



# Cooking in Cast Iron: Inspired Recipes for Dutch Ovens, Frying Pans, Grill Pans, Roaster, and more

*Valerie Aikman-Smith*

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Stylish and functional cast-iron cookware is prized for its versatility, durability, and exceptional heating capabilities. Now home cooks can get the most out of their cast-iron collection with over 40 recipes for the Dutch oven, skillet, and more.

Whether it's your grandmother's well-seasoned black skillet or the brightly colored enameled pot you received as a wedding present, cast iron is the perfect choice for nearly any cooking task. You can use a Dutch oven to slow-simmer chicken until meltingly tender; a heavy frying pan to sear steaks to a juicy, browned finish; a ridged stove-top grill pan to cook golden and oozing cheese sandwiches; and a sturdy roasting pan to caramelize sweet root vegetables in the oven. Organized by type of cookware, each chapter shows the many ways to use these popular pots and pans, adored by professional chefs and home cooks alike. More than 40 tempting recipes are included, many of which boast beautiful, full-color photographs. From a hearty vegetable frittata and spicy beef chili to comforting lemon-herb chicken and decadent chocolate bread pudding, this book offers recipes for every meal of the day.

### Sample Recipes:

#### Dutch Ovens & Braisers

Olive oil-braised potatoes with herbs  
Brussels sprouts with bacon & onions  
Herbed beef stew  
Southern-style fried chicken  
Garlic-braised chicken  
Asian-style braised short ribs  
Rustic walnut no-knead bread  
Berry cobbler

#### Frying Pans

Tomato, arugula & goat cheese frittata  
Dutch baby with cinnamon pears  
Zucchini fritters with herbed yogurt  
Jalapeño-cheddar corn bread

#### Grill Pans

Summer vegetables with balsamic  
Fish tacos with mango salsa  
Chicken under a brick  
Three-cheese panini  
Peaches with cardamom honey

#### Baking, Roasting & Gratin Pans

Breakfast strata  
Potato & chard gratin  
Macaroni & cheese with bread crumbs  
Meat lasagna  
Rhubarb & apple crumble

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