

The New Cast Iron Skillet Cookbook: 150 Fresh Ideas for America's Favorite Pan

By Ellen Brown





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Cast iron skillets are booming in popularity: they're versatile, they're relatively inexpensive, and they don't have the toxic chemicals released by artificial nonstick pans. Though cast iron was the only pan in grandma's kitchen, these 150 recipes are fresh and updated, from cornbread with Parmesan cheese and sundried tomatoes to frittatas, Vietnamese spring rolls, and to-die-for sticky buns.

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Editorial Review

From Booklist

During the last decades of the twentieth century, the cast-iron skillet fell out of fashion with cooks. New technologies produced nonstick-surface coatings for pans and made them the darlings of the culinary world. But nonstick coatings may break down at high temperatures needed for searing some foods, and environmental issues complicate their manufacture. The old technology of the cast-iron skillet, which can be passed down through generations, now looks much friendlier. True, cast iron needs initial seasoning, and its daily care seems counterintuitive (don't wash it!), but it handles so many cooking tasks perfectly and moves seamlessly from stovetop to oven. Brown catalogs recipes covering breakfast, snacks, and dinner, and she appeals to all sorts of ethnic traditions. Her several quesadilla inspirations illustrate that Mexican staple's versatility. There's also a skillet-browned mac and cheese. Detailed instructions smooth the way for cooks new to this time-tested cookware. --Mark Knoblauch

Review

For three decades, Ellen Brown has proven herself a food writer who can shine new light on just about any aspect of American cookery, and her new book proves, once and for all, that a cherished black iron skillet can be the most versatile--and most modern--of kitchen tools to turn out everything from fried chicken to desserts. --John Mariani, author of *The Encyclopedia of American Food & Drink*

This is one of those rare beautiful cookbooks you'll actually use. In fact, I'd venture to guess that you'll likely be compelled to open it daily--or at least every time you draw up a grocery list--and that your trusty skillet will soon settle in to a most convenient storage spot: the stovetop. --Liana Krissoff, author of *Canning for a New Generation*

Ellen Brown's book details the maintenance of old-fashioned skillets, and tells the colorful history of cast iron. Full of updated and everyday classic recipes and useful tips, Ellen has done it again, making *The New Cast Iron Skillet* an indispensable resource. --Joan Nathan, author of *Quiches, Kugels, and Couscous: My Search for Jewish Cooking in France*

About the Author

Ellen Brown gained the national limelight as the founding food editor of *USA Today* as well as one of the founders of the New American Cuisine movement. She has written 40 cookbooks, including the critically acclaimed *Cooking with the New American Chefs* (Harper & Row), which won second place in the Tastemaker Awards, and the 1989 IACP Award-winning *Gourmet Gazelle Cookbook* (Bantam Books). She now writes a weekly column for the *Providence Journal*, and her articles have appeared in numerous publications, including the *Washington Post*, the *Los Angeles Times*, *Bon Appétit*, and *Art Culinaire*. In 1985, she was inducted into the prestigious "Who's Who of Cooking in America." She lives in Providence, RI.

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