

[Free] Paleo Cast Iron Skillet Recipes

Paleo Cast Iron Skillet Recipes

Louise Davidson

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Louise Davidson : Paleo Cast Iron Skillet Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Cast Iron Skillet Recipes:

8 of 8 people found the following review helpful. Give it a Try!By Interested PartyCast iron cooking is something I have done for many years. It took me a few tries to get learn how to maintain the cast iron but I now have a cast iron skillet that is almost 20 years old and ready to go in a moments notice. When I saw this book that combined cast iron cooking for a Paleo diet I was intrigued.Starting off the book thoroughly covers what you need to do to season your

cast iron skillet and the steps required to maintain the skillet for many years. The author suggests skipping this section if you are experienced with cooking with cast iron. There are appropriate notes in case you are not familiar with cast iron, such as: the skillet stays hot much longer than non-cast iron skillets so handle with caution. The benefits of cooking with cast iron help to round out this section. The book then gets right to the recipes. There are sections on cooking with fish, chicken, beef, pork and lamb and vegetarian. There is also a section on sides and accompaniments. With the different types of proteins and sides, there are many combinations that can be put together so you won't get tired with the varieties in the dishes. I like to try one or two recipes before writing a review. This time I was able to complete one chicken dish and a side dish. I tried the Chicken Jambalaya and with another meal I had the Toasted Pecan and Cranberry Salad. Both of the dishes turned out great. The prep was easy and cooking time was reasonable and for both dishes. Using the cast iron skillet to make these meals was different as I have not cooked much beyond the usual things you cook in cast iron. The author, Louise Davidson, included number of servings, preparation time and cooking time. Each recipe includes Nutritional information - calories, carbs, fat, protein, sodium and sugar. This is valuable to many people, especially those on restricted diets, and is not included in all recipe books I see. If you already use a cast iron skillet or want to try it I highly recommend this book. Even if you are not on a strict Paleo diet or haven't tried it these are delicious recipes well worth a try. Highly recommended. 3 of 3 people found the following review helpful. What's Old Is New! By Tag Powell What's Old Is New! Cast iron has been cast and used in cooking by the Chinese as far back as the 5th century. I'll bet your grandmother and great grandmother both carefully protected their cast iron wonders. The cast iron skillet lost popularity in the last few years but is rocketing back and is in great demand today. Still the secret to properly preparing the pan is not known today. The author Ms. Davidson covers the basics and gives you a detailed instruction in how to prepare a new skillet. Did you know you only wash the cast iron once in its entire life time. You will learn how to maintain the skillet and why it is a superior cooking tool. Then she delivers a great collection of recipes for cast iron. The book is divided into easy to use sections, fish, chicken, beef, pork and lamb. A special section for vegetarian recipes and she even covers sauces and sides and it's all delicious Paleo. If you own cast iron or plan to buy one this book is for you. Recommended! 1 of 1 people found the following review helpful. Cooking with the Iron. Love it. By Big Daddy Cast Iron cooking has been around for a long time as Louise stated. I use a Dutch oven a lot. But there is just something about cooking in the Iron. I enjoyed this book and it is good also if you don't know anything about it. Well laid out. I think this is the first book I have read for Paleo Iron. Well done and you had my mouth watering a couple times! :)

Delicious Paleo recipes cooked in Cast iron skillets! What could be better? To cook or not to cook that is the question that comes across the minds of even the best of at-home chefs after a long and tiring day. Cooking can be a big production if you want to cook clean, healthy meals, and if you've switched over to the Paleo lifestyle, it can seem like an even greater challenge. Paleo Cast Iron Recipes book is ready to rescue you from those mid-week cooking blues with simple recipes that can be whipped up in a single handy-dandy cast iron skillet. Yes, you read that right. Just one pan and you can have a meal that is fit for kings or for the royalty sitting at your very own table! Today we have become used to easy-peasy meals in boxes, frozen dinners, and microwaveable feasts to help us out on those lazy days. However, if you've gone Paleo, that just isn't an option anymore, and that is why this book is here to help. In this book, you will find a fantastic collection of recipes designed for the Paleo cook with precious time. The offerings include delicious meaty meals like Pancetta Meatballs and Beef Ragu or a Beef and Sweet Potato Casserole that is going to have everybody asking for seconds. We've tried to give you some variety by taking this cookbook to all four corners of the globe, so be sure to try out Indian Chicken Biryani with Mint Chutney, Cashew-Parm Chicken, or Fish Tacos with a lovely Orange Cilantro Salad. The cookbook has a delicious selection of vegetarian dishes that you can use as sides or as a stand-alone meal. Plus, the sides section provides standard recipes like Zucchini Noodles and Flaxseed Tortillas to accompany other dishes. With 35 recipes, you are guaranteed to have a month's worth of delicious Paleo meals that are easy to whip up in one dish. The dishes are clean, whole foods, and so delicious that you can bask in your at-home chef prowess without spending hours in the kitchen. Let's start cooking! Scroll back up and order your copy today!

easy By Rose This book is what non professional cooks need. SIMPLICITY! my partner and I cook together and we like this book. My Newest Go To By Mary Scott I love Paleo and rarely eat any other way so I'm always looking for new recipes. I also love my cast iron pots. I've cooked in cast iron for decades. This book has great recipes for both. I'm especially excited to see jambalaya and gumbo! This Cajun girl will be trying those this weekend! About the Author Louise Davidson is an avid cook who likes simple flavors and easy-to-make meals. She lives in Tennessee with her husband, her three grown children, her two dogs, and the family's cat Whiskers. She loves the outdoors and has mastered the art of camp cooking on open fires and barbecue grills. In colder months, she loves to whip up some slow cooker meals, and uses her favorite cooking tools in her kitchen, the cast iron pans, and Dutch oven. She also is very busy preparing Christmas treats for her extended family and friends. She gets busy baking for the holiday season sometimes as early as October. Her recipes are cherished by everyone who has tasted her foods and holiday treats. Louise is a part-time writer of cookbooks, sharing her love of food, her experience, and her family's secret recipes with

her readers. She also loves to learn and share tips and tricks to make life easier.