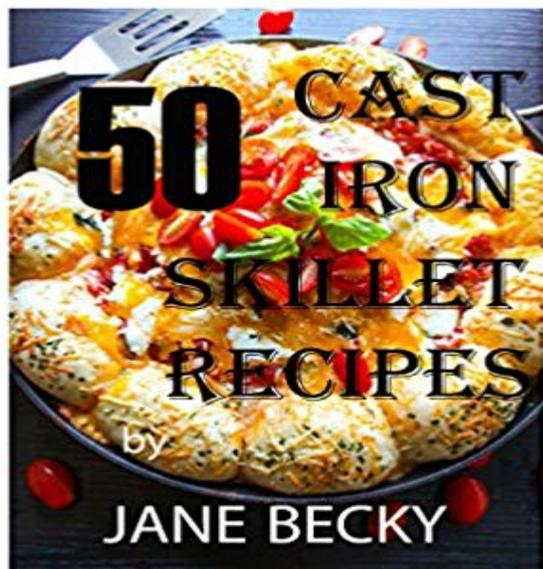


## 50 CAST IRON SKILLET RECIPES



A frying pan, fry pan, or skillet is a flat-bottomed pan used for frying, searing, and browning foods. It is typically 200 to 300 mm (8 to 12 inches) in diameter with relatively low sides that flare outward. A frying pan has sides that flare outward at an angle. A skillet has sides that flare outward at an angle. A versatile pan that combines the best of both the saute pan and the frying pan has higher, sloping sides that are often slightly curved. The pans are measured according to the diameter of the lip, not the diameter of the cooking surface. Most home burners can only comfortably fit a pan of around 12-inches in diameter. Because of its straight sides, a 12-inch saute pan will also have a large, 12-inch wide cooking surface. A skillet loses at least an inch on each side, making the effective cooking area only 10-inches wide. The lighter weight of a skillet makes it superior for shaking and stirring to promote even cooking of vegetables or pieces of chopped meat. The sloping sides of a skillet allow you to easily shake the pan, performing the jump-flip maneuver that cooks like to show off. A 12-inch skillet with a 10-inch cooking area will sear foods more efficiently. The slanted sides make this pan perfect for stir-frying and quick cooking techniques. A skillet has the ability to retain heat on the pan for longer time not. Skillets are old time cooking utensils but because of the advantages it has over others people are going back to it. If you have had opportunity to have used it a trial will convince you after you would have gone through this cookbook.

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