

Crucible  
cookware

# ★ CAST IRON ★

COOKBOOK

ASTONISHING  
CULINARY EXPERIENCES



# Introduction

Nowadays, cast iron cookware is one of the most used kitchen cookware. It has excellent heat retention properties, and can be produced and formed with a relatively low level of technology. Many people are starting to love this cookware. But the common question of everyone is where did it all started?

The first North American cast iron foundry was established back in 1619, and, with such a long history, we tend to think that cast iron really originated in America. Yet, it was not. Cast iron pans' history started as early as the Hans Dynasty in China, way back 206 BC- 220 AD. It was used for salt evaporation purposes back then. Cast iron cauldrons and other cooking pots were valued as kitchen stuffs for their durability and their ability to retain heat, hence improving the quality of cooking meals. In Europe cast iron pans were used already during the 14th century. Before the introduction of the kitchen stove in the middle of the 19th century, meals were cooked in the hearth or fireplace, and cooking pots and pans were designed for use in the hearth. This meant that all cooking vessels had to be designed to be suspended on, or in, a fireplace. Cast iron pots were made with handles to allow them to be hung over a fire or with legs so that they could stand up in the fireplace. Since the American Revolution, cast iron stove were invented. Cooking pots and pans with legless, flat bottoms were designed when cooking stoves became popular; this period of the late 19th century saw the introduction of the flat cast iron skillet. Cast iron cookware was especially popular among homemakers and housekeepers during the first half of the 20th century. As a matter of fact, most American households had at least one cast iron cooking pan.

Today, a large selection of cookware can be bought from Kitchen Suppliers Company, of which cast iron encompasses only a small fraction. However, the durability and reliability of cast iron as a cooking tool has ensured its survival and endurance. Currently, cast iron cookware is very in demand and recommended by most cooks and chefs as an important part of any kitchen. For any number of reasons, cast iron makes a superior skillet that will last for generations and just improve with age.

Cast-iron cookware may seem like an old-fashioned choice. Yet, this reliable cookware is a need in the modern kitchen. It conducts heat excellently, used from stovetop to oven easily with no hassle and last for a really long time. Not only that, but there are health benefits in using this cookware. In using cast iron cookware, customers don't need to use gads of oil in cooking because of its seasoning. Seasoning means coating the cooking vessel with cooking oil and baking it in an oven for an hour. Another benefit to using cast-iron pans in place of nonstick pans is that you avoid the harmful chemicals that are found in nonstick pans. Lastly, this cookware fortifies the food with iron which is a good thing since iron deficiency is fairly common worldwide. These were just some of the benefits in using the cast iron cookware.

There are two kinds of cast iron cookware the Enameled cast iron cookware and the Bare cast iron cookware. Enameled cast iron is cast iron that has a vitreous enamel glaze. The enamel coating over the cast iron prevents rusting, eliminates the need to season the cookware, and allows for more thorough cleaning. It is safe to use with acidic foods and has high heat retention due to its thickness and generally awesome cast iron qualities. Furthermore, these skillets are also safe to use in the oven, on all stoves and on the grill. On the other hand, most bare cast iron cookware is cast as a single piece of metal, including the handle. This allows it to be used on both the stovetop and in the oven. It is relatively cheap compared to enameled cast iron. Bare cast iron can help to evenly deliver heat more efficiently as the result of the unique radiative properties of the dark metal. Additionally, if you have an iron deficiency, bare cast iron can help to add extra iron into your food. Thus, these two kinds of cast iron cookware are both very usable in the kitchen.

## How To Season a Cast Iron Skillet

Seasoning is the process of treating the surface of cast iron cookware with a stick-resistant coating made of polymerized fat and oil.

Seasoning is actually not just a thin layer of oil, it's a thin layer of polymerized oil. In a well seasoned cast iron pan that has been rubbed with oil and heated repeatedly, the oil has been broken down into a plastic like substance that has bonded to the surface of the cast iron. It is this layer that gives well-seasoned cast iron its non-stick properties - a patina of polymerized oils and fats that are tightly locked into the natural pores of the metal.

Fat polymerization is the transformation of a liquid fat into a slick, hard, shiny coating.

A well-seasoned cast iron skillet has a black shine and is very smooth. Using it correctly will make it even blacker and smoother as well as more naturally nonstick over time.

The fat hinders air to come in contact with the iron which makes it impossible for rust to form. That's why it is important to season the whole skillet, including handle and the exterior of the skillet, to avoid rusting. If you have a lid to your cast iron that should be seasoned as well since it comes in contact with air and water and therefore is rust prone.

A properly seasoned skillet also has the benefit of being easier to clean because food will not stick to it.

## What You Need

### Materials

- Dish soap
- Sponge or brush
- Clean, dry cloth or paper towels
- Oil of your choice

### Equipment

- Oven
  1. Preheat oven to 400-450°F.
  2. Wash the skillet with warm, soapy water and a sponge or brush. Cast iron should not normally be washed with soap, this is an exception since the pan is about to be seasoned.
  3. Rinse and thoroughly dry the skillet with clean dish towel or paper towels.
  4. Apply a thin coat of vegetable oil or melted shortening to the inside and outside of the skillet, using a cloth or paper towel. Don't forget the handle.
  5. On the oven's center rack, place the skillet upside down.
  6. Put a piece of aluminum foil under the rack to catch any drips.
  7. Bake the skillet for an hour.
  8. Turn off heat and allow to the skillet to cool completely before removing from oven.

Repeat the process up to five times for optimal result.

You'll know it's time to re-season if food sticks to the surface or if the skillet appears dull or rusted.

## **Oil for seasoning**

To produce the layer of seasoning the oil needs to oxidize and polymerize. More unsaturated oil is more prone to oxidize and polymerize, unsaturated oil is therefore recommended to use for seasoning.

Highly Omega-3 acid rich oil like flaxseed oil produce exceptionally durable layer of seasoning.

## **Maintenance Instructions for more enjoyable cooking and longevity of cast iron skillets**

Each time the skillet is used for cooking, clean and rinse the cookware in warm water and use a cast iron cleaner, scraper or brush to remove food particles form the cookware.

Dry the cast iron immediately with a clean dish towel or paper towels.

Heat the cast iron at low temperature on the stove to allow the cast iron to completely dry out.

When the skillet is a little hot, apply a small amount of vegetable oil to the surface of the cookware with a piece of cloth. Then put the cast iron away to cool down.

Try to minimize the time it takes from when you start cleaning to when you dry and re-season your pan even if that means letting it sit on the stovetop until dinner is done.

## **Don'ts**

- Do not use in the microwave or dishwasher
- Never clean with an abrasive like steel wool
- Never let it soak in the sink
- Never put hot cast iron under cold water
- Never let it air dry
- Never store/refrigerate food in it
- Never put wet cast iron cookware into a storage. That will cause the cast iron to rust

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# Hasselback Potato Skillet Bake

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Serves: 6 to 8

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## Ingredients:

- 6 to 8 baby Yukon Gold potatoes (any long and narrow waxy heirloom will work), based on skillet size
- 8 tablespoons unsalted butter, melted
- 4 garlic cloves, minced
- 4 tablespoons finely minced herbs (I use parsley, rosemary, and thyme.)
- 4 tablespoons grated Parmesan (optional)
- Salt and pepper, to taste

## Directions:

1. Preheat oven to 425° F.
2. Scrub the potatoes thoroughly and remove all the hard bits from the skin, as the skins will be left on.
3. Slice one thin layer off each potato, along the length, then set aside. This serves as a solid base to rest on while you slice them. Place a potato flat side-down and use a sharp knife to make slices that are about 1/8-inch apart; slice into the potato but not completely through it -- the slices should stay connected at the bottom. (Tip: Place a chopstick on either side of the potato so that you hit the chopstick before slicing all the way through.) Carefully fan out the sliced pieces without breaking them apart. Repeat with each potato.
4. In a small mixing bowl, combine the melted butter, garlic, and minced herbs. Set aside.
5. Using a pastry brush, brush the bottom and sides of a cast iron skillet and each potato with the garlic-herb butter mixture. Brush the potatoes generously, making sure to get in-between each slice. Reserve 1/3 of the garlic-herb butter for basting. Nestle the potatoes into the skillet. Sprinkle with Parmesan cheese (if using) and salt and pepper, to taste.
6. Bake for 1 hour -- basting the potatoes every 15 minutes with the remaining garlic-herb butter -- or until tender on the inside and crisp on the outside.

*Thanks to food52.com, Kat Suletzki*

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# Sunday Steak with French Butter

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Makes: 4 servings

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## Ingredients:

- 2 porterhouse steaks, 1 pound each
- Kosher salt
- 1 stick unsalted butter
- 1 1/2 tablespoons flat leaf parsley, chopped
- 1/2 teaspoon garlic, minced
- 1 teaspoon shallot, minced
- Freshly ground white pepper
- Half a fresh lemon
- Oil

## Directions:

1. At least 6 hours before and up to the day before you plan to cook the steaks place them on a cooling rack set over a tray with edges. You want to catch the drips.
2. Season both sides of the steaks with salt. Put them back into the fridge uncovered until an hour before you want to cook them.
3. Allow the butter to soften at room temperature. Meanwhile place the garlic, shallot and parsley into a mortar. Using the pestle bruise, crush, and pulverize the aromatics until they are mushy.
4. Place the butter into a small mixing bowl and smear it around with a rubber spatula. Add the aromatics, a few drops of lemon juice, a pinch of salt and a few grinds of white pepper. Blend the butter until it is one shade of green with no streaks.
5. You can either refrigerate the butter as is or you can roll it up in parchment paper, then foil and twist the ends to form a round log. The foil allows the ends to stay sealed.
6. When you are ready to cook the steaks, season both sides with fresh ground black pepper. Place a cast iron skillet over medium high heat. Add enough oil to coat the bottom of the pan. When the oil is hot -- you don't want it too hot but you want it to start searing right away -- add the steak. Cook the steak on both sides until it is very brown and caramelized. Remove the steak from the pan when it has reached one temperature below where you like. If you want it cooked medium then cook the steak to medium rare and so on. Remove the steak to a sheet tray.
7. Cook the second steak in the same fashion. Both steaks can be cooked up to an hour in advance and left to sit at room temperature. Do not refrigerate them.
8. In your oven place the top rack so it is about 8 to 10 inches from the broiler. Heat the broiler.
9. Using a filet knife cut the meat from each side of the bone then slice the meat into smaller bit size pieces. Re-assemble the steaks on the sheet tray. Smear each steak with some softened maitre d'butter then place a small glob on each steak.
10. Place the steaks under the broiler just long enough to melt the butter and heat the steaks through. Serve.

*Thanks to [food52.com](http://food52.com) [thirschfeld](#)*

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# Andouille Sausage and Cornbread Stuffing

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Serves 6 to 8

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## Stuffing

- 6 tablespoons butter, divided, plus more for baking dish
- 2 large onions, diced
- 3 large celery stalks, diced
- 2 apples, cored and diced

- 1 pound Andouille sausage, removed from casing
- 1/2 cup apple cider
- 1 cup cranberries, fresh or frozen
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 1 recipe Cast-Iron Skillet Cornbread (below), or 1 10-inch cornbread, cut in 1 1/2-inch cubes
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper
- 1 cup chicken stock

### Directions:

1. Place corn bread cubes on a baking sheet and leave out over night to dry. Or, toast the cubes in a 350 F degree oven for 10 minutes.
2. Preheat oven to 375 F degrees. Butter a 9X13-inch baking dish. Melt 4 tablespoons of the butter in a large (12-inch) skillet over medium heat. Add the onions, celery and apples and sauté until softened, about 7-9 minutes. Add the sausage, crumbling it into small bits, and sauté, stirring frequently, for 10 minutes, until cooked and browned. Add the cider, cranberries, rosemary, and sage and cook until the cranberries soften, about 5 minutes. Scrape up the brown bits with a wooden spoon.
3. Place mixture in a large bowl and add the corn bread, egg, 1 teaspoon salt, ½ teaspoon pepper, and enough chicken stock just to moisten the mixture. Stir well. Pour stuffing into prepared dish. Dot with remaining 2 tablespoons butter. Bake until stuffing is heated through and top is golden, 35 to 45 minutes.

*Thanks to [food52.com](#), [boozeandsusan](#)*

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# Cast-Iron Skillet Cornbread

## Ingredients:

- 1 1/2 cups coarse yellow cornmeal
- 3/4 teaspoon baking soda
- 1/2 teaspoon Kosher salt
- 2 large eggs
- 1 1/2 cups plain drinkable yogurt, kefir, or buttermilk
- 1 1/2 tablespoons maple syrup or honey
- 4 tablespoons unsalted butter

## Directions:

1. Preheat an oven to 425 F degrees. Heat a 10-inch seasoned cast-iron skillet in the oven for 10 minutes, until it's very hot.
2. Combine the cornmeal, baking soda and salt in a small bowl. Whisk together the eggs, yogurt and maple syrup in a large bowl.
3. Remove the hot skillet from the oven and add the butter, swirling it until it's melted (it's OK if it slightly browns). Working quickly, pour the hot, melted butter into the egg and yogurt mixture, and whisk until combined. Add the dry ingredients and whisk until just combined. Pour the batter into the hot skillet and and bake until golden, about 20-25 minutes. Allow cornbread to slightly cool before cutting.

*Thanks to [food52.com](http://food52.com), [boozeandsusan](#)*

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# Red Wine Linguini with Clams and Shrimp

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Serves 2

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## Ingredients:

- 1/2 pound dried linguini (really for this recipe you need dry, not fresh pasta)
- 1 pound littleneck clams - scrubbed clean
- 1/2 pound medium shrimp - peeled and deveined
- 1 cup 1/4 inch sliced Spanish chorizo
- 3 medium shallots - sliced

- 3 cloves garlic - sliced
- 1/4 each red, yellow and orange bell pepper cut in strips (I just like the colors, you can use all red if you want) If your peppers are very tall you may want to half the strips.
- 2 cups red wine - I used a cotes du rhone, Bittman uses chianti
- 2-3 tablespoons olive oil (to coat the skillet)
- 1 teaspoon smoked sweet paprika (any roads that don't lead to Bittman end up in a pile of smoked paprika don't they?)
- 1 pinch red pepper flakes (optional - I like heat, I used a BIG pinch)
- Juice from 1 orange (I wanted to use blood orange but they were out, I used a navel but I think blood orange would be awesome)
- 2 tablespoons chopped Italian parsley
- 3-4 turns of the peppermill

### **Directions:**

1. OK for this recipe you really need your mise en place ... it's not hard at all - it just all happens together and you want to make sure everything is cooked just right. Put the wine and one sliced shallot in a small saucepan and bring it to a simmer. Once it has simmered keep it warm on the very lowest setting you have.
2. Bring a pot of heavily salted water to a boil. At the same time heat the biggest skillet you have on medium high. Put your colander in the sink so it's at the ready too. OK you are ready to roll.
3. Once the water is at a rolling boil, add the linguini and set your timer for 4 minutes (my linguini has a 7-9 cook time, I am assuming yours does too, if not, set the time for half the cook time)
4. Add the olive oil to your hot skillet and add the chorizo in. After a couple of minutes when the chorizo has crisped a bit and released some fat, add the other two shallots. Stir everything around. Now add the garlic, paprika, crushed pepper and the clams. Steal about 1/4 c of pasta water and pour it over the clams and cover the pan for a couple of minutes. They should start to open ... take the lid back off. Add in the peppers and the shrimp and gently move everything around to make sure it all cooks evenly. Grind some pepper in now as well.
5. When the 4 minute timer beeps, drain the pasta and put it back in the pot. Add enough red wine to cover it - you may not end up using all of the wine - depends on your pasta. Also fish those wine soaked

shallots out and put them with the pasta. Keep it simmering and set your timer for another 4 minutes. If it dries up add more wine. At the end of the 4 minutes test, It should be a perfect al dente and a gorgeous color to boot.

6. Add the pasta into the skillet with the rest and toss it all together. Squeeze the orange juice in and stir in the parsley. That's it!

*Thanks to food52.com, aargersi*



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# Black Iron Skillet Deep Dish Pizza

## Ingredients:

- Premade pizza dough
- bench flour for rolling out dough
- 1 Tbsp canola oil for skillet
- Pepperoni or deli meats of your choice
- green bell peppers
- fresh tomatoes - some diced, some sliced
- dried seasonings of your choice
- dried basil
- dried oregano

- garlic powder
- Italian sausage marinara
- 2 -3 cups
- lots of shredded or chopped mozzarella cheese
- about 3 cups
- garlic butter sauce

## **Direction:**

### **The crust**

- Preheat the oven to 350 degrees F.
- Picked up some pre-made pizza dough on the way home so that dinner would come together quickly. This was enough dough to make a standard “large” pizza.
- Go for the “stuffed crust” concept, so let’s get our cheese “sticks” ready by cutting a block of cheese into little logs. Then get your dough rolled out. Roll out the dough on a floured surface, then sprinkle the
- Don’t forget to flour your rolling pin also, so it won’t stick. Roll out the dough in a nice wide circle.
- Now prepare your black iron skillet. I’m going to add a tablespoon or so of canola oil to the bottom.
- Transfer the dough to the pan. Let it drape loosely.
- Gently press the dough all the way into the pan.
- Put some mozzarella string cheese, but if you don’t have this you can add the logs of Vermont white cheddar to the edges of the crust.
- Then roll the edges of the crust around the cheese.



## The filling

- For the deep dish pizza concept, do not add the sauce first. Create a barrier between the dough and the sauce with other fillings. So here, cover the whole bottom with pepperoni. Feel free to use turkey pepperoni, or choose the deli meats (ham, turkey, salami, etc.). There were not any spaces left. Then add a handful of green bell peppers.
- Next, add a chopped up fresh tomato. Now add a layer of cheese.
- Started with about 3 cups of mozzarella, chopped into small pieces. Use about half of that in this first cheese layer.
- Now liberally season it all up with some dried basil.
- Finally, here comes the sauce. Make some Italian Sausage Marinara for an eggplant parmigiana recipe, and had some left over in the freezer. This is the perfect dish to use it for.
- Now add the other half of the diced up mozzarella cheese to the top.
- Add thin slices of a large juicy end-of-season tomato, and then topped that with some freshly ground Italian seasoning.
- Lastly, strip some fresh oregano and sprinkle them over the top.



## Cook

- To get that crunchy crust, before throwing the whole thing in the oven, cook it on the stove top for a few minutes on high/medium-high so that oil in the bottom can get super-hot and start cooking the bottom of the crust.
- Cook it for about 10 minutes on 350 degrees, then kicked the temperature up to 450 degrees for the next 10-12 minutes.
- After remove it from the oven, brush the crust with some melted garlic butter.
- Now serve up some deliciousness!

*Thanks to [menumusings.com](http://menumusings.com)*

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# SHAKSHUKA

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Recipe type: Breakfast  
Cuisine: Middle Eastern

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Serves: 4

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## INGREDIENTS

- 3T Olive oil
- 1 large red bell pepper, thinly sliced
- 1 large yellow bell pepper, sliced
- 1 red onion, sliced
- 3-4 garlic cloves, diced
- $\frac{3}{4}$  tsp salt
- cracked pepper to taste
- 1 tsp cumin
- 1 tsp sugar
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp chili flakes
- 3 medium tomatoes diced small
- $\frac{1}{3}$  c white wine or water
- 1 T fresh basil ribbons or chopped Italian parsley
- 4 -6 Extra large organic eggs ( or seared salt and pepper tofu...see below)
- Other optional additions:
  - crumbled feta or goat cheese
  - 1 C browed chorizo
  - $\frac{1}{4}$  C finely diced spanish style cured Chorizo or Merguez, a North African spiced sausage



## INSTRUCTIONS

1. preheat oven to 400F
2. In a large cast iron skillet, heat the olive oil over medium heat. Add the onion and cook until tender, about 5 minutes. ( if adding raw chorizo, brown it with the onions)
3. Add the sliced peppers and garlic, and turn heat down to med-low and cook for 5 more minutes, until peppers are tender.
4. If adding the cured spanish chorizo or Merguez sausage, add it now.
5. Add all spices, sugar and salt.
6. Cook for 2 more minutes. Add fresh tomatoes and white wine (or water).
7. Simmer on low for 15 minutes, adding more water if it gets too dry or thick. You want a stew like consistency. After tomatoes cook down, taste, it should be full flavored and adjust salt and sugar if necessary.
8. Crack 4-6 eggs over the mixture, sprinkling each egg with a little salt and cracked pepper.
9. Add crumble goat cheese or feta ( optional) over the top and place in the 400F oven. Bake until Egg whites are cooked ( about 7 minutes) and yolks are still soft. Remove from oven and top with fresh basil ( or cilantro or Italian parsley). Serve with toast or crusty bread.

*Thanks to feastingathome.com, Sylvia Fountaine*

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# Skillet Cobbler



## INGREDIENTS

- 7-8 fresh peaches - peeled (optional) sliced into chunks or slices ( about 4 Cups total peaches and berries combined)
- 1 cup fresh berries (optional) - huckleberries, blackberries
- ¼ cup white sugar, plus more to taste
- ¼ cup brown sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamon
- 1 teaspoon fresh lemon juice
- 1 teaspoon vanilla
- pinch salt
- 3 teaspoons cornstarch
- For Biscuit topping :
- For the cobbler topping:
- 1½ cups all-purpose flour
- 1½ cups sugar
- ¼ teaspoon salt
- 1½ sticks (12 tablespoons) butter, melted, and then cooled slightly
- FOR SPRINKLING:
- turbanado sugar ( optional)

## INSTRUCTIONS

1. reheat oven to 350°
2. In a large bowl, combine peaches, sugar, spices, salt, lemon juice, vanilla and cornstarch. Toss to coat evenly, and gently fold in berries. Taste and adjust sugar, adding more, if berries are particularly tart.
3. Place the fruit only, in a greased 10 inch cast iron skillet, and heat over the stove over medium heat, until just bubbling and hot in the center about 7-9 minutes.
4. While this is heating, make the topping. Combine flour, sugar and salt in a mixing bowl.

5. Mix the melted butter into the flour and sugar and combine to form a crumbly dough.
6. Pat handfuls of dough into palm-sized disks  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch thick.
7. Add disks of the topping all over the top, overlapping a bit if you like, sprinkle crumbles of the remaining dough, into all the nooks and crannies, and place in the hot oven and bake until golden and crispy, about 45 minutes. ( Check at 20-30 minutes to see if it's getting too dark and if so, foil for a bit).

*Thanks to feastingathome.com, Sylvia Fountaine*

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# Apple Baked Steel Cut Oats

## Ingredients

- 1 C steel cut oats
- 1 teaspoon cardamon
- 1 teaspoon nutmeg
- ½ teaspoon ground ginger
- 1 Tablespoon toasted sesame seeds
- 1 Tablespoon whole flax seeds
- ¼ Cup pumpkin seeds
- 2-3 Apples- cut into ½ inch thick wedges

- ½ teaspoon kosher salt
- 3 Tablespoons real maple syrup, plus more for after
- 3 ½ Cups boiling water
- Serve with maple and butter (optional)

## Instructions

1. Pre heat oven to 375 and Boil 3 ½ Cups Water Toast steel cut oats in a cast iron skillet over medium heat stirring constantly. After 3 minutes add spices, and continue toasting for 2 minutes. Turn heat off.
2. If baking in a casserole dish, transfer now, or bake it in the skillet. Add sesame, flax and pumpkin seeds and salt and give a good stir. Add apples and pour the boiling water over top. Add the maple syrup, and give another stir and place in the hot oven, uncovered. Bake for 40 minutes. At this point, brush the apples with a little more maple syrup ( or use butter) and broil for just a minute to deepen the caramelization until it's perfectly golden.
3. For heartier appetites, serve with butter and maple syrup....or keep it lean.

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Details: Prep time: 10 mins Cook time: 40 mins  
Total time: 50 mins Yield: 4

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# Huevos Rancheros - Skillet Eggs

PREP TIME: 15 mins  
COOK TIME: 15 mins  
TOTAL TIME: 30 mins

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Recipe type: Breakfast  
Cuisine: Mexican  
Serves: 4

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## INGREDIENTS

- 4 x 6 inch tortillas ( I use a corn and flour blend)
- 4 eggs (1 per serving....you can add more if you want)
- 2 cups cooked rinsed beans ( black bean, pinto, cannellini, or heirloom beans)
- ½ onion- sliced or diced
- 2 garlic cloves- minced
- 2 tomatoes- diced
- 1 teaspoon cumin
- 1 teaspoon coriander
- ½ teaspoon chipotle powder
- ½ teaspoon smoked paprika
- ½ teaspoon kosher salt
- cracked pepper
- 2 tablespoons water
- Olive oil
- 1 large Avocado-sliced
- 2 tablespoons chopped fresh cilantro
- 1 lime -cut into wedges
- ½ cup crumbled cotija, queso fresco, feta or goat cheese (optional)
- Hot Sauce
- Optional Additions: bell pepper, kale, zucchini, mushrooms

## INSTRUCTIONS

1. Preheat oven to 400F.
2. In a large pan, saute onion in a little olive oil until tender, about 5 minutes (at this point, if you are adding other veggies, do this now, cooking until tender). Add garlic, sauté for a minute or two. Add ½ of the diced tomatoes (saving half for garnish) and cooked rinsed beans, spices, salt, and 2 T water. Let simmer on med low for a few minutes, stirring occasionally.

3. Brush cast iron skillets ( or one large skillet) with olive oil, coating the edges too. Lay tortillas down and brush tops of tortillas with a little oil.
4. Divide bean mixture, making little indentations with the back of a spoon, for the eggs to rest, so they stay in place (if using large skillet, layer the tortillas so they come up the sides of the skillet a bit (you may need a couple extra), and spread all of the beans evenly over the tortillas, making indentations for the eggs).
5. Carefully break the eggs and place them in the indentations . Sprinkle eggs with salt and pepper, and if you want, crumbled cheese, and place in the hot oven.
6. Check after 10-12 minutes. Cook until egg whites are white and yolks are to your desired doneness. Serve with avocado, lime, cilantro, hot sauce, and fresh tomatoes.

*Thanks to feastingathome.com, Sylvia Fountaine*

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# Easy Turkey Chorizo

PREP TIME: 5 mins  
COOK TIME: 10 mins  
TOTAL TIME: 15 mins

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Cuisine: Mexican  
Serves: 4

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## INGREDIENTS

- 1 pound ground turkey
- 1 teaspoon salt
- 2 teaspoons chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon dried oregano (optional)
- 2 teaspoons granulated garlic
- ¼-½ teaspoon chipotle powder (or cayenne) or sub 1 teaspoon chili flakes
- 1 tablespoon vinegar (white, red, or apple cider)

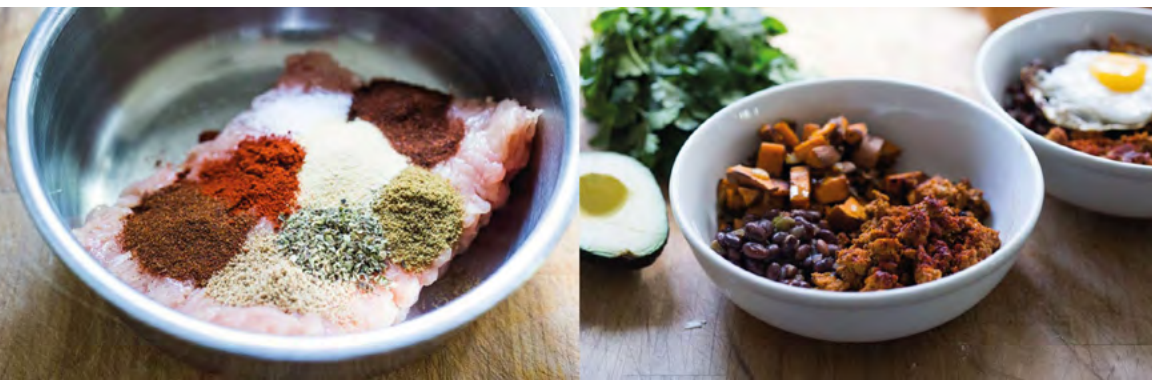
## INSTRUCTIONS

1. Place all ingredients in a medium bowl.
2. Mix well using your hands.
3. Store in the fridge, or freeze until ready to use.
4. To cook, simply brown it in a skillet with a little oil, breaking it up into smaller pieces, like you would ground beef.
5. (Alternately, you could shape into breakfast patties, or burgers, and sear, finishing in the oven if necessary)
6. Use in tacos, burritos, enchiladas, pizza, quesadillas, nachos, etc.

*Thanks to feastingathome.com, Sylvia Fountaine*



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# Garlicky Cruciferous Pasta

PREP TIME: 10 mins

COOK TIME: 20 mins

TOTAL TIME: 30 mins

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Cuisine: vegan/ vegetarian  
Serves: 2-4

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## INGREDIENTS

- 4 ounces dry pasta ( linguini, penne, spaghetti, angel hair)
- 2 tablespoons olive oil
- ½ a medium onion, very thinly sliced
- 4-6 large cloves garlic, smashed
- 1 pound cruciferous veggies (cauliflower, broccoli, cabbage, brussel sprouts, kale) all very thinly sliced.
- 1 teaspoon salt
- ½ teaspoon cracked pepper
- ¼ or more chili flakes
- zest of one lemon
- extra olive oil for drizzling
- Additional optional garnishes- fresh basil ribbons, toasted pine nuts, grated Pecorino cheese



## INSTRUCTIONS

1. Place a pot of water to boil for pasta on the stove, and cook the pasta. (do not salt)
2. While the pasta is cooking, heat oil over medium heat in a large skillet
3. Add onion and smashed garlic and saute for 2 minutes, breaking up the whole garlic with a metal spatula, just a bit, letting the oil infuse with garlic flavor.
4. Add the whole mound of thinly sliced veggies. Let this cook without stirring for a few minutes, and it will begin to settle and lower in the pan, then just gently nudge it around, letting it continue to cook down about 5 more minutes. Add 3 tablespoons hot pasta water and 1 teaspoon salt.
5. Continue cooking over medium heat, stirring occasionally.
6. When pasta is done, drain and set aside until veggies are bright green and tender.
7. Stir in the pasta.
8. Season with pepper and chili flakes.
9. Serve in bowls and garnish with lemon zest, a light drizzle of olive oil, fresh basil, and if you want, pine nuts and grated Pecorino cheese. Or keep it vegan, it's just as good!

*Thanks to feastingathome.com, Sylvia Fountaine*

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# Baked Polenta & Vegetables With Tahini Glaze

## Ingredients:

- 1 cup cornmeal/polenta
- 3 cups water
- 2 tsp. salt
- 1 tsp. dried basil



- 1 tsp. dried oregano
- medium-sized tomato, cut into thin slices
- 1 zucchini, cut into coins
- 1 cup shitake mushrooms, stems trimmed
- 1 small yellow onion, finely chopped
- 1 red bell pepper, julienned
- 1 tbsp. tahini
- tsp. whole seed Dijon mustard
- 1 tbsp. lemon juice
- tbsp. coconut nectar or sweetener of choice
- coconut oil to grease pan
- 1 green onion, thinly sliced
- salt and pepper to taste

### Directions:

1. In a large pot, bring 3 cups water to a boil. Gradually add 1 cup cornmeal, stirring constantly. Add 1 tsp. salt, oregano, and basil. Bring down to a simmer. Keep stirring until most of the water is absorbed, and polenta is thick but still stir-able. This takes about 5 minutes. Remove from heat and set aside. As the polenta cools, its consistency will become thicker.
2. Wash and prepare tomato, zucchini, mushrooms, and bell pepper. Combine with onion in a large bowl.
3. In a separate dish, whisk together tahini, 1 tsp. salt, lemon juice, mustard, and coconut nectar. Add to bowl of veggies and toss until veggies are evenly coated with glaze.
4. Heat oven to 355F. Grease a 12" iron skillet or ceramic baking dish with a thin layer of coconut oil. Evenly spread polenta across the bottom of the skillet. Press the edges upward to form a 1" lip.
5. Add glazed veggies, arranging them in an even layer. Cover with aluminum foil and bake for 20 minutes. Remove foil and bake another 20 minutes or until zucchini is fork-tender.
6. Garnish with freshly ground pepper and green onion.

*Thanks to [peacefuldumpling.com](http://peacefuldumpling.com), Mary Hood Luttrell*

# Bourbon Beet Noodles

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By: Mary Hood Luttrell

Prep Time: 10 minutes

Cook time: 40 minutes

Total time: 50 minutes



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Yield: 4-6 Servings

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## Ingredients

- For the beet sauce :
- 1 1/2 cup water
- 1/2 cup raw cashews
- 1 small beet, roughly chopped
- For the pasta, veggies, and tempeh:
- 1 package or 4 servings brown rice noodles (or pasta of choice)
- 1 package (8 ounces) plain tempeh, cut into thin strips
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 1/2 red onion, thinly sliced
- 3-4 garlic cloves, minced
- 1/3 cup vegetable broth
- 2 tablespoons bourbon or white wine
- juice of 1 lemon
- 2 teaspoons liquid sweetener of choice (I used coconut nectar)
- 3 tablespoons coconut oil
- 3 tablespoons tamari
- 1/2 cup water
- 1 1/2 teaspoon sea salt
- freshly-ground pepper to taste
- fresh basil for garnish

## Directions

1. Prepare beet sauce: Steam the chopped beet for five to ten minutes or until fork-tender. Blend steamed beet, cashews, and 1 1/2 cup water until super creamy. Set aside.
2. Prepare pasta or rice noodles according to package instructions. When finished, drain and rinse the noodles in cool water. Set aside.

3. While the noodles are cooking, cook tempeh. Heat 1 tablespoon coconut oil in a skillet. Sauté the tempeh, stirring occasionally until golden-brown (about 10 minutes). Add 1/2 cup water and three tablespoons tamari. Allow the mixture to simmer until it's turned into a glaze.
4. While the tempeh is cooking, heat the remaining coconut oil (2 tablespoons) in a large skillet over medium heat. Sauté red onion, red bell pepper, and carrot for about 10 minutes or until the veggies are soft and beautifully sautéed (you know that sweet spot).
5. Add garlic, vegetable broth, lemon juice, salt, bourbon, liquid sweetener, and beet sauce to the noodles. Allow the mixture to simmer and thicken for about 10 minutes.
6. Plate the noodles and top with veggies and tempeh.
7. Garnish with freshly ground pepper and fresh basil and thyme. Enjoy!

*Thanks to [peacefuldumpling.com](http://peacefuldumpling.com), Mary Hood Luttrell*



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# Chocolate Protein Pancakes

Prep Time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

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Yield: 8-10 pancakes

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## Ingredients

- 1 3/4 cup whole wheat pastry flour
- 1/4 cup hemp protein powder (or another neutral-flavored vegan protein powder)
- 1 tablespoon baking powder
- 2 tablespoons unsweetened cocoa powder
- 3 tablespoons organic sugar
- 1/2 teaspoon salt
- 2 1/4 cups almond milk
- 1 teaspoon apple cider vinegar
- 3 tablespoons coconut oil (plus more to cook pancakes)
- 3 tablespoons creamy peanut butter

## Directions

1. In a large bowl, add the flour, protein powder, baking powder, cocoa powder, sugar, and salt and whisk until combined.
2. In a medium mixing bowl, whisk together almond milk and apple cider vinegar until the mixture becomes frothy. Then whisk in coconut oil and peanut butter.
3. Pour wet mixture into the dry mixture and stir until a batter forms.
4. Heat a thin coating of coconut oil in a large skillet over medium heat. Then, add 1/3 cup of pancake batter to skillet. When bubbles begin to form on the top of the pancake, use a spatula to flip it over and heat the other side until cooked through, about 1 minute.
5. Repeat until all the batter has been used up.
6. Serve topped with sliced banana, maple syrup, or other toppings of choice.

*Thanks to [peacefuldumpling.com](http://peacefuldumpling.com), Molly Lansdowne*



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# Vegan Fennel And White Bean Hash

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

## Ingredients

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 small yellow onion, diced
- 1 small fennel bulb, sliced thinly
- 1 red bell pepper, diced



- 1 lb new potatoes, halved
- 1 1/2 cups cooked navy beans (or another type of white bean)
- 1 teaspoon cumin
- 1/2 tablespoon dried dill (or 1 tablespoon fresh dill)
- 3/4 teaspoon salt
- 1 tablespoon lemon juice
- Black pepper, to taste

## Directions

1. Put potatoes in a small pot and add enough water to cover them by an inch. Bring pot to a boil and let potatoes cook until they are just fork-tender, about 10 minutes. You don't want them so tender that they fall off the fork, however, since you'll be sauteeing them later. After potatoes have cooked, drain and let cool before slicing.
2. While potatoes are cooking, heat olive oil in a cast iron skillet over medium heat. Add garlic, onion, and fennel, and sauté for 5-7 minutes until fennel is translucent. Add the pepper, cumin, dill, and salt and cook for an additional 2-3 minutes.
3. Add sliced potatoes to skillet and sauté until browning, about 5 minutes. Add navy beans and sauté for another minute or so, until they have warmed through.

*Thanks to [peacefuldumpling.com](http://peacefuldumpling.com), Molly Lansdowne*



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# Brown Butter Coconut Dutch Baby with Bananas and Pineapple



Yield: one 8 or 9-inch pancake, enough to fill up a couple bellies. Recipe can be doubled using the same pan, or two 6-inch skillets.

### **Ingredients:**

- 2 tablespoons unsalted butter (if doubling the recipe, don't double this amount, it will still grease the pan just fine)
- 1/4 cup sweetened shredded coconut
- 2 large eggs
- 1/4 cup half-and-half
- 2 tablespoons sugar
- 1/4 cup flour
- 1/8 teaspoon ground ginger
- A pinch of salt
- 1/2 cup chopped fresh pineapple
- 1 banana, cut into pieces

### **Directions:**

1. Preheat the oven to 425 degrees F.
2. In a small skillet over medium heat, add the shredded coconut. Toast the coconut, stirring frequently, until light brown.
3. Put the butter in an 8 or 9-inch cast-iron skillet (you can also use a similarly-sized cake pan or pie plate), and place in the preheated oven. Let the butter cook and sizzle, swirling occasionally, until the butter is melted and there are brown solids. Remove from the oven and tilt around, completely covering the sides and bottom with brown butter.
4. Meanwhile, in a blender, or with a bowl and whisk, mix together the eggs, half-and-half, and sugar. Add the flour, ginger, salt, and 2 tablespoons of the shredded coconut and blend until smooth. Pour into the warm skillet, and slide into the oven. Bake for 15-20 minutes, or until the center looks set and the edges have risen and are golden brown. It will rise and puff around the pan while in the oven, but will deflate as it cools.
5. Remove from the oven. Top with the chopped pineapple, banana slices, and the remaining toasted coconut. Serve immediately with maple syrup, if desired.

*Thanks to indigoscones.com, Ellen*

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# ◀ Brown Butter Caramel Apple Dutch Baby

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Yield: one 8 or 9-inch pancake, enough to fill up a couple bellies. Recipe can be doubled using the same pan, or two 6-inch skillets.

### **Ingredients:**

- 2 tablespoons unsalted butter (if doubling the recipe, don't double this amount, it will still grease the pan(s) just fine)
- 1 tablespoon brown sugar
- pinch of cinnamon
- 10 thin apple slices (about 1/4 inch thick)
- 1/4 cup flour
- a pinch of salt
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ginger
- pinch of freshly ground nutmeg, or to taste
- 2 large eggs
- 1/4 cup half-and-half
- 1 tablespoon apple cider
- 1/4 teaspoon vanilla
- 2 tablespoons caramel sauce, plus extra for topping if desired
- powdered sugar for topping, if desired

## Directions:

1. Preheat the oven to 425 degrees F. In an 8 or 9-inch cast iron skillet set over medium low heat, melt and brown the two tablespoons of butter. When the butter is just browned, add the brown sugar, cinnamon, and apple slices. Cook until the apples are softened but still slightly firm, you want them to hold their shape in the oven.
2. While the apples cook, whisk together the flour, salt, cinnamon, ginger, nutmeg, eggs, half-and-half, apple cider, vanilla, and caramel sauce in a medium bowl. Your batter will likely have a few lumps, that's ok. When the apples are done cooking, pour the batter in the skillet over the apples. Slide the skillet into the hot oven.
3. Bake for 18-25 minutes, or until the center looks set and the edges have risen and are golden brown. It will rise and puff around the pan while in the oven, but will deflate as it cools. Top with extra caramel sauce and powdered sugar, if desired, and serve immediately.

*Thanks to indigoscones.com, Ellen*



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# Gluten free Cinnamon Raisin Pancakes with Apple Topping

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Yield: 6 pancakes

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## Ingredients for the apple topping:

- 2 apples, peeled, cored, and chopped
- ¼-½ cup water, divided
- ¼ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- Pinch of freshly grated nutmeg
- 2 tablespoons pure maple syrup

## Ingredients for the pancakes:

- 3 eggs, lightly beaten
- 1/3 cup almond milk (or any milk you'd like)
- ½ teaspoon vanilla extract
- 1 tablespoon coconut oil (or oil of choice) (if using coconut oil melt to liquid form before using)
- 1 tablespoon pure maple syrup or raw honey
- ¼ cup coconut flour
- ¼ teaspoon baking soda (heaping, not level)
- ½ teaspoon ground cinnamon
- 1/4 cup raisins, or to taste
- 2 tablespoons chopped walnuts, optional

## Directions:

1. To make the topping, add the chopped apples and about 2 tablespoons of the water to a small pot and heat to medium. Cover the pot and bring it to a full boil, stirring occasionally. As the water evaporates, add more, 1 to 2 tablespoons at a time, until apples are softened (yet still slightly al dente). The time for this varies greatly depending on the type of apple you're using. A firmer apple could take 30 minutes, while something like Macintosh will get soggy very quickly and turn to applesauce if you're not watching it.
2. Add the maple syrup, cinnamon, ginger, and nutmeg. Stir well. Set aside on low heat until ready to serve.
3. To make the pancakes, in a mixing bowl, whisk together the eggs,



coconut milk, vanilla extract and oil. In a separate bowl, mix together the remaining dry ingredients. Add the dry ingredients to the bowl with the wet and stir well until all of the clumps are out (coconut flour has a tendency to be chunky, so just keep mixing until a smooth batter forms.)

4. Heat a skillet or pancake griddle to medium-low heat. Add enough oil to coat the surface. Once the skillet is all the way hot, measure out about  $\frac{1}{4}$  cup of the pancake batter and pour it on the skillet. Allow pancake to cook until sides are firmed up, and middle begins firming up too, about 6 to 8 minutes (no joke!). Carefully flip the pancake and cook another 2 to 4 minutes, until pancake is cooked all the way through. Repeat with remaining batter.
5. Serve pancakes with apple topping and pure maple syrup.

*Thanks to indigoscones.com, Ellen*

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# Bacon Zucchini Potato Pancakes

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Yield: about 12-16 pancakes  
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## Ingredients:

- 10 bacon slices (I used turkey, to keep things on the lighter side)
- Salt and pepper, to taste
- 4 tablespoons olive oil, divided
- 1/4 cup finely-diced yellow onion
- 2 garlic cloves, minced
- 2 cups grated (and unpeeled) zucchini
- 2 cups peeled and grated potato
- 1 teaspoon salt, divided
- 2 large eggs
- 1/3 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 cup grated Parmesan
- Sour cream or crème fraîche, for serving



## Directions:

1. Preheat your oven to 375 degrees F. Line a baking sheet with tinfoil and lay down the bacon in a single layer. Season to taste with salt and pepper. Place in the oven and cook until crisp and cooked through, about 13-15 minutes (If using turkey bacon keep a watchful eye on the time, as it tends to cook faster.). Remove to a cutting board and allow to cool. Lower oven temperature to 200 degrees F.
2. Place zucchini and potato in a colander over a medium bowl. Let sit for 10 minutes.
3. In a medium-sized saute pan over medium heat, heat 2 tablespoons of olive oil and add onions. Cook until onion is fragrant and translucent, then add the garlic. Cook for 1 more minute, then place onions and garlic in a small bowl. Chop the cooled bacon into bite-sized pieces and add to the bowl with the onions and garlic.
4. After 10 minutes, press down on the potato and zucchini with a clean towel, squeezing out excess water.
5. In a medium bowl, whisk eggs. Whisk in the flour, baking powder, and remaining 1/2 teaspoon of salt. Add the cooked onion and bacon mixture, Parmesan, zucchini, and potato and stir until well combined.
6. In the medium saute pan used to cook the onions, heat 2 tablespoons of olive oil over medium heat. When oil is ready, drop the batter in by rounded tablespoonfuls. Flatten gently into a disk with a fork or the corner of a thin spatula (pancake turner). Cook for about 2 minutes, or until golden brown and slightly crisped (Note: as the oil gets hotter, it will take less time for the pancakes to cook. Watch how much they brown, and reduce heat if necessary.). Flip and cook for another 2 minutes or until golden. Place the completed pancakes on an oven-safe plate as you cook and keep warm in the 200 degree F oven until ready to serve.
7. Serve with sour cream or crème fraîche, paprika, and ground cumin. These are best served immediately, but they can be cooked and kept in an airtight container in the fridge. Reheat in a lightly greased saute pan the next day.

*Thanks to indigoscones.com, Ellen*

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# Basic Granola

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Yield: about 14 cups  
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## Ingredients:

- 2 cups shredded coconut (sweetened or unsweetened)
- 2/3 cup walnuts, coarsely chopped
- 2/3 cup almonds, coarsely chopped
- 6 cups old fashioned rolled oats
- 6 tbsp. canola oil
- 1 cup honey
- ¼ cup ground flaxseed, or wheat germ (optional)
- ½ tsp. ground cinnamon
- ½ tsp. salt

## Directions:

1. Preheat the oven to 325° F. Line a baking sheet with parchment paper or a silicone baking mat. Place a large skillet over medium heat. Add the coconut to the pan in an even layer and cook, stirring frequently, until lightly browned and toasted. Transfer to a small bowl and carefully wipe out the pan. Return the pan to the heat and add the chopped walnuts and almonds. Cook, stirring occasionally, until lightly browned, 3-4 minutes (toast them a wee bit longer and set them aside if making as a separate option). Stir in the oats and canola oil and continue to cook, stirring occasionally, until the oats are lightly toasted, about 3 minutes.
2. Transfer the oat mixture to a large bowl and stir in the honey, ground flaxseed or wheat germ (if using), cinnamon, and salt. Spread out onto the prepared baking sheet in an even layer. Bake, stirring every few minutes, until the granola is light golden brown, about 15 minutes.
3. Remove from the oven and stir in the toasted coconut. Move the granola to one side of the baking sheet and press gently into a thick slab. Let cool to room temperature. Break the dried and cooled granola into small clusters and store in an airtight container.

*Thanks to [indigoscones.com](http://indigoscones.com), Ellen*



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# Giant Chocolate Chip Cookie Baked in a Cast Iron Pan

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## Ingredients:

- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup (1 1/2 sticks) unsalted butter, softened
- 1/2 cup granulated sugar
- 3/4 cup packed light brown sugar
- 1 large egg
- 2 teaspoons of pure vanilla extract
- 1 1/2 cups chocolate chips (9 ounces)

## Directions:

1. Preheat oven to 350 degrees. In a medium bowl, whisk together flour, baking soda, and salt; set aside. In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugars until mixture is light and fluffy, about 2 minutes. Add egg and vanilla; mix until they are fully incorporated. Add flour mixture, and beat until just combined. Stir in chocolate chips.
2. Transfer dough to a 10-inch ovenproof skillet (I sprayed mine with just a little cooking spray), and press to flatten, covering bottom of pan. Bake until edges are brown and top is golden, 40 to 45 minutes. Don't overbake; it will continue to cook a few minutes out of the oven. Transfer to a wire rack to cool in pan, 15 to 20 minutes. Cut into wedges.

*Thanks to The Cutting Edge of Ordinary, [thecuttingedgeofordinary.blogspot.com](http://thecuttingedgeofordinary.blogspot.com), Lisa*



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# Chicken with Creamy Cilantro Lime Sauce

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## Ingredients:

- 4 skinless boneless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 Tablespoon olive oil
- 1 cup chicken broth (I recommend reduced sodium)
- 1 Tablespoon fresh lime juice (I use closer to 1.5 Tbsp)
- 1/4 cup finely chopped onion
- 1 Tablespoon chopped cilantro
- 1/2 teaspoon red pepper flakes<sup>1</sup>
- 3 Tablespoons heavy cream<sup>2</sup>
- 2 Tablespoons unsalted butter, cubed
- **optional:** lime wedges and more cilantro for garnish, steamed asparagus for serving



## Directions:

1. Preheat oven to 375°F (190°C).
2. If the chicken breasts are uneven in thickness, pound them down so they're all even. This way all the breasts will cook through simultaneously. Sprinkle each with salt and pepper.
3. In a large ovenproof skillet, heat the oil over medium-high heat. Add the chicken and cook for 6-7 minutes, turning once. You want the chicken nice and browned on the outside. (It doesn't have to be cooked all the way through yet.) Set chicken on a plate and cover tightly with foil until step 5.
4. Remove skillet from heat and add the broth, lime juice, onion, cilantro, and red pepper. Return to heat. Cook and stir to scrape up the browned bits from the bottom of the skillet. Bring to a boil. Allow to boil gently, uncovered, for 10 minutes or until the liquid is reduced to around 1/4 cup. (During this time you can steam some veggies to have on the side, like asparagus.) Reduce heat to medium-low, then add the cream and butter. Stir until butter has melted.
5. Add chicken to the sauce and place the skillet in the preheated oven. Bake uncovered until the chicken is completely cooked through, about 5-10 minutes.
6. Serve chicken with sauce spooned on top and any of the listed optional garnishes. Leftovers keep well in the refrigerator for a few days. Reheat to your liking.

## Additional Notes:

1. Adjust the amount of red pepper flakes to your liking. This amount made the chicken mildly spicy. The cream in the sauce mellows out the spice.
2. You can use whole milk instead, but for the thickest, richest sauce I highly recommend heavy cream. If using whole milk, make sure it is at room temperature to help prevent curdling.

*Thanks to [sallysbakingaddiction.com](http://sallysbakingaddiction.com), Sally*



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# Easy Healthy Dinner: Peanut Chicken Zucchini Noodles

## Ingredients:

- 2 Tablespoons sesame oil (you'll need more for the peanut sauce below)<sup>1</sup>
- 2 teaspoons minced or chopped garlic
- 1 cup shredded carrots
- 1 cup thinly sliced cabbage (I use red)
- 1 large bell pepper, thinly sliced (I use red)

- 3 large zucchini, spiralized into noodles<sup>4</sup>
- 2 large chicken breasts, cooked & shredded (about 2-3 cups)<sup>2</sup>
- **Toppings:** 1 Tablespoon sesame seeds, handful of cilantro, 1/2 cup peanuts, chopped green onion

## PEANUT SAUCE

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1/3 cup soy sauce (I use reduced sodium)
- 2 Tablespoons sesame oil<sup>1</sup>
- 2 Tablespoons rice vinegar<sup>3</sup>
- 2 teaspoons fresh ginger, minced
- 1-2 teaspoons Sriracha or any hot chile sauce



## Directions:

1. Heat 2 Tablespoons of sesame oil and the garlic in a large skillet over medium heat. Add the carrots, cabbage, and pepper slices. Cook for about 5 minutes until the vegetables are a little tender. (I usually begin the peanut sauce, step 2, during this time.) Once tender, add the zucchini noodles and shredded chicken to the skillet. Cook and stir for about 3 minutes until the zucchini is a little softer and chicken is warm. Turn off the stove and remove from heat. Set aside. (\*If your skillet isn't quite big enough, you can do this step in batches.)
2. Combine all of the peanut sauce ingredients in a small saucepan over low heat. Whisk constantly until the peanut butter has melted and everything is combined. I usually use 2 teaspoons of Sriracha, but use the amount of heat you like.
3. Once the sauce is heated through, pour over chicken/vegetables. Toss everything around until combined. Place on a serving dish (or not!) and top with sesame seeds, cilantro, peanuts, and green onion. Serve immediately.
4. Leftovers keep well in the refrigerator for a few days. Reheat to your liking.

## Additional Notes:

1. Sesame oil is KEY in the signature flavor of this dish. I highly advise against using any other oil; the recipe will not taste the same. You can find it in the Asian section of grocery stores.
2. I simply boiled chicken until cooked through-- about 12-15 minutes, then shredded it. If you have leftover shredded, chicken from another recipe, use that! Or buy a rotisserie chicken from the store and shred the meat.
3. Rice vinegar is also KEY in the signature flavor of this dish. It's a sweet and delicate vinegar you can find in the Asian section of your grocery. Do not use white wine or white vinegar-- they're much too harsh. Rather, you can use cider vinegar because it is more mild but your sauce will not taste the same. Again, rice vinegar is best.
4. My spiralizer recommendation: I love the Inspiralizer! If you do not have a spiralizer, just cut the zucchini into super thin strips instead. Or use 1 pound pasta. If using regular pasta, you'll want to cook it before using.

*Thanks to [sallysbakingaddiction.com](http://sallysbakingaddiction.com), Sally*



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# 20 Minute Honey Garlic Shrimp



## Ingredients:

- 1/3 cup honey
- 1/4 cup soy sauce (I use reduced sodium)
- 1 Tablespoon minced garlic
- **optional:** 1 teaspoon minced fresh ginger
- 1 lb medium tail-on shrimp, peeled & deveined
- 2 teaspoons olive oil
- **optional:** chopped green onion for garnish

## Directions:

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl.
2. Place shrimp in a large zipped-top bag or tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, I steamed broccoli and microwaved some quick brown rice.)
3. Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard used marinade.) Cook shrimp on one side until no longer pink-- about 45 seconds-- then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 minute more.
4. Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed veggies on the side.

*Thanks to [sallysbakingaddiction.com](http://sallysbakingaddiction.com), Sally*



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# Sea Salt & Herb Skillet Rolls

## Ingredients:

- 1 cup (240ml) whole milk, warmed to about 110°F<sup>1</sup>
- 2 and 1/4 teaspoons active dry yeast (1 standard packet)<sup>2</sup>
- 2 Tablespoons + 1/2 teaspoon granulated sugar, divided
- 1 large Eggland's Best egg, at room temperature
- 1/4 cup (60g) unsalted butter, melted + slightly cooled and divided
- 1 teaspoon salt
- 2 teaspoons each: dried rosemary, dried basil, & dried parsley<sup>3</sup>

- 1 teaspoon garlic powder (or 1 and 1/2 teaspoons minced garlic)
- 3 cups (385g) bread flour (spoon & leveled), plus more for work surface
- sea salt, for topping

## SPECIAL EQUIPMENT

- 10 - 12 inch oven-safe skillet

## Directions:

1. Pour the warm milk into the bowl of a stand mixer fitted with a dough hook attachment. Or, if you do not own a stand mixer, a regular large mixing bowl. Sprinkle yeast and 1/2 teaspoon sugar on top of the milk. Give it a light stir with a spoon and allow to sit for 5 minutes. The mixture should be frothy after 5 minutes. If not, start over with new yeast.
2. If you do not have a mixer, you can mix by hand in this step. With the stand mixer running on low speed, add the remaining sugar, egg, 2 Tablespoons butter, salt, herbs, garlic powder, and 2 cups of flour. Beat on low speed for 1 minute, then add remaining 1 cup of flour. Beat on low speed for 1 minute as it all combines. The dough should be thick, yet soft. And only slightly sticky. It should pull away from the sides of the bowl as it mixes. When it does, it is ready to knead. If, however, the dough is too sticky to handle-- add more flour, 1 Tablespoon at a time. Make sure you do not add too much extra flour; you want a soft, slightly sticky dough.
3. Form dough into a ball and turn it out onto a lightly floured surface. Knead for 2 minutes, then place into a greased bowl-- I usually just use olive oil or nonstick spray. Turn the dough over to coat all sides. Cover the bowl with plastic wrap and place it in a warm environment to rise until doubled, about 2 hours. For this warm environment, I preheat the oven to 200°F (93°C) then turn the oven off and place the bowl inside the warm-ish oven.
4. Once doubled in size, punch down the dough to release any air bubbles. Remove dough from the bowl and turn it out onto a lightly floured surface. Punch down again to release any more air bubbles if needed. Using a sharp knife, cut the dough in half. Cut each half into 6 equal pieces for a total of 12 pieces that are a little larger than

golfball size. Shape into balls as best you can and arrange in a greased oven-proof skillet. Brush the rolls with remaining melted butter and sprinkle each with sea salt. (Do not discard any leftover melted butter, it's amazing brushed on the rolls after they bake too!) Loosely cover the rolls with plastic wrap and allow to rise until doubled in size and puffy, about 30-45 minutes.

5. Preheat oven to 350°F (177°C). Bake the rolls for 25-28 minutes until the tops are golden brown. Serve warm.
6. Cover leftover rolls and keep in the refrigerator for up to 1 week or freeze for up to 3 months, then thaw overnight in the refrigerator. Warm up in a 300°F (149°C) oven for 10 minutes.

**Make ahead tip/overnight:** After dough has risen for two hours in step 3, punch down the dough inside the mixing bowl and cover the bowl tightly with plastic wrap. Refrigerate overnight or for up to 2 days, then remove from the refrigerator and continue with step 4. OR freeze for up to 2 months, then allow to thaw overnight in the refrigerator and continue with step 4.

### **Additional Notes:**

1. Do not substitute low fat milk. Whole milk is key to best taste and texture. If anything, 2% may be substituted.
2. If using instant yeast, the rise time may be a little less.
3. You can use finely chopped fresh herbs instead, I would increase to 1 Tablespoon each. Play around with the amounts of herbs you use. These amounts produce a highly flavored herb roll.

*Thanks to [sallysbakingaddiction.com](http://sallysbakingaddiction.com), Sally*

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# Cast Iron Accessories

## Silicone Hot Handle Holder

The secret of how to protect your hands when cooking with cast iron skillets or pans, so that you don't forget about the heat and grab the fiery hot handle of the skillet by mistake

The Silicone Hot Handle Holder is a product made for hand protection when cooking with cast iron cookware. It slides onto skillet handle and protects hands from -104 °F to 464 °F (-40°C to 240°C). The standard size is 5-5/8-inch by 2-inch but also comes in other sizes. The Silicone Hot Handle Holder is dishwasher safe and is also easy to clean by hand, practically everything washes off the nonstick surface with ease. It has a secure, comfortable and stable grip with heat reducing internal silicone ribbing gives the Silicone Hot Handle Holder extra protection for your hands.

The Silicone Hot Handle Holder is available in many different colors and sizes.

**product code: B00ZLUGXBE**





## **Glass Lid Universal - Graduated Kitchen Lid Multisize 8.7" – 10.2" for Pots and Pans , Heat Resistant Silicone Rim**

High heat resistant and food safe silicone rim with different diameter sizes, 8.7" – 10.2" (22 – 26 cm) and vented tempered glass so that you can see inside the cookware as you cook. This large lid is perfect for pots, cast iron cookware, skillets, fry pans, saucepans or any other kitchenware that you need a lid for.

The vent hole is for exhaust under high temperature and pressure. Prevents spillover with the steam-release vent.

**product code: B01IET2LVO**



**12-Inch Cast Iron Skillet Set (Pre-Seasoned),  
Including Large & Assist Silicone Hot Handle  
Holders, Glass Lid, Cast Iron Cleaner Chainmail  
Scrubber, Scraper**

**product code: B01N6COL49**



**14" Cast Iron Wok (Pre-Seasoned)  
with a flat bottom, a Glass Lid with a vent hole,  
2 Silicone Hot Handle Holders**

**product code: B0797J8PPD**





## Reversible Cast Iron Griddle, Pre-seasoned

20" x 10.23" x 0.98" (50,8 cm x 26 cm x 2,5 cm) reversible cast iron griddle.  
Cooking surface 17" x 8" (43 x 20.5 cm).

Used to sear, bake, broil, fry or grill in oven, on the stove, on the grill or over the campfire.

Fits over two burners for indoor gas range stove tops.

**product code: B078XGDJBM**



**Cast Iron Pizza Pan 13.58" (34.5 cm); 1" (2.5 cm) deep, 6.6 lb (3 kg); Including Silicone Hot Handle Holders and 1 Scraper**

**product code: B089HRSJHR**



**Cast Iron Griddle, Reversible, 10.63" x 10.63" (27 cm x 27 cm) Pre-Seasoned with 2 scrapers**

**product code: B085PS77H8**



**Granite Mortar and Pestle Set, 2-1/3 Cup Capacity  
– 6 Inch + Anti-Scratch Protector and Garlic Peeler**

**product code: B08DJFH1S2**



**Enameled Cast Iron Dutch Oven - Round Red  
10.23" (26 cm) 10-1/4" (26 cm) diameter, 4-3/4" (12  
cm) deep, 5.3 quart (5 litre), 11.4 lb (5.2 kg)**

**product code: B07Z57V67P**



**Enameled Cast Iron Dutch Oven Pot (7.87" / 20 cm diameter) - Round Red**

**product code: B07QMN2ZD8**



**Cast Iron Grill Pan with Extra Thick Silicone Hot Handle Holder, Assist Handle Holder, Grill Scraper**

**product code: B081MWM2Y4**



## **Pre-Seasoned Cast Iron Camp Dutch Oven With Legs, 4.1 qt, including Lid Lifter**

4.1 qt Pre-Seasoned Cast Iron Camp Dutch Oven with 3 Legs. The flanged lid holds hot coals and flips over for griddling. 8.66" (22 cm) lid lifter, fits inside of the Dutch Oven for easy transportation, must have for a Camp Dutch Oven owner.

**product code: B07QN6PJ9L**





**Cast Iron Dutch Oven with Skillet Lid - 10.23" diameter, 5 qt - Multi Cooker Stock Pot For Frying, Cooking, Baking & Broiling + 2 silicone potholders**

**product code: B089HQJFWJ**



## Utensils Set for Cooking with Silicone Head, Wood Handle and Wooden Container (23 Pieces + Bonus Hanging Hooks) - Kitchen Utensil Tools Set - Green

4.1 qt Pre-Seasoned Cast Iron Camp Dutch Oven with 3 Legs. The flanged lid holds hot coals and flips over for griddling. 8.66" (22 cm) lid lifter, fits inside of the Dutch Oven for easy transportation, must have for a Camp Dutch Oven owner.

**product code: B07QM7PVST**



**12-Inch Cast Iron Skillet Set (Pre-Seasoned),  
Including Large & Assist Silicone Hot Handle  
Holders | Indoor & Outdoor Use**

**product code: B07J5SMM71**



## **2.9 Qt Enameled Cast Iron Rectangular Roaster, Casserole Dish, Lasagna Pan, Deep Roasting Pan, for Cooking and Baking – Red**

2.9 Qt (2.75 litre) Enameled Cast Iron Roaster, Size: outside boarder including handles 35.3 cm x 21.3 (13.9" x 8.4" ), interior 29 cm x 20 cm (11.41" x 7.87"), Depth 5 cm (1.96")

**product code: B07JV9HZ7G**



## Set of 4 Pre-Seasoned Cast Iron Skillets including 1 Large and 1 Mini Silicone Hot Handle Holder

Skillet sizes included in the set: 10 Inch / 25 cm, 7.9 Inch / 20 cm, 6.1 Inch / 15.5 cm, 5.1 Inch / 13 cm

**product code: B017ODIDZO**



## Turner Spatula Set of 4 in Silicone and Stainless Steel

product code: B085HZBB5C



Thank you so much for being a valued customer!  
We hope to connect with you soon again!

For more information please visit us on following media:




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 [info@cruciblecookware.com](mailto:info@cruciblecookware.com)