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## How to Cook Evenly with Cast Iron Pots

Cast iron utensils like cast iron pots, pan, skillets provide a very rustic and homey feel to any kitchen. This is because it has been the main utensils used by early settlers. They're very durable and can last a long time so that your grandchildren or their children can still enjoy the cooking made on the same pots and pans that you used to cook for your kids. You can even include them as family heirloom. You might even see one lying around in your storage somewhere. Try to build your own collection around it. You wouldn't want to break the family tradition, would you?

One of the advantages of the cast iron utensils is its ability to retain heat. That means that the heat is equally distributed thus allowing you to cook your food evenly. This is very crucial since we don't want a dish that is undercooked or overcooked. We usually regulate the heat of our stoves to be able to cook the dish more evenly. It wouldn't hurt if we get a little help from our pots and pans, would it? Uneven cooking is a problem that sprouts when cooking with non-iron cookware. An undercooked or overcooked meal is not very

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appetizing.

Cast iron utensils are inexpensive compare to their counterparts. There are even used cast iron pots and pans which are on sale and at very low prices. Does it sound surprising that these items are still going to be saleable even if they're used? It is not surprising since cast iron utensils are durable and these used ones usually stay in good condition. If you don't like buying used pots, don't fret because even the new ones will not cost you a fortune. They are still very affordable and will last several generations.

Are you now convinced to buy your new cast iron utensils? That's good. Now, if you like cooking stews and soups, I suggest you start with the cast iron pots. Here you can cook your savory beef stew or creamy chicken macaroni soup. When buying your kitchenware, you have to take note what you love cooking first and go from there. If you love frying, a cast iron skillet should do the trick. If you're into baking, there is a myriad of cast iron baking utensils to choose from. You can test how well these few pieces work and turn it into a collection or take the plunge and buy a whole collection of cast iron utensils. I'm sure you won't regret it.

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When buying your cast iron pots, you have to keep in mind what you'll use it for because they come in different sizes. When cooking for a family of four to six or a little bit more, a regular sized pot will do. However, if you always cook for a whole clan, host party often in your house, or use it in your own restaurant, you should opt for the bigger ones. If go on camping trips all the time then a smaller pot should do because it'll be handy and easier to pack.

Cast iron kettles have a centuries long history of reliability and long service life. Today's kettles, made with modern technology and advances in metallurgy, are of higher quality than ever before and there is a place for one in every kitchen.

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## Enameled Cast Iron Dutch Ovens

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## Are Easy to Use

When it comes to preparing all the food you love, Dutch ovens are a must. They can turn any dish into your favorite comfort food. When the days and nights get chilly, these cast iron cookware are great to use. They enable you to make delicious soups and stews that are heartwarming and hearty.

There is a long history when it comes to Dutch ovens. There are a lot of theories as to how it got started in the United States. Most believe that Pilgrims who came from Holland boarded the Mayflower and brought it to the country. Some say that American pioneers molded and cast their own Dutch ovens. Whichever the case is, it has become a part of cooking for Americans. Traditional Dutch oven cooking is very rewarding. In fact, there are still a lot of people who support this. Old fashioned ovens have a rounded bottom, and come with a stand. Sometimes, a wire can be use so that the pot is suspended over an open fire. However, perhaps the most popular cooking technique is using charcoal briquettes or hot coals. Usually, the pot is placed in a hole in the ground (or fire pit). Charcoal briquette or coal pieces are then placed at the lid of the pot and the bottom. The lid of the pot is specially designed to keep any ashes out of the food.

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Rounded bottom Dutch ovens are very traditional. However, they can be quite hard to use indoors, especially on a stovetop or oven. They are harder to balance, and are more suited for outdoor use. This doesn't mean that you can't use a Dutch oven inside the kitchen. You can use flat-bottomed ovens when cooking indoors. These are easier to use as you can mount it on the stove or cook your food in the oven. These are more versatile, as although they do not come with a stand, you can use them outdoors as well.

There are a few quirks when it comes to Dutch ovens. The main problem for people is that they need special care and attention. You can't just put them in the dishwasher like all your other pots. You'll have to use very hot water or just burn off any food that sticks to the bottom. Using soap will damage the seasoning and while we're on the subject, remember that you'll also have to season and re-season your pot periodically.

Enameled Dutch ovens are a step up from other regular cast iron pots. They have a thin layer of enamel. This makes the oven look much more sophisticated, meaning you can serve your food directly in it! Also, it creates a barrier between moisture and your cast iron pot, preventing rust. You won't

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have to season your pot often. Furthermore, they are dishwasher safe. You won't have to go through all the hassle of cleaning a regular cast iron pot. Because of the glass finish, you won't be embarrassed to take this pot out to the dinner table.

The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus.

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## Cooking With Cast Iron Cookware

Cooking with cast iron cookware continues to bring forward the heritage of the pioneers who used it when on the trail to find new homes in the West; the best cookware is made from cast iron and is a collector's item, especially the earlier makes

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and types which were often made in specific cities or towns. The best feature about iron cookware is that it allows for cooking at high temperatures without harming the skillets. This style of cookware is best suited for cooking recipes that take longer to cook or require heat over a longer period of time and are versatile when used between the stove top and oven.

The cookware is made in a variety of sizes, from a skillet just right for frying an egg to a large skillet of golden fried chicken. The iron cookware also comes in the perfect sizes for Dutch oven cooking, cornbread pans and larger kettles meant for cooking for a larger number of people. Campers have used iron cookware for some of the best meals from beef stew to Dutch oven apple pie. Some of the manufacturers of these cookware are located outside the United States, so be certain to examine this carefully and choose that made by a reputable company.

Caring for the iron cookware is not as difficult as it may first seem, but it does take time to do properly. After you purchase or receive the cookware, wipe it off with a dry paper towel and then add a thin layer of vegetable oil, Crisco works great. Put the cookware in a warm to medium oven, no higher

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then 350 degrees F; then let it sit there for about 20 minutes before turning the oven off. Leave the pans in the oven until they cool down completely, then wipe with a paper towel. The reason for leaving the vegetable oil on the cast iron cookware and leaving it there is that the heat allows the vegetable oil to work into the surface of them, giving it a protective coating. This coating is essential for the pans and skillets as it allows food to be cooked without sticking for the pans to be cleaned easier.

Cooking with cast iron cookware means also that the cleaning process is easy to do, just be sure you use hot water to clean the cookware with as it removes residue and grease easily. Usually hard scrubbing is not necessary for good cleaning. Scrubbing will remove the protective seasoning coating of vegetable oil and you will have to re apply and heat the cookware again before using it. It is important to dry it properly, the best way to dry this cookware is to dry it on the stove, with a burner on medium to high heat, which allows it to dry fast and leaves the little if any water residue which could cause the cast iron to develop rust spots. If it does, then the integrity and strength of the cookware is harmed.

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Welcome to The Jambalaya Pot, inside you will discover an amazing selection of low priced and excellent quality products, and help you understand cooking with cast iron cookware.

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## Cooking Healthy With Cast Iron Cookware

Centuries ago, they invented a way of cooking healthy, fat-free, and delicious food through cast iron cooking. If you want to start a healthy lifestyle, you definitely need cast iron pans in your kitchen. Because of the density of the cast iron, it can conduct heat evenly and consistently, giving you a lot of control over the temperature of your food. It lets you do precise cooking, all because of the properties! Furthermore, they are very versatile and can be used to cook anything!

Cast iron cooking pans can give you a lot of advantages. Firstly, it gives you food that is rich and iron. A few people

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know this, but when you cook food in cast iron, some iron from the pan will leech onto your food. This isn't a bad thing in fact, most doctors recommend it. Cooking in a cast iron skillet is healthy, and can greatly benefit those who are anemic. Athletes will also benefit as they lose a lot of iron while perspiring. Cast iron cooking really is a healthier way to prepare your food.

A set of high quality cast iron cookware can be the only thing you need to prepare a gourmet meal. You can do a lot of things. Stir-fry vegetables or sear juicy steaks. You can also roast your chicken, as cast iron is oven-safe. You can even bake your favorite pastries and deserts with a simple skillet. You can make delicious hamburgers with a cast iron grill. You don't even need any oil, butter or shortening to prepare your food. With cast iron cooking, everything is easier.

To ensure that nothing sticks to your cast iron pans, make sure that you season it well. This is essential in building the natural non-stick surface. To season your new cast iron pans, apply a thin coat of oil to the surface of the pan and bake it in the oven for about an hour. Do this twice before using your pans. The porous surface makes it easier for the pan to absorb and solidify the natural oil. However, the best

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way to build seasoning is to frequently use the pan for cooking. Never use detergent or soap that is too harsh as it could break down the seasoning.

You know you're ready to cook when water starts to sizzle on your pan. Use a medium heat, to conduct heat efficiently, and so that you have more control over the temperature. Remember that iron adds a unique flavor to food, as it leeches iron. While some people use cast iron to deep fry their food, it's not recommended as it usually results in fat oxidation. Aside from certain specifications, there is no reason why you can't use cast iron in your kitchen. You'll be able to experiment with a lot more dishes using cast iron pots and pans. If you want to explore your options, you can try cast iron cooking.

Cast iron kettles have a centuries long history of reliability and long service life. Today's kettles, made with modern technology and advances in metallurgy, are of higher quality than ever before and there is a place for one in every kitchen.

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## Why Choose the Cast Iron Cooking

Cast iron pans are very versatile and you can use it a variety of ways. Because it can retain very high temperatures, they are perfect for searing and frying. You can also do cast iron cooking delicious stews and soups. It is oven safe as well, so you can even make your own pastries using your iron pans. Because it distributes heat very evenly, meats will not come out dry in some parts and raw in others. However, as a safety precaution, remember that it distributes heat to the handle as well. Always wear safety gloves or mittens while cooking with cast iron. Also, avoid using cooking tools made out of metal as this will only scrape away the natural seasoning. Wooden cooking tools are highly recommended and do not use plastics, as it can melt.

You can use your cast iron pans regularly just like any other pan. Cook up sauces, sauté vegetables and boil pasta — you can use them for anything you want. For those who have new pieces of cookware, you might find that your food sticks to the bottom of the pan. This is not unusual as there is not enough seasoning. To prevent anything from sticking, you can

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easily add a little butter, margarine or oil to your skillet before cooking.

You can also use your cast iron skillets to bake and you can easily cook your favorite pastries with your pan without any hassle. However, as mentioned above, food tends to stick to new iron pans. To prevent this from happening, use some cooking spray or flour. Also, watch out for cast iron pans with wooden handles while they may keep the handle from getting too hot to handle, they are not safe for baking and oven use. You can only use pans with cast iron handles to bake.

If you plan to go camping, or want to cook over an open fire, you can certainly do so as well. Because the cast iron skillet can take very high temperatures, you can even place your pots on top of hot coals if you want. Dutch ovens are great to use for this purpose. When you go camping, you can also hang the pan right above the flames like a cauldron. If you turn the lid upside down, you can even use it as a frying pan or skillet. Place your pan on top of a grill so you can have more control over the temperature of your food. For those who want to go for fireless cooking, use charcoal briquettes to simulate the heat.

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When cooking with cast iron, you want to preheat your pan first. Also, make sure that your cast iron pan is well seasoned so your food does not stick to the pan. The more you cook, the more seasoned your pan will be. You should also never cook any acidic food in your cast iron cookware as this can seriously damage the material. Your pan will rust and you won't be able to use it anymore.

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## The Use of Cast Iron Dutch Oven During Outdoor Camping

One of the integral parts during campfire is the use of a traditional cast iron Dutch oven. Dutch oven cooking creates

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meal without the hassle of switching from pan to pan, the use of too much oil or the use of heat. This oven is multipurpose and versatile that you don't need extra cooking device to complete a delicious meal. There is nothing wrong even if you are first timer or a veteran when it comes to Dutch oven cooking; as long as you have the passion when it comes to cooking then you're good to go. Nevertheless you need to have all the tools and accessories for cooking with a Dutch oven, this to ensure your safety as well as will make the job a lot easier.

A thick leather gloves is advisable not only with Dutch oven but also with other piece of cooking vessel. In the first place you are cooking in an open fire so might as well be careful and wear a pair of gloves. Choose the gloves that were made of thick and good quality materials, since some cast iron Dutch oven especially those bigger one are too heavy to lift so you need the proper gear to refrain from burning yourself.

The lid lifter is as important as the gloves; you need this to easily lift the lid without hurting yourself. There are quite a few varieties, however a typical lid lifter is an iron rod, (approx. 15" long), with a hook on the end that fits into the loop handle on the lid.

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The long-handled tongs are used to frequently turning food in the deep-sided Dutch oven. This is very convenient as you don't need to put your hand too close to the open fire and hot oven pot. Tongs that are made of rigid plastic and those Teflon-coated materials are among the best, since it will not ruin the coating of your pot unlike metal spatula that can scrap the oil coating.

Soft bristle or brush for cleaning your Dutch oven, do not buy those hard brushes as it might also ruin the surface of your oven pot. Rinse your Dutch oven thoroughly with water and let it dry first before keeping and place in a storage.

These are the basic cast iron Dutch oven tools and accessories that you should have and includes on your shopping. With the proper gear you surely have the best campfire cooking every time, with the beauty of nature and the delicious meal that you will prepare using Dutch oven then there will be nothing more happy than that. If you haven't purchased one yet then what are you waiting for? Grab your coat and drive to the nearest market, or conveniently open your computer, browse the Internet and order online!

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## The Advantages of Cast Iron Dutch Oven

Inherited from Dutch ancestors, cast iron Dutch oven has been used for almost a decade now. This cooking pot was made of thick material that created the long-lasting and stability features. Cast iron Dutch oven is very convenient to use, the excellent heat retention allows you to cook food perfectly.

There are two types of cast iron Dutch oven in the market today, there's the outdoor cookware that has three legs known as the chuck wagon or cowboy Dutch oven. This cast iron cookware is useful especially for those people who love doing outdoor activities. It is easy to use and clean. It came in handy so you don't need to worry how to squeeze on your

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backpack. Your camping and hiking will definitely be extra fun having this on your bag. You can cook conveniently even if you are not in your own kitchen. It doesn't limit your cast iron cooking, from full course meal, soups to appetizers this cookware will definitely give you the best. Another type is without the legs in which you can use inside your household kitchen. Even it looks different it will give you and guarantee you the same cast iron Dutch oven cooking.

The common Dutch oven was made of cast iron although some are made of aluminum. This is the perfect choice for your activities outdoor as you can also use it if you are having parties in your backyard. Beside the grilling and having barbeque with your cast iron skillet, you can use your Dutch oven on other meal. If you are health conscious then this is also perfect for you. For the reason that it adds up flavor and supplement from the iron on the cookware. This is advisable especially for those who suffer from anemia. However keep in mind that cast iron cookware from flea market might not yet pre-seasoned. So you need to know this so you can prepare for seasoning to make it non-stick and make your cooking more convenient.

Taking care and cleaning up your cast iron Dutch oven is not

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that hard. In fact it is easier like your skillet; just wash it with water and a small amount of dishwasher soap. Make sure not to use hard sponge or brush to avoid damaging the seasoning.

If you are planning to have an outdoor activity on your vacation but your budget is limited then cast iron cookware suits your need. Indeed you will be spending more on your travel expenses but choosing this cookware will save you a lot of money. There are many kitchenwares out there in the market that might catch your eye. However make sure before you purchase first and foremost the usage and the stability of the cookware. You will be using this outdoor so you need to consider the material used. Cast iron cookware is definitely long-lasting and it's already been proven almost a decade now. So rest assured that your money will be worth it!

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## Cast Iron Pots and Pans

People have been using cast iron pots and pans for centuries, so you would think that new technology would have replaced them by now. The truth of the matter, however is that these pans are some of the best available to this day and are well worth investing in if you love cooking great food. These pans keep a very high temperature throughout the cooking process, which ensures that your food is cooked thoroughly every time. They are great for stir-fries, since they get to a high temperature, but will not stick. Cast iron cook pots also work great for soups and stews that you cook over the course of the day, since they retain heat very well. If you are looking to upgrade your kitchen, one of the first things that you should look for is one of these pans.

One thing that you should consider before getting cast iron pots and pans is the fact that a small amount of iron will end up in your food when you use one. This is actually good news for those with iron deficiencies, as it can provide health

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benefits. Those who already eat excess iron, however, might want to consider any negative consequences that could be associated with one of these pots or pans. Most people are perfectly fine using a cast iron pan, since it usually only affects someone with a metabolic disorder like hemochromatosis.

Before you can use cast iron pots and pans, you must season the pan with oils and fats. This ensures that the pan will not stick, so seasoning the pan is an absolute must. Before you season the pan, it will have a brownish color, but that will change to black once it has been properly seasoned. This is how you know that you have seasoned your cast iron cook pots and pans properly and that you can begin using them without any worry of food sticking.

You will have to be careful that you do not remove the seasoning from your cast iron pots and pans, so washing must be done with care. Luckily, washing it with care actually takes less work, as you will simply wipe your pan down with warm water and a cloth. Many who use these pans do not wash them at all, but will simply wipe them down after a meal. Others will wash them gently with a mild soap, but then reapply some oil right after. You should not put cast iron

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cook pots in the dishwasher or scrub them, as this means that you will have to re-season your pan right away.

Many of the newer cast iron pots and pans come with an enamel glaze. This prevents the pans from rusting and means that you do not have to season the iron before use. It also means that you can clean the pots and pans more thoroughly. These pans come in a variety of different colors, which some people enjoy because the black pans are rather plain. In the end, the choice is up to you on which type of pan you choose.

CastIronKing.com offers high quality, affordable cast iron pots and pans that is perfect for the home or outdoor kitchen!

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## Benefits of Buying Cast Iron Dutch Ovens

Are you a fan of cooking shows? Have you wondered where to buy those beautiful kitchen accessories, thinking that you can cook that way having those purchased? Cast iron Dutch oven is

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one of the most popular among the chefs all across the country. They have been known since time immemorial, according to the history it came to the country of America almost a centuries now. It has been brought by the Pilgrims that stayed in Holland before the time when the land of the Mayflower ships. There are quite few websites that provide vintage and antique Dutch oven if you are into these kind of stuff. However keep in mind that cast iron Dutch oven needed a lot of cleaning up which is not similar to ordinary cast iron. Make sure to know this before you purchase.

All the way through the years cast iron cookware has been available in the market. Different brand and styles have manufactured with same reasons in mind; to help the people make their cast iron cooking at its finest.

There are a lot of benefits when it comes to purchasing a cast iron Dutch oven for the reason that it is not only long-lasting but at the same time it has superb heat retention. This feature not only saves a lot of money because of the energy efficiency but it will cook your food evenly and thoroughly. Even after you put away on fire the heat still remains on the cookware that makes your food freshly cook once you served it. A lot parent chooses this cookware in order to

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have fun dining experience to the whole family. Indeed sometimes children are hard to force to eat their food especially when they are playing. The food you cook is getting and still they are roaming around the house, with the help of the cast iron Dutch oven the food will retain and stay hot even after minutes of playing. This cookware has its durability than any other, it consists of thick metal that helps get rid of the warping. However even it has the stronger features you need to at the same time take care of this. You need to properly season the cast iron in order to maintain their cooking ability.

Other type of cast iron is the one who includes the protection from the enamel. This also became one of the top sellers in the market these days. For the reason that it is easy to clean and season and at the same time it also exerts good quality of cast iron cooking. Using the enamel coating it helps the cookware seal the iron in the surface, this way according to the experts has a benefit. It saves a lot of time since you do not need to keep the iron seasoned as it should be.

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## Lodge Cast Iron Dutch Ovens – Cooking With and Other Information

The cast iron Dutch Oven has been around for hundreds of years. Although the basic design was first discovered in the Netherlands, an Englishman in the early 1700s developed a version that was produced for England, and eventually found its way to the American Colonies.

Over the years, the Dutch Oven has endured several modifications to make them a more flexible cooking vessel. Legs were added so the pot could sit above the coals and avoid hot spots, and a rimmed lid was formed to allow coals to sit on top. Shallower pots and various accessories make today's

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version a versatile addition to anyone's kitchen.

Although modern Dutch Ovens come in cast iron, aluminum, and enameled, it is the non-enamel cast iron version that is found at the campground. Because coals can be used on the top and bottom, resulting in an "oven" like cooking vessel, it can be used to cook anything from chuck wagon stew to bread. Used properly, it acts like a modern day crock pot – cooking slowly and evenly over a long period of time, without the electricity, making it perfect for camping.

Cooking with a cast iron Dutch Oven takes a little time to learn. There are a lot of charts available, and most cookbooks created especially for cast iron Dutch Ovens will detail the number of coals needed and how they should be placed above and below the pot. To ensure a successful dish, it is important to follow the directions including coal counts and position, through out the entire cooking process.

Even though the Dutch Oven has evolved over time, like its pioneer predecessor, it still has to be seasoned properly. Pre-seasoned pots can be purchased, but performing the initial seasoning teaches the user why it is important to keep the pot clean and oiled, even if it's going to be stored. Improper

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care can cause rust and pitting of the surface of the pot. Follow the manufacturer's recommendations for seasoning and care, and the cast iron pot will last for several years.

I am an avid camper who also loves to cook in Lodge cast iron Dutch Ovens.

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