend more this cookbook as well as owning a cast iron skillet!

This book is a solid collection of recipes for cast iron cooking, covering appetizers, mains, and desserts. I didn't even think to make desserts in my cast iron cookware, but it really is perfect for it! That said, there are some shortcomings in the book: Light on Theory. Cooking with cast-iron is quite different from cooking with stainless steel or non-stick pans. This book does describe some of these differences, but is quite light on the theory of what it means to have a tool that retains an incredible amount of heat and has poor heat distribution--how the inability to rapidly change cooking temperatures affects cooking, etc. It also states that cast iron is a great heat conductor, which is inaccurate; cast iron evenly heats over time because of the temperature retaining effects of the metal, not the conductance, as has been tested on Serious Eats and other blogs. This lightness on theory is not a big deal if you've already done a bunch of research on cast iron and know how to use it; it just means that this book is more of a reference for recipes and ideas than for the theory of cooking. Inaccuracies There are some inaccuracies in this book. As mentioned earlier, the myth of heat distribution is repeated in this book. It also states that manufacturing processes have stayed the same for cast iron over the past century; this is actually untrue: the old Griswold cast iron pans have a very smooth surface because after the casting stage, they had an extra grinding/smoothing step in the manufacturing process that smooths out the texture in the pan; modern pans skip this step to reduce costs. The impact is that a Griswold pan will always be more non-stick than a modern Lodge pan, no matter how well you season it; don't get me wrong, I have both pans and I love both of them, but it is an important distinction. Recipes are Repetitious. There are some really great ideas

in this book and some awesome recipes, but be ready for five similar recipes rather than a master recipe with variations. Overall, if you're looking for a compendium of cast iron recipes or a place to get some ideas of what you can do with your cast iron, the notes I've mentioned above won't really affect your enjoyment of this book--it serves those purposes very well. If you're a hardcore cast iron geek and are looking for theory (which I imagine is an incredible minority), you may be disappointed.

Ellen Brown has a long track record of superb cookery books, but she tops them all with this. The recipes cover a very wide range of types of dishes, types of cuisines, and size of recipe yields. But what sets this book off from others is Ellen's side-bar historical notes, plus liberal use of practical preparation tips. And the photos! Each one is a sparkling jewel, including the imaginative cover. As she says in her introduction, skillet cooking is really for "comfort food" -- and that is what we all secretly crave! You will not be disappointed with this purchase.

I'm a novice in the kitchen, so I need clear instructions; and this book is perfect. The guidelines make each recipe accessible, the sidebars are particularly helpful and interesting - and the photos make each dish enticing! This is an excellent guide to making impressive meals easily.

Ellen Brown has once again written a cook book that has delicious recipes that are easy to prepare. Her writing is clear and easy to follow, and makes us all feel like talented chefs. I loved her icecream book "Scoop" and this new book is both beautiful and useful.

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