



The Creative Cast Iron Cookbook: 50 Clever, Delectable, and Easy to Make Cast Iron Dinner Recipes

Tammie Smith

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Cast Iron cooking is gaining in popularity. This cookware is one of the most multipurpose cooking utensils you could have in your kitchen. Cast iron cooks exceptionally well at any heat in the oven or on the stove top and with any type of food. The cast iron cooking lifestyle is easily adaptable to most diet plans such as Paleo, Vegan or Gluten Free, just to name a few. Inside you will find the history of cast iron cooking, an introduction to cast iron cooking; caring for cast iron, and also health benefits. You will also discover my Amazing, Healthy, Quick and Easy Cast Iron Recipe favorites ... ENJOY!!

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Ronald Johnson:

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