



## Cast Iron Cooking For Dummies®

*Tracy Barr*

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In some cooking circles, cast iron gets a bad rep – people think it's old-fashioned, heavy, and hard to take care of. And really, how often do folks nowadays need to hitch up a mule and wagon and leave civilization and Teflon-coated sauté pans behind?

True, cast iron is old; it's been around since the Middle Ages. And it is heavy. No one can dispute that even a small, cast-iron pot has a heft to it that no other cookware has. Nevertheless, cast-iron cookware has a place in today's kitchens, and that doesn't mean simply hanging on the wall for decoration. Cast iron has much to offer modern-day cooks; it's easy to use, easy to care for, economical, versatile, and durable, and let's face it, it has a nostalgic appeal that no other cookware has. But more compelling than all those reasons is that it's a great cookware that makes great food. In fact, most cast-iron cooks will tell you that food cooked in cast iron tastes better than food cooked in anything else!

*Cast-Iron Cooking For Dummies* is for those cooks who may want to inject a little adventure and variety into their cooking. If you've never even thought of using cast-iron cookware, or you have a few cast-iron pots lying around, you'll discover all you need to know about making great food using cast iron. Here just a sampling of what you'll find in *Cast-Iron Cooking For Dummies*:

- Selecting the right cast-iron cookware for you
- Seasoning a new cast-iron pan
- Caring for your cast-iron cookware
- Discovering techniques to enhance your cast-iron cooking
- Enjoying cast-iron cooking in the Great Outdoors
- Tons of delicious recipes, from main and side dishes to desserts and international dishes
- Top Ten lists on ways to make your cast-iron cookware last longer, the best dishes suited for cast iron, and tips for achieving success in cast-iron cooking

So, whether you're a cooking novice or an experienced chef, you can find plenty of enjoyment from cooking with cast iron – and *Cast-Iron Cooking For Dummies* can show you the way.

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