

The book was found

Cast Iron And Dutch Oven Cookbook Box Set (2 In 1): Over 60 Easy And Delicious Paleo Recipes Using Cast Iron Skillet And Dutch Oven (Crock Pot & Dump Dinner)



Synopsis

Cast Iron and Dutch Oven Cookbook Box Set
The 31-Day Paleo Diet Challenge with Cast Iron Skillet Recipes: One Paleo Diet Recipe for Every Day of the Month Using Cast Iron Skillets
Are you ready for the challenge? This book contains more than 31 recipes that you can choose from; each recipe is paleo diet friendly and is best cooked with an iron cast skillet. If you have always wanted to try the paleo diet then what better way to start by test running the diet with one paleo recipe a day! Paleo diet is one of the most popular and practiced diets today. It may be the diet used by our cavemen ancestors thousands of years ago but it is gaining recognition today because of the benefits for our health and well-being. It can lower the risk for various diseases and increase the resistance of your immune system. By using protein rich, natural ingredients and paleo-friendly alternatives, you can have a diet that has all the advantages of diets today without the many drawbacks. It can reduce fat while creating building mass. It is healthy without sacrificing flavors. Ingredients are available in your average grocery and supermarket. This book contains a wide range of recipes for beef, chicken, fish, seafood even breakfasts, snacks and desserts. Aside from that, it will provide you with other food options that are still paleo friendly. Useful tips on taking care of your skillet are also included in the last section. Whether you are a beginner or already a paleo diet aficionado, this book will provide you with old recipes our Paleolithic ancestors once ate but with a twist that will satisfy your modern palates.

The Dutch Oven Cookbook: 35 Easy and Delicious Recipes to Try at Home
The idea of cooking in a Dutch oven is quickly becoming a lost art. The ability to mimic the skills needed to create recipes in a cast-iron pot heated over hot coals is not seen very often today. Yet, only with that style of cooking can you duplicate the unique flavors and mouth-watering meals that dominated the lives of people several generations removed. Today, most of us cook indoors in electric or gas powered stoves and newfangled kitchen gadgetry and the true art of meal preparation mingled with the natural environment has been pushed aside and left to the likes of outdoorsmen, campers, and perhaps a few hobbyists on the side. But you'll quickly find out through the pages of this book that you're missing out on some delightful treats and a great deal of fun at the same time! Once you learn the secrets to successful Dutch oven cooking you'll find that you can make just about anything you can think of in a Dutch oven. This style of cooking can be a cross between cooking over an open fire and using a slow cooker. Learning the skills to do this will give your meals a unique flavor that goes well beyond what you can get in a traditional electric or gas oven. In these pages you'll learn:

The secrets to cooking in a Dutch Oven
How your great grandmother did it years and years ago
Breakfast recipes to start your day
Lunch recipes that can done in a hurry
Dinner recipes the whole family can enjoy
Vegetarian recipes that will have so

much taste you won't miss what you're missing. Once you've mastered the techniques and the art of Dutch oven cooking, you'll be able to take your own home recipes and adapt them to cooking in a whole new way. It will not only give you better tasting meals, you'll have a strong sense of pride in the foods you prepare and you'll get much more enjoyment out of cooking for your whole family. Download this book now so that you can learn how to go back in the past and use the simple cooking tool to make some of your most fabulous meals you can ever create!

Book Information

File Size: 5138 KB

Print Length: 126 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 7, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B0153EW154

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #689,649 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #120

in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #131 in Books >

Cookbooks, Food & Wine > Kitchen Appliances > Dutch Ovens #471 in Kindle Store > Kindle

eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo

Customer Reviews

I enjoyed both of these cookbooks. I had heard of dutch ovens but didn't know you cooked by using hot coals placed on the lid. The title of the cast iron cooking book is a little misleading since it mentions a paleo diet. The recipes are great, but many of the ingredients are modern and not what I'd consider paleo.

in this offer there is two books. they have 60 recipes in total. the first book cast iron has a 31 paleo diet recipes. one meal for each day of the month using cast iron skillets. the recipes is very delicious. I tried two of them so far. the first one is Pan Seared Steak. It was a marvellous recipe.

the second one is Lemon Garlic Shrimps. this one is the favourite for my wife. she loved it. i will try the other recipes. the second book the dutch oven contain 35 recipes. i will give a try to breakfast berger. there is also other delicious recipes i will try it in the future, i think this is a fair deal two books in a price of one. they both have more than 60 recipes. I loved these two books.

Lots of nice recipes to choose from. The first book contains all kinds of recipes for beef, chicken, seafood , fish, besides several goodies for breakfasts, snacks and desserts. I love to cook mostly dishes with chicken, seafood and fish, but for my husband occasionally prepare beef dishes, he loves them a lot. The second book is a guide into cooking in Dutch oven, I've got a nice variety of recipes, but mostly I cook them over the weekends or during some holidays. Vegetarian options are mostly likable at this time, so yummy and healthy!

Never got it, I don't use kindle

[Download to continue reading...](#)

CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Cast Iron and Dutch Oven Cookbook Box Set (2 in 1): Over 60 Easy and Delicious Paleo Recipes Using Cast Iron Skillet and Dutch Oven (Crock Pot & Dump Dinner) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Crock Pot: Crock Pot Cooking Book: Crock Pot Lover (Crock Pot, Slow Cooking Recipes with Easy Crock Pot Dump Meals and Dump Dinners for slow cooker) (Slow cooker recipes Book 1) CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipes, Slow Cooker recipes, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) The Simple Skillet Cookbook: 15 Elegant and Easy Recipes for Your Cast Iron or Electric Skillet (Cast Iron Cooking - Skillet Recipes - Cast Iron Skillet Cookbook) Cast Iron Cookware Recipes 4 Books in 1 Book Set - Cooking with Cast Iron Skillets (Book 1) Cast iron Cookbook (Book 2) Cooking with Cast Iron (Book 3) Paleo Cast Iron Skillet Recipes (Book 4) CROCK POT: 450 Easy Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) Cast Iron Skillet Cookbook - International Cast Iron Recipe Favorites: Travel The World With Your Cast Iron Skillet - Delicious Cast Iron Recipes Dutch Oven, Cast Iron and Stir-Fry Box Set (5 in 1): Easy and Delicious Dutch Oven, Flat Belly Cast Iron, Paleo, Wok Recipes (Creative Recipes & Camp Meals) CROCKPOT DUMP MEALS: Delicious Dump

Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) Crock Pot Recipes: Crock Pot Recipes For Supreme Healthy Eating: 100 Simple Crock Pot Recipes to Work the Heck Out of Your Crock Pot Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes Cast Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need 2250 Pressure Cooker, Crock Pot, Instant Pot and Slow Cooking Recipes Cookbook: (Crock-Pot Meals, Instant Pot Cookbook, Slow Cooker, Pressure Cooker Recipes, Slow Cooking, Paleo, Vegan, Healthy) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Crockpot This Winter: 50+ Super Easy One Pot Slow Cooker Recipes Cookbook - Ultimate Crock-Pot Meals, Soup Stew Slow Cooking, Best Crock Pot Cookbook, ... Cooker Recipes, Vegetarian Vegan, Paleo,

[Dmca](#)