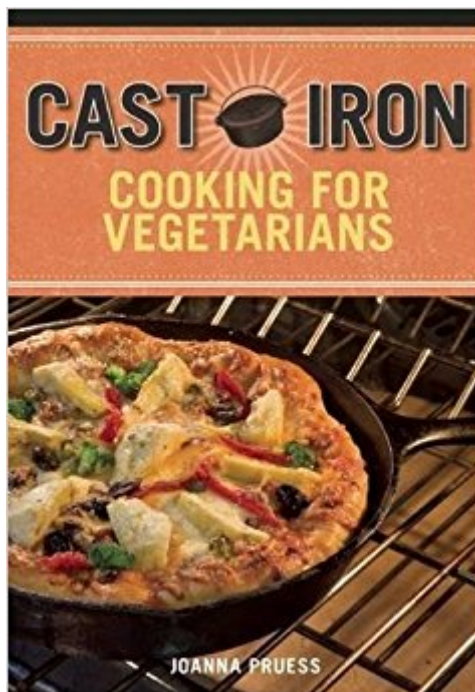


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# Cast Iron Cooking For Vegetarians



## Synopsis

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.

## Book Information

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## Customer Reviews

Joanna Pruess is an award-winning author whose cooking articles and recipes have appeared in the New York Times Sunday Magazine, the Washington Post, Food Arts, Saveur, Food & Wine, and the Associated Press syndicate. Her most recent cookbooks are Cast Iron Cookbook and Seduced by Bacon. She and her husband, restaurant critic Bob Lape, live in the Bronx, New York.

Preuss has collected a nice variety of recipes, mostly for 10-inch cast iron skillets, and has put together an informative section on how to prepare and care for your cast iron skillet. The book itself, however, is a disappointment. The binding is glued so that you basically have to break the book to read it, and even then the pages do not lay flat. There are numerous pictures, but often of generic things like mushrooms or onions decoratively posed, when what I really want is a picture of the recipe's final result! Sadly, the editing is poor too; at least one recipe, the Huevos Rancheros, is missing the proper ingredient list (where are the peppers, cheese, and eggs that the recipe calls for?). Nice try, but I wouldn't waste my money on this one if I could do it again.

There are several good recipes in this book. They are well-written and are easy to follow. I have a problem with the quality of the binding and the paper that was used in printing it. The print in the index is a hard to read color. The pages are thick, shiny and unmanageable and the reader is left having to crack the binding in order to be able to read the recipe and prepare food from it easily. I would have been willing to pay more in order to get a good quality book. Might as well go back to printing recipes off of the internet.

This was a gift for my daughter who is new to cast iron cooking and she is really enjoying it..

For a gift and much appreciated.

It is ok. Not as creative as I had hoped

I bought my copy elsewhere and I have to say that I'm a bit disappointed. Once I received it, I found the ingredients lists are all printed in a light green color ink that is very reflective and glares in bright light. This light color and glare makes it very difficult to read no matter what light you are using. The method instructions are in black and quite legible. I wish they had used the same font/color choices for the ingredient list as for the method sections. In a recipe that I was able to make out (with effort), the method instructions were clumsy. For example, a recipe calls for mashed potatoes. A clear way to do the instructions would be to have the mashed potatoes as a separate item, i.e.,  
"You will need mashed potatoes, and here's how to make those," but they were included in both the list and the method, without demarcation. I think this sort of thing could be confusing to a new cook. I also have to agree about binding issues reported by other reviewers. Two stars because a lot of the book is devoted to good non-recipe information about cast iron cookware in general, printed in black. But as a cookbook, I believe it fails miserably, due to poor font/text color choices and recipe design.

GREAT-----

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