Cast Iron Skillet

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| 08/05/2018 | Cactus   1. Boil Cactus for 20 minutes or until it starts to pulp. 2. Strain/Drain Pulp 3. Cast iron .. mix oil, onions, garlic and sausage or whatever meat. 4. Add tomato, jalepeno. 5. Add Cactus 6. Cook until done. |  |
| 08/05/2018 | Liver and Onions  <http://www.thewolfepit.com/2013/03/beef-liver-and-onions-with-gravy.html> |  |
| 07/25/2018 | Seasoning Cast Iron  Normal cleaning after cooking   * Do not use Soap! Soap will remove seasoning. * Do not use metal scrubrush * Scrub with water on Stove. Hot water and salt * Towel dry * Dry on stove or oven * Put oil on * Put on stove and let oil dry. Should smoke   Restoring Cast Iron   * Steel Wool * Remember, water makes it rust – keep it dry * Oil – Wipe off oil before heating. If too much oil is left on then it will become sticky * Result is a hard glossy layer making cast iron non-stick   <https://www.youtube.com/watch?v=7JPyUYbdS5k>  <https://www.youtube.com/watch?v=KLGSLCaksdY>  <https://www.youtube.com/watch?v=digNELTRIbY>  Using Vinegar to restore  <https://www.youtube.com/watch?v=XB-UWnlli34> |  |
| 07/25/2018 | Fried Chicken  <https://www.youtube.com/watch?v=FtY0zUI7dKc>  <https://www.youtube.com/watch?v=-91c-7F8utw> |  |
| 07/29/2018 | Pan Seared Butter Steak  <https://www.youtube.com/watch?v=kbpIYAnt-7k> |  |
| 08/05/2018 | French Cooking  <https://www.youtube.com/watch?v=bbD8clWU5mk> |  |
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