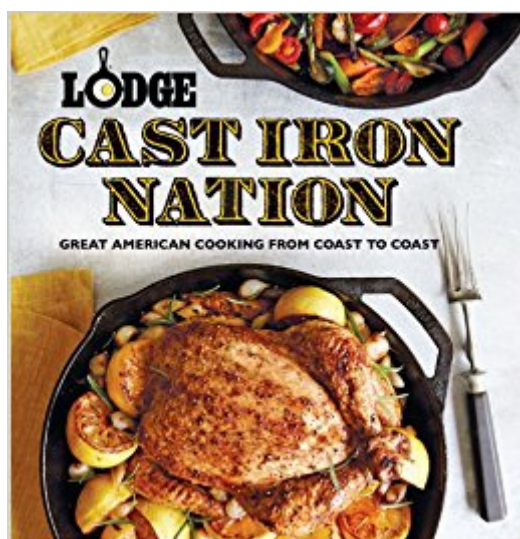


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# Lodge Cast Iron Nation: Great American Cooking From Coast To Coast



## Synopsis

Cast-iron skillets, pots, and Dutch ovens are enjoying a surge in popularity among cookware users all across America, and no wonder: it's inexpensive, long lasting, eco-friendly, sustainable, versatile, and healthy! It's no longer just for the camper or cowboy-today, it's a staple piece of cookware in any kitchen helmed by a cook who loves good food. Lodge Cast Iron Nation provides 200 recipes curated from Lodge's very own network of high-profile chefs and cast-iron cookware fans from around the country. Focused on American regional cuisine, it's packed with a diverse array of recipes-everything from appetizers to desserts and everything in-between. The book reveals the movement behind the resurgence in cast iron's popularity, showcasing exciting new flavor combinations from popular chefs (like John Currence, Lidia Bastianich, Mark Bittman and Peter Kaminsky) and highlighting the cookware's relevance for today's cooks, who are increasingly concerned with issues of sustainability, health, and expense when it comes to their food choices. Packed with classic regional casseroles, soups and stews, new twists on old favorites, plus desserts from the icebox and the oven-this cookbook proves that cast iron isn't just for cornbread. And with in-depth information on how to use and care for cast iron plus surprising tricks and tips-direct from Lodge fans-this cookbook is a comprehensive guide to getting the most out of cast-iron cookware. Finally, Lodge Cast Iron Nation gives back to the country it celebrates; a portion of the proceeds from the sale of every book will go to The Tennessee Aquarium's Serve & Protect sustainable seafood program which is helping inland residents reduce their impact on the world ocean.

## Book Information

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## Customer Reviews

Lodge Manufacturing makes its home in South Pittsburg, Tennessee, set on the Cumberland Plateau of the Appalachian Mountains. Founded in 1896 by Joseph Lodge, Lodge has been manufacturing quality cast-iron cookware for 116 years.

Lodge Cast Iron Nation is not only a great cookbook, but a great reference for how to take care and if need be restore a cast iron skillet.

Very nice recipes but a lot of them call for specific spices that one usually doesn't keep in their pantry. I will say that I've bought some of the spices and the food tastes first class. It was worth the money.

Amazing recipes in here. Great for a cast iron junky, paleo/keto, or someone looking to change things up.

I enjoy the tips and the recipes in this book and have cooked a few of them, all of which were received well. The pictures are all really well done and I like the little bits of background information on the different chefs. It also looks good on the coffee table in the living room. I enjoy cooking with my cast iron pans so I'm glad I picked it up.

Very good book. Have as gift to someone that cooks in cast iron pan

A lot of very good recipes and unique ways to use cast iron

Purchased as a gift and the recipient loves the cookbook!

We really love this cookbook and all of the beautifully colored pics. Recipes are easy to follow and delicious!

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