



★ SUPER- PAN!

GUIDE TO
CAST-IRON
COOKING.

No kitchen is complete without a **cast iron skillet**. These trusty “**workhouses**” are sturdy, cheap and versatile for both **stovetop** and **oven cooking**. Perfect for one-pot or pan recipes, this cookware **staple** could be used for a **lifetime** of meals—and if taken care of—may actually last for a lifetime of your **grandchildren’s** meals as well.

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Whether you’re looking to serve up a sizzling steak, sauté some veggies or make the perfect frittata, the classic cast iron skillet may be just be your new best friend. This hardy metal cookware is made to withstand high temperatures and can be used on the stove, in the oven or even over an open fire. Cast iron products come in all shapes and sizes, from six-inch pans to face-sized griddles, dutch ovens and more.

“SEASONING” CAST IRON

Before you get to cooking, though, your cast iron should be seasoned. The same way a guitar must be tuned or stiletos broken in, cast iron products should be seasoned to yield the tastiest results. But we aren’t talking about sprinkling on some oregano.

“Seasoning” in this context is a process that, according to magazine and *Delish*, bakes a layer of oil into the pan to allow it to withstand the blazing temperatures necessary for a seared steak, yet slippery enough to make eggs without fear of sticking.

This process will naturally continue over time as buildup from cooking creates a smooth yet tough surface. Basically, the more the cast iron is used, the better it gets.

SEASONING IN FOUR STEPS

1. Scrub your cast iron with soap and warm water until smooth, then rinse thoroughly.
2. To dry, pat with a paper towel or cloth and then place over medium heat on a stovetop until all moisture is evaporated.
3. Rub about two teaspoons of vegetable or canola oil into the cast iron using a paper towel. Buff all sides (even the handle) of the pan until it no longer appears greasy.
4. Place the cast iron in a 450-degree oven for 45 minutes to an hour, then allow the cast iron to cool in the oven for an additional 15 minutes with the door closed. Afterwards, carefully remove the cookware and let it cool completely.

PEACHY KEEN COBBLER

Ingredients:

- 2 cups sliced peaches
- 1½ cups sugar
- 1 cup all-purpose flour
- ¾ cup milk of choice
- ½ cup butter
- 2 tsp baking powder
- Sprinkle of salt
- Whipped cream to serve

Method

1. Preheat oven to 375 degrees Fahrenheit.
2. Add peaches, ½ cup sugar and ½ cup of flour to a large mixing bowl, tossing until the peaches are evenly coated.
3. In another large mixing bowl combine the remaining flour, baking powder, milk, ¾ cup sugar, and a sprinkle of salt.
4. Melt the butter in a cast iron skillet over low heat. Once melted, pour batter from the previous step into the butter; do not stir.
5. Pour peach mixture into the batter mixture; don’t stir.
6. Place the cast iron on the top oven rack and bake for 30-40 minutes or until crust is golden brown and puffy.
7. Carefully remove the skillet from the oven, and allow it to cool slightly before serving with a dollop (or more) of whipped cream.

FETA AND ROASTED RED PEPPER SPINACH FRITTATA

Ingredients:

- 6 eggs
- 2 cups roasted and chopped red bell pepper
- 1½ cups spinach
- ¼ cup milk of choice
- ½ cup crumbled feta cheese
- ½ tsp vegetable oil
- 2 cloves minced garlic
- 1 chopped shallot
- Salt and pepper to taste

Method

1. Preheat oven to 400 degrees Fahrenheit.
2. Whisk together eggs, milk, salt and garlic.
3. Heat vegetable oil in a cast iron skillet over medium heat. Add the chopped shallot, salt and pepper. Once the shallot is translucent, add spinach and roasted peppers, sautéing until the spinach has wilted. Ensure that vegetables are evenly distributed throughout the skillet.
4. Add egg mixture to the cast iron, gently shaking the pan to distribute evenly.
5. Sprinkle with feta before placing cast iron in the oven to bake for 15-20 minutes or until the eggs have set. Season to taste and serve.

Oreo-gasm Cookie Cake

Ingredients:

- 1 package pre-prepared chocolate chip cookie dough
- 15-20 Double Stuf Oreos
- 4-6 scoops vanilla ice cream

Method:

1. Preheat oven to 350 degrees Fahrenheit. In a large cast iron skillet, layer cookie dough and crushed Oreos.
2. Bake skillet covered with aluminum foil for about nine to 11 minutes.
3. Remove foil and continue baking until the cookie dough is golden with crispy edges. Insert a toothpick into the center of the dough to ensure that the cake is fully cooked. The toothpick should come out clean with few crumbs.
4. Once done, remove the cookie cake from the oven and allow it to cool before topping with vanilla ice cream and additional Oreos as desired.

▶ ACCORDING TO UNOCASA, A CAST IRON skillet could tolerate up to 1500°F. Even though only industry standard ovens can get that hot, these pans are probably the most durable kitchenware you’ll ever stock in your pantry.

SPINACH BISCUIT WREATH DIP

Ingredients:

- 1 can pre-prepared biscuits
- 5 oz frozen chopped spinach
- 4 oz cream cheese
- 2 cups freshly grated mozzarella
- ½ cup parmesan
- ½ cup ricotta
- ¼ cup mayonnaise
- 3 cloves minced garlic
- ½ tsp olive oil for brushing
- Salt and pepper to taste

Methods

1. Preheat oven to 375 degrees Fahrenheit.
2. Cut pre-prepared biscuits in half and place around the edge of a cast iron skillet. Brush each biscuit with olive oil. Sprinkle with parmesan.
3. Mix mozzarella, cream cheese, parmesan, ricotta, mayonnaise, garlic and spinach together in a large mixing bowl.
4. Spoon the spinach-cheese mixture into the center of the biscuit ring. Smooth dip so that it is roughly the same height as the biscuits.
5. Place the cast iron in the oven and bake for 25-30 minutes or until dip is bubbling and the biscuits are golden brown. Rotate skillet halfway through baking to ensure even cooking.
6. Serve hot with an extra sprinkle of parmesan, seasoning to taste.

▼ "YOU COULD COOK JUST ABOUT anything in cast iron. From skillet s'mores to garlic knots, these fancy frying pans could substitute almost every kitchen appliance"



SKILLET-SEARED STEAK

Ingredients:

- 2 12-oz New York Strip or Ribeye steaks
- 2 peeled cloves of garlic
- 2 sprigs fresh thyme
- 2 tbsp unsalted butter
- 1 tbsp vegetable oil
- Salt and pepper to taste

Method

1. Remove steaks from refrigerator and allow them to rest at room temperature for half an hour.
2. Heat vegetable oil in a cast iron skillet over medium-high heat.
3. Dab both sides of each steak dry with a paper towel; season generously with salt and pepper.
4. Carefully place steaks into hot and shimmering oil, let cook for about three minutes or until the bottom is browned.
5. Flip and cook for approximately three more minutes or until the steak is heated to about 10 degrees lower than the desired doneness.
6. Reduce heat to medium-low. Add butter, thyme, and crushed garlic cloves to the cast iron.
7. Baste the steaks with butter for about one minute or until they have reached their desired doneness.
8. Transfer steaks to a cutting board. Let rest before slicing, then serve.

*The Perfect
Cast-Iron
Pizza*

Ingredients:

- 1 package pre-prepared pizza dough
- 8 oz marinara sauce
- ¾ cup mozzarella cheese
- ¼ cup parmesan cheese
- 1 tomato
- fresh basil
- 2 tbsp oil
- sprinkle of flour
- sprinkle of cornmeal
- salt, pepper, oregano, garlic powder, and crushed red pepper to taste.

Method:

1. Preheat oven to 450 degrees
2. Preheat a cast iron skillet over medium heat on the stove, so that it's hot but not smoking.
3. Stretch and work the dough into a flattened round.
4. Once the cast iron is hot, sprinkle with flour and cornmeal.
5. After removing the cast-iron from the stove, carefully transfer the dough into the skillet, stretching the dough up the sides of the pan.
6. Set the cast iron back over medium heat and brush the dough with oil.
7. Once the dough begins to bubble, spread the marinara sauce over top. Top with cheese.
8. Brush the crust with oil before placing the cast iron into the preheated oven. Bake for seven to 10 minutes.
9. Top with thinly sliced tomato, fresh basil, and seasonings. Bake for 5 more minutes or until the crust is golden and the cheese is gooey. 🍕