

QUICK AND EASY CAST IRON SKILLET RECIPES

Simple Bread

Serves 16 | Prep time 15 minutes | Cooking time 45 minutes

Ingredients

4 $\frac{1}{3}$ cups bread flour
2 $\frac{1}{4}$ teaspoons active dry yeast
 $\frac{1}{2}$ tablespoon sea salt
2 cups warm water
3 tablespoons olive oil, divided

Directions

1. In a large mixing bowl, stir together the flour, yeast, and salt.
2. Add the warm water, and with a rubber spatula, mix until well-combined.
3. With plastic wrap, cover the bowl and set it aside at room temperature for about 45-60 minutes or until doubled in size.
4. To the bottom of a large cast-iron skillet, add 1 tablespoon of the oil.
5. Drizzle about 1 tablespoon of oil over the dough.
6. With oiled hands, shape the dough into a ball.
7. Place the dough into the oiled skillet and loosely cover it with a towel.
8. Set it aside at room temperature for about 1 hour or until doubled in size.
9. Preheat the oven to 400°F (204°C).
10. Drizzle a little more oil over the top of the bread, and with a knife, create an X or a few slices across the top.
11. Bake for about 35-40 minutes or until the top becomes golden-brown.
12. Set the oven to the broiler.
13. When the broiler is ready, broil for about 5 minutes.
14. Remove from the oven and place the skillet onto a wire rack to cool for about 10-15 minutes.
15. Invert the bread onto the wire rack to cool completely before slicing.
16. With a sharp knife, cut the bread into desired-sized slices and serve.

Nutrition (per serving)

Calories 147, fat 3 g, carbs 26 g, sugar 0 g,
Protein 3 g, sodium 176 mg

Pineapple Sweet and Sour Chicken

Serves 4 | Prep. time 5–10 minutes | Cooking time 12 minutes

Ingredients

1½ pounds skinless, boneless chicken thighs, cut into bite-sized pieces
2 tablespoons vegetable oil
1 small red bell pepper, cut into ¾-inch pieces
1 (8-ounce) can pineapple tidbits with juice, drained
¾ cup sweet-and-sour sauce

Directions

1. Add the oil to a cast-iron skillet and heat it over medium-high heat.
2. Add the chicken; stir-cook for 5–6 minutes until no longer pink.
3. Add the bell pepper and sauce; stir-cook for about 4 minutes until the pepper turns tender.
4. Add the pineapple and stir-cook for 1–2 minutes.
5. Serve warm.

Nutrition (per serving)

Calories 420, fat 15 g, carbs 34 g,
Protein 36 g, sodium 400 mg

Mushroom Beef Stroganoff

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

1-2 tablespoons butter
1 pound thinly sliced beef
6 white mushrooms, thinly sliced
 $\frac{3}{4}$ pound dry pasta, cooked and drained
2 (10 $\frac{3}{4}$ -ounce) cans condensed cream of mushroom soup
 $\frac{1}{2}$ cup sour cream
1 teaspoon garlic powder
Salt and black pepper to taste

Directions

1. Fill a large saucepan with water and bring to a boil. Add 1 tablespoon salt to the water and while the beef and mushrooms will be cooking, cook the pasta according to package directions. Drain pasta and set aside.
2. Melt the butter in a large cast-iron skillet over medium-high heat. Add the beef and fry until cooked through, about 8-10 minutes. Remove the beef from the skillet and set aside.
3. Add the mushrooms can fry until slightly golden, about 4-6 minutes, taking care of letting all the water evaporate.
4. Add the garlic powder and soup to the mushrooms; simmer for about 8–10 minutes while stirring.
5. Add the cooked pasta and stir to coat well.
6. Stir in the sour cream and season with salt and pepper to taste.
7. Serve warm.

Nutrition (per serving)

Calories 679, fat 40.5 g, carbs 48 g,
Protein 28.5 g, sodium 660 mg

Cod in Lemon Sauce

Serves 4 | Prep time 15 minutes | Cooking time 14 minutes

Ingredients

For the lemon sauce

5 garlic cloves, minced
5 tablespoons extra-virgin olive oil
5 tablespoons freshly squeezed lemon juice
2 tablespoons unsalted butter, melted

For the flour mixture

⅓ cup all-purpose flour
1 teaspoon ground coriander
¾ teaspoon ground cumin
¾ teaspoon sweet paprika
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper

For the cod fillets

4 (4-ounce) cod fillets
2 tablespoons olive oil
¼ cup flat-leaf leaves, chopped

Directions

1. Preheat the oven to 400°F (204°C).
2. For the lemon sauce, in a shallow bowl, add all the ingredients for the sauce except for the garlic. Mix well
3. For the flour mixture, in another shallow bowl, stir together all the ingredients.
4. Dip each cod fillet in the lemon sauce, then coat with the flour mixture. Shake off the excess flour from each fillet.
5. Reserve the lemon sauce.
6. In a large cast-iron skillet, heat the oil over medium-high heat and sear the cod fillets for about 2 minutes per side.
7. Meanwhile, add the garlic into the bowl of reserved lemon sauce and stir to combine.
8. Drizzle the lemon sauce over the cod fillets and immediately transfer the skillet into the oven.
9. Bake for about 10 minutes
10. Garnish with the parsley and serve hot.

Nutrition (per serving)

Calories 405, fat 31 g, carbs 10 g, sugar 0 g,
Protein 22 g, sodium 557 mg

Creamed Spinach

Serves 6 | Prep time 10 minutes | Cooking time 15 minutes

Ingredients

3 tablespoons unsalted butter
¼ cup Vidalia onion, grated
2 tablespoons all-purpose flour
1 teaspoon garlic, minced
1 cup heavy cream
15 ounces fresh baby spinach
Pinch of ground nutmeg
Kosher salt and freshly ground black pepper, to taste

Directions

1. In a large cast-iron skillet, melt the butter over medium-high heat. Sauté the onion for about 3-4 minutes.
2. Stir in the flour and cook for about 2 minutes, stirring continuously.
3. Add the garlic and cook for about 1 minute, stirring continuously.
4. Stir in the heavy cream and cook for about 2-3 minutes, stirring continuously.
5. Reduce heat to low and stir in the nutmeg, salt, and black pepper.
6. Stir in the spinach and cook for about 3-4 minutes, stirring continuously.
7. Serve hot.

Nutrition (per serving)

Calories 105, fat 8 g, carbs 6 g, sugar 1 g,
Protein 2 g, sodium 137 mg

Blueberry Cobbler

Serves 8 | Prep time 15 minutes | Cooking time 30 minutes

Ingredients

½ cup unsalted butter
1 cup all-purpose flour
1½ teaspoons baking powder
1 teaspoon dried lavender, minced
½ teaspoon kosher salt
1 cup plus 1 tablespoon granulated sugar, divided
1 cup whole milk
2 tablespoons freshly squeezed lemon juice
1-2 teaspoons lemon zest, grated
1 vanilla bean, scraped
2 cups fresh blueberries

Directions

1. Preheat the oven to 350°F (177°C).
2. Place the butter in a 10-inch cast-iron skillet, then place the skillet in the preheating oven for about 5 minutes.
3. Carefully remove the skillet from the oven.
4. Meanwhile, in a large mixing bowl, add the flour, baking powder, lavender, and salt. Mix well.
5. Add 1 cup of sugar along with the milk, lemon juice, lemon zest, and vanilla. Mix until well-combined.
6. In a medium mixing bowl, add the blueberries and remaining sugar. Toss to coat well.
7. Carefully remove the hot skillet with the melted butter from the oven.
8. Evenly pour the flour mixture into the buttered skillet. Top with the sugared blueberries.
9. Bake for about 30 minutes or until the flour mixture has risen around the blueberries.
10. Remove the skillet from the oven and place it onto a wire rack to cool slightly before serving.

Nutrition (per serving)

Calories 294, fat 12 g, carbs 44 g, sugar 30 g,
Protein 3 g, sodium 243 mg

All the recipes can be found in Louise Davidson's book No-Fuss Cooking Cast Iron Cookbook. To learn more, click [here](#) or on the cover.

