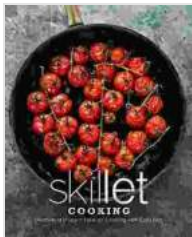


Discover Modern Take On Cooking With Cast Iron

Cast iron cookware has been around for centuries, and for good reason. It's durable, versatile, and can evenly distribute heat, making it ideal for a variety of cooking methods.



Skillet Cooking: Discover a Modern Take on Cooking with Cast Iron by Julie Kramis Hearne

★★★★★ 5 out of 5

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In recent years, cast iron cookware has seen a resurgence in popularity, as more and more home cooks discover its many benefits. But cast iron can also be a bit intimidating, especially if you're not used to cooking with it.

That's where this guide comes in. We'll cover everything you need to know about cooking with cast iron, from choosing the right pan to seasoning and cleaning it properly. We'll also share some of our favorite recipes, so you can start using your cast iron cookware right away.

Choosing the Right Cast Iron Pan

Not all cast iron pans are created equal. When choosing a pan, there are a few things you'll want to keep in mind:

- **Size:** Choose a pan that's big enough to accommodate the amount of food you'll be cooking, but not so big that it's difficult to handle.
- **Shape:** Cast iron pans come in a variety of shapes, including round, square, and rectangular. Choose a shape that's best suited for the type of cooking you'll be doing.
- **Material:** Cast iron pans are typically made from either cast iron or enamel-coated cast iron. Cast iron pans are more durable, but enamel-coated pans are easier to clean and maintain.
- **Price:** Cast iron pans can range in price from \$20 to \$200. The price will depend on the size, shape, and material of the pan.

Seasoning Your Cast Iron Pan

Before you start cooking with your cast iron pan, you need to season it. Seasoning is a process that creates a protective layer on the pan, which prevents it from rusting and makes it easier to clean.

To season your pan, follow these steps:

1. Wash the pan with hot soapy water and dry it thoroughly.
2. Apply a thin layer of vegetable oil to the pan, using a paper towel or your fingers.
3. Heat the pan over medium heat for 10-15 minutes, or until the oil is smoking.
4. Allow the pan to cool completely.
5. Repeat steps 2-4 two to three times.

Cooking With Cast Iron

Once your cast iron pan is seasoned, you're ready to start cooking! Cast iron pans can be used for a variety of cooking methods, including:

- **Searing:** Cast iron pans are ideal for searing meat, as they can get very hot and create a beautiful crust.
- **Baking:** Cast iron pans can also be used for baking, as they can distribute heat evenly and create a crispy crust.
- **Braising:** Cast iron pans are perfect for braising, as they can slowly cook meat and vegetables until they are fall-off-the-bone tender.
- **Frying:** Cast iron pans can be used for frying, as they can handle high temperatures and create a crispy crust.
- **Grilling:** Cast iron pans can be used for grilling, as they can get very hot and create beautiful grill marks.

Caring For Your Cast Iron Pan

Cast iron pans are relatively easy to care for, but there are a few things you should keep in mind:

- **Don't wash your pan with soap:** Soap can remove the seasoning from your pan, so it's best to simply wipe it out with a damp cloth after each use.
- **Dry your pan thoroughly:** After washing your pan, dry it thoroughly to prevent rust.
- **Oil your pan regularly:** Every few months, you should oil your pan to keep it seasoned and prevent rust.

- **Store your pan in a dry place:** Store your cast iron pan in a dry place to prevent rust.

Recipes

Now that you know how to choose, season, and care for your cast iron pan, it's time to start cooking! Here are a few of our favorite recipes:

- **Seared Steak:** Preheat your cast iron pan over medium-high heat. Add a tablespoon of oil to the pan and swirl to coat. Season the steak with salt and pepper and add it to the pan. Sear for 2-3 minutes per side, or until the steak is cooked to your desired doneness.
- **Baked Cornbread:** Preheat your oven to 400 degrees Fahrenheit. In a large bowl, combine 1 cup of cornmeal, 1/2 cup of all-purpose flour, 1 teaspoon of baking powder, 1 teaspoon of baking soda, and 1 teaspoon of salt. Add 1 cup of milk and 1 egg and stir until just combined. Pour the batter into a greased 8-inch cast iron skillet and bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
- **Braised Short Ribs:** Preheat your oven to 300 degrees Fahrenheit. In a large Dutch oven or cast iron pot, brown 3 pounds of short ribs over medium-high heat. Add 1 onion, chopped, 2 carrots, chopped, and 2 celery stalks, chopped. Cook for 5 minutes, or until the vegetables are softened. Add 1 cup of red wine and 1 cup of beef broth and bring to a boil. Reduce heat to low, cover, and simmer for 2-3 hours, or until the meat is fall-off-the-bone tender.
- **Fried Chicken:** Preheat your cast iron skillet over medium heat. Add 1/2 cup of vegetable oil to the pan and swirl to coat. In a large bowl, combine 1 cup of all-purpose flour, 1 teaspoon of salt, and 1 teaspoon

of black pepper. Dredge the chicken in the flour mixture and add it to the pan. Cook for 10-12 minutes per side, or until the chicken is golden brown and cooked through.

- **Grilled Cheese Sandwich:** Preheat your cast iron griddle or skillet over medium heat. Butter one side of each slice of bread. Place one slice of bread, butter-side down, on the griddle or skillet. Add cheese and your favorite toppings. Place the other slice of bread on top, butter-side up. Grill for 2-3 minutes per side, or until the cheese is melted and the bread is golden brown.

Cast iron cookware is a versatile and durable kitchen essential that can be used for a variety of cooking methods. With proper care and seasoning, your cast iron pan will last for years to come.



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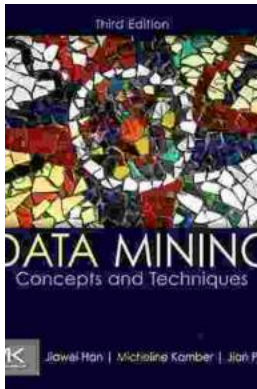
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