

# Cast-Iron Cooking: Recipes & Tips for Getting the Most out of Your Cast-Iron Cookware



Get the most from your cast-iron cookware with 40 fabulous recipes especially designed for cast iron, from a full English breakfast to chilaquiles, pan pizza, cheesy beer fondue, Korean fried chicken, vegetarian chili, mango curry, party nuts, two kinds of cornbread, baked apples, gingerbread -- and the perfect grilled cheese sandwich! You'll also learn how to buy the cast-iron pots and pans that are right for you and how to care for them successfully.

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