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This isn't your grandmother's cast iron cookbook. For the next generation of home cooks, **The Modern Cast Iron Cookbook** serves up fresh and healthy recipes that reinvent the possibilities of cast iron cooking.

Spring Green Shakshuka, Falafel Burgers with Mint Yogurt, Turmeric Seafood Paella, and more—these original recipes show you what you can do with classic cast iron cookware. Plus, with handy labels for 5-ingredient, 30-minute, and 1 hour (or less) recipes, you'll discover how deliciously

convenient cast iron cooking can be.

The Modern Cast Iron Cookbook includes:

**Cast Iron Cooking Today**—Get the latest on top brands and the learn everything you need to know before you choose your pan. **Tender Loving Care**—Learn how to care for and clean your cast iron to get the most out of its staying power. **Recipes for Every Taste**—Serve up a wide range of recipes that include updated comfort food classics, international flavors, plus plenty of vegan, vegetarian, and grain-free options for breakfast, lunch, dinner, and dessert!

Give tradition a fresh new taste with **The Modern Cast Iron Cookbook**.

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