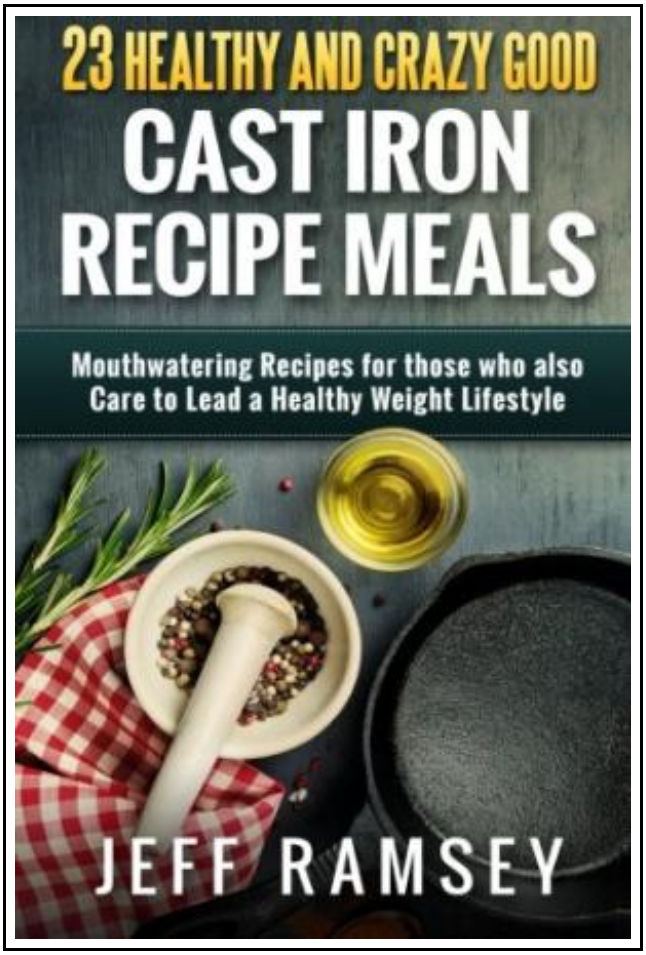
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Reviews

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(Claire Carroll DVM)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Don t have enough hours in the day to prepare healthy but crazy good meals? 23 Healthy and Crazy Good Cast Iron Recipe Meals was created to produce Fast, Healthy and Crazy Good meal results, while making it as easy as possible for the average person to learn about Cast Iron Cookware and Cooking. Any idea what these black and glossy pots and pans are all about? Well, they are similar to what your mom and grand mom cooked with, when cooking the food that you grew up eating. When you eat your meals now and compare it to grannies or nanas cooking, you must definitely be wondering why their food was much tastier than what you currently prepare? You may even be using their recipes but your meals just don t have the same taste. Lets face it, with Cast Iron Cookware it isn t hard to eat delicious food. The hard part is planning, preparing, and maintaining your Cast Iron Cookware. The problem with our generation is that we are either too much into junk, or extremely health conscious. If you are one of the health conscious ones, then I bet you opt for non-stick cookware, which requires less oil. Well, herein lies the difference. The same dish cooked in a metal cookware (read, cast iron) will taste different (better different). The best part of using cast iron cookware is that you can try out the same recipes, which you cooked in the same old non-stick cookware, and taste the difference. In this book We have brought to you many recipes from the classic American corn bread to casseroles, from Mexican tacos to Asian noodles, plus...

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