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Paleo Cast Iron Skillet Recipes



Synopsis

Delicious Paleo recipes cooked in Cast iron skillets! What could be better? To cook or not to cook â “ 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 youâ™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 youâ™ve gone Paleo, that just isnâ™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. Weâ™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 ZuCa Noodles and Flaxseed Tortillas to accompany other dishes. With 35 recipes, you are guaranteed to have a monthâ™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 get's cooking! Scroll back up and grab your copy today!

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Customer Reviews

Cast 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.

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