



Cast Iron Cooking for Vegetarians

Joanna Pruess

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Joanna Pruess, author of *Griswold and Wagner Cast Iron Cookbook*, now puts to use the delectable medium of cast iron for vegetarian dishes. As the most versatile tool in your kitchen, cast-iron cookware can make a variety of dishes—all you have to do is use your imagination! Cast-iron cookware is a jack-of-all-trades: holding heat evenly, lasting virtually forever, and providing a unique cooking surface that only improves with age. It was probably your mother's favorite pan—and her mother's before her.

Adapted from *Griswold and Wagner Cast Iron Cookbook*, this comprehensive guide is the perfect addition to any vegetarian's bookshelf. Featuring vegetarian dishes such as a Swiss cheese and apple frittata, deep-dish vegetarian pizza, mini cast-iron skillet cornbread, zucchini pancakes, raspberry-blackberry crisp, and much more from *Griswold and Wagner Cast Iron Cookbook*, along with new recipes never seen before, *Cast Iron Vegetarian Cookbook* will have you in the kitchen with veggies in hand before you even flip past the first recipe.

Cast iron is the ideal material for many techniques, as seen from the recipes chosen for this book: Caramelizing apples, glazing butternut squash, roasting asparagus—all are described in scrumptious detail. Also here are directions on seasoning and keeping your cast-iron skillet in pristine shape, whether it's been passed down from cook to cook or it's something you found cheap at a tag sale. This book celebrates the comfort, pleasure, and joy of food.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Thomas Woods:

A lot of people always spent their free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book Cast Iron Cooking for Vegetarians it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not very costly but this book features high quality.

Billy Smith:

This Cast Iron Cooking for Vegetarians is great guide for you because the content that is full of information for you who all always deal with world and have to make decision every minute. That book reveal it info accurately using great arrange word or we can claim no rambling sentences inside it. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but hard core information with wonderful delivering sentences. Having Cast Iron Cooking for Vegetarians in your hand like keeping the world in your arm, info in it is not ridiculous a single. We can say that no book that offer you world within ten or fifteen minute right but this publication already do that. So , this is good reading book. Hi Mr. and Mrs. hectic do you still doubt that?

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