



## The Cast Iron Cookbook (Paperback)

By Judith Peyton

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors - it s how you combine them that sets you apart. - Wolfgang Puck Cooking is one of the most beautiful arts. It s not only fulfilling in a literal sense, when you cook something delicious you are fulfilled mentally too. Many books on Amazon will teach you how to use a slow cooker, show you the ropes of a spiralizer, or take you on a tour of your oven. This book does none of that. In this book you will learn how to cook using the most flavorful method of all, the cast iron skillet. The cast iron skillet retains flavors from past meals and injects them into future meals. It is an easy way to cook and the taste is unrivaled.



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