

The book was found

Paleo Cast Iron Skillet Recipes



Synopsis

Delicious Paleo recipes cooked in Cast iron skillets! What could be better? To cook or not to cook – 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 you’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 you’ve gone Paleo, that just isn’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. We’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 month’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!

Book Information

File Size: 2973 KB

Print Length: 91 pages

Simultaneous Device Usage: Unlimited

Publisher: The Cookbook Publisher (January 21, 2015)

Publication Date: January 21, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00SLZFPAG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #475,927 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #172 inÂ Books >

Cookbooks, Food & Wine > Main Courses & Side Dishes > Casseroles #297 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo

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.

[Download to continue reading...](#)

Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) The Simple Skillet Cookbook: 15 Elegant and Easy Recipes for Your Cast Iron or Electric Skillet (Cast Iron Cooking - Skillet Recipes - Cast Iron Skillet Cookbook) Cast Iron Skillet Cookbook -

International Cast Iron Recipe Favorites: Travel The World With Your Cast Iron Skillet - Delicious Cast Iron Recipes Cast Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Ultimate Guide to Cast Iron Cooking: Unlock Over 25 Cast Iron Skillet Recipes - The Only Cast Iron Cookbook You Will Ever Need The 31-Day Paleo Diet Challenge with Cast Iron Skillet Recipes: One Paleo Diet Recipe for Every Day of the Month Using Cast Iron Skillets (Weight Loss & Diet Plans) MY LODGE CAST IRON SKILLET COOKBOOK: 101 Popular & Delicious Cast Iron Skillet Recipes Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Cast Iron and Dutch Oven Cookbook Box Set (2 in 1): Over 60 Easy and Delicious Paleo Recipes Using Cast Iron Skillet and Dutch Oven (Crock Pot & Dump Dinner) Cast Iron Cookbook - The Ultimate Guide to Cast Iron Cooking: Delicious Cast Iron Recipes You Can't Resist Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Easy Low Carb Living Cast Iron Cookbook: 48 Tasty Low-Carb Cast Iron Skillet Recipes For Jump-Starting Weight Loss Cast Iron Cookbook: Timeless Cast Iron Skillet Dinner Recipes The Cast Iron Cookbook: 30 Delicious Breakfast, Lunch and Dinner Recipes You Can Cook in Your Cast Iron Skillet (The Essential Kitchen Series Book 16) Dutch Oven, Cast Iron and Stir-Fry Box Set (5 in 1): Easy and Delicious Dutch Oven, Flat Belly Cast Iron, Paleo, Wok Recipes (Creative Recipes & Camp Meals) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series)

[Dmca](#)