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## Cast Iron Cookbook: Vol.1 Breakfast Recipes

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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