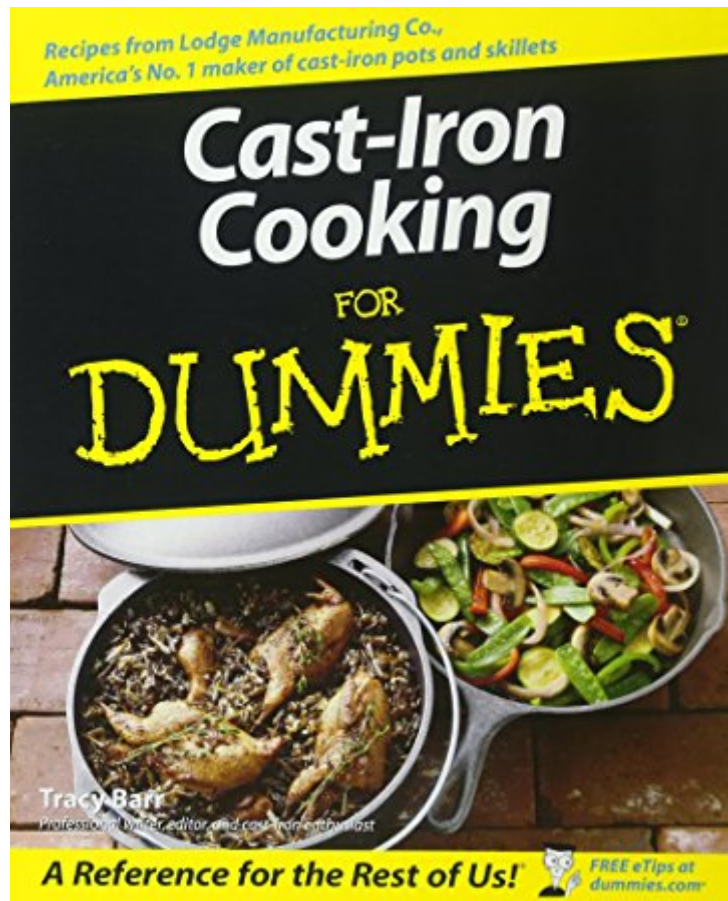




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Cast Iron Cooking For Dummies



Customer Reviews

I was looking for a friend who wanted to learn all the ins and outs of cooking with cast iron, from seasoning new and used c.i. to cooking outside on an open fire. She has had a crate of brand new never seasoned nice cast iron, she's never touched, for years. No one had any helpful suggestions. She knew I've used it for years, and camp and cook outdoors with it a lot. So she asked me to help her. She wanted a book in case the world went to s*** and I couldn't be reached. So I did the research myself. After looking through cast iron cookbooks for about 4 months, I bought her Cast Iron Cooking for Dummies. (My mom has several "Dummies" books they are not degrading at all. It's just a very point by point simple breakdown of everything you need to know to do, what ever it is your wanting to learn about, in that particular subject.) The Cast Iron Cooking for Dummies book is wonderful. I read the entire thing and wrote little notes to her throughout the book. I even learned a few things! It has all the ins and outs I just spoke of plus good recipes. It has a lot of wild game recipes as well. I enjoyed it very much and copied out a few of the recipes before I gave it to her!

Like most all of the "for Dummies" series of books, this one spends a bit of time just explaining the book and how it's organized as well as "conventions" for cooking terms used in the book and in the recipes. Fair enough, some people need that I suppose, though at times the tone can get a bit too close to condescension. This is as close to an exhaustive book on cooking with cast iron from beginning to end. Includes information on what it is, history of, why to use it, why it's better, how to shop for a cast iron pan/pot, how to care for your cast iron. It is a great one-stop for a cast iron reference book AND Recipe cook book. The inclusion of Chapter 5 regarding cooking techniques is a welcome inclusion for those of us that learned to cook in college out of a necessity for survival and nothing else. The small table on cooking method and temperature (braising, sauteing,etc) is something I've not seen included in any other of the 30 plus cookbooks I've purchased since having children. Each recipe section (beef, poultry, seafood) further explain cuts of meat and tips for cooking each. It goes without saying as this is a dummies series that the recipes are basic and straightforward lacking in pretension or complication (for the most part though there is a hint of vermouth or marsala wine here and there). As a reference book, this is a must have for the novice or experienced cast iron cook. For recipes this is a great starter or a "back to basics" cook book for those of us who hit ruts easily in our cooking

I am fairly new to cast iron ownership and use. My grandmother used cast iron pans often. She is gone now, but I remember and I wanted to learn more. I am researching the differences in using

cast iron versus my other pans. This book was fun to read from front cover to back cover. Lots of humor. I will say I believe the author leaned pretty heavy on, or quoted heavily from, Lodge Mfg. Co. cast iron factory literature or cook books. If you purchased Lodge's cookbook, "A Skillet Full," you already have most, or all, of the recipes found in this book. Also noticed most photo's of pots, pans, and accessories are courtesy of Lodge Manufacturing Co. I am not saying this is good or bad...just what I noticed. And since I'm new to this topic I am not sure if there just isn't more information out there for the author to utilize, or if we need to be asking more/different questions. What I did gain from this book over the Lodge literature were more details on how to select used cast iron cookware and when/how/why to re-season your pans. All in all - I think this will be a good reference book for me to keep. I hope this review helps!

My husband (of 42 years) has always wanted a set of cast iron cookware (to experience cooking "the way Grandma fixed it"). I finally bought him a full set with dutch oven, fry pan, and skillet - with lids. With this gift, I included a note that said He was the cast iron chef in our house (He has never had to cook before)! After purchasing "Cast Iron Cooking for Dummies", which addresses the care and use of cast iron cookware in addition to recipes, and in-door/out-door use suggestions, my husband has become the guru of cast iron... and has prepared many delectable food dishes. The book has 305 pages of information, extensively covering meats - poultry and fowl - fish and seafood - stews, chowders, and gumbos - vegetables and side dishes - desserts - cornbreads - biscuits and muffins - other breads - sauces, condiments, and marinades - outdoor cooking - game animals - and fun foods. I haven't read this book myself, but my husband did... and has amazed me, even reminded me - of how good food cooked in cast iron can taste. This must be an amazing book. Cast Iron Cooking for Dummies

Like all "Dummy" books, this one has good useful information for caring for and using your cast iron cookware. It advises how to buy, season, clean and use it and it has some good recipes too. I find myself pulling mine out frequently for reference. I use my cast iron camping and for cooking in the home kitchen and have bought several skillets at yard sales or the flea market. The book tells you how to revive an old cast iron pot and keep it looking shinny black with a well seasoned surface. I have several of the Dummies books and have all very useful.

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