

Healthy Cast Iron Cooking



Compiled by Vicki S. Lofty
Family and Consumer Sciences Agent
UT - TSU Extension Marion County
vlofty@utk.edu

Real. Life. Solutions.



Salt-Roasted Shrimp with Lemon-Honey Dipping Sauce

8 appetizer servings (serving size: 3 shrimp and 1 tablespoon sauce)

(111 calories per serving)

Ingredients

1 (4-pound) box rock salt

24 unpeeled jumbo shrimp (about 1 1/2 pounds)

2 teaspoons grated lemon rind

1/3 cup fresh lemon juice (about 4 lemons)

2 tablespoons minced green onions

2 tablespoons honey

1 teaspoon low-sodium soy sauce

1/8 teaspoon ground red pepper

1 garlic clove, minced

Preparation

Preheat oven to 400°.

Pour salt in an even layer in a shallow roasting pan or large cast-iron skillet. Place pan in oven at 400° for 30 minutes or until salt is very hot. Arrange shrimp in a single layer over salt. Cover with foil; bake at 400° for 5 minutes or until shrimp are done.

Combine the rind and remaining ingredients; serve sauce with shrimp.

Taco Soup

Ingredients:

2 pounds lean ground beef
2 large onions, chopped
2 cans (15 oz) Mexican-style chili beans with liquid
1 can (15 oz) black beans with liquid
1 can (15 oz) white whole kernel corn with liquid
1 can (11 oz) Mexican-style corn with liquid
2 cans (14 oz) chicken broth
1 can (15 oz) tomato sauce
1 can (28 oz) diced tomatoes with green chilies
2 cans (10 oz) Rotel tomatoes with green chilies
1 package Ranch dressing mix
Shredded Cheddar Cheese for garnish
Tortilla chips for garnish

Preparation:

In Dutch Oven, brown ground beef. Drain well. Add onions and cook until tender. Add other ingredients and cook (uncovered) for about 45 minutes. Ladle into serving bowls and top with cheese and tortilla chips. Easy dish for a large group.

Tip: If too thick, add 2 more cans of chicken broth.

Spiced Pork Tenderloin with Sautéed Apples

4 servings (serving size: 3 pork medallions and about 1/2 cup apple mixture)

(234 calories per serving)

Ingredients

3/8 teaspoon salt

1/4 teaspoon ground coriander

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces

Cooking spray

2 tablespoons butter

2 cups thinly sliced unpeeled Braeburn or Gala apple

1/3 cup thinly sliced shallots

1/8 teaspoon salt

1/4 cup apple cider

1 teaspoon fresh thyme leaves

Preparation

1. Heat a large cast-iron skillet over medium-high heat. Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.
2. Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves. Serve apple mixture with the pork.

Easy Beef Stew

Ingredients:

2 lbs beef stew meat, cut into 1 inch cubes

3 tbsp. flour

2 tbsp. Oil

2 cups water

5 medium russet potatoes peeled and diced

2 (14.5 oz) cans of diced tomatoes in sauce

1 package of frozen gumbo vegetable mix

1 package of McCormick Beef Stew Seasoning Mix

Preparation:

Coat beef with flour. Heat oil in large deep cast iron skillet or dutch oven on medium heat. Add beef, cook until brown on all sides. Stir in seasoning mix and water. Simmer for about 45 minutes or until beef is tender. Add potatoes, tomatoes and vegetable mix and simmer until vegetables are tender stirring occasionally.

Note— Add more liquid if needed and other vegetables if desired.

Creamy Chicken Cornbread

Ingredients

3 cups heavy whipping cream

1/2 teaspoon pepper

3/4 teaspoon salt

3 cups chopped and cooked chicken, Tyson Chicken Breasts strips

1 1/2 cups chopped portabella mushrooms

2 cups shredded fontina cheese

1 cup fresh basil leaves

2 eggs

2 cups Martha White cornmeal mix

1- 1/4 cups buttermilk

Preparation

Preheat oven to 425 degrees. Put 12-inch Lodge cast iron skillet on burner at medium low. Add 4 cups heavy whipping cream, 1/2 teaspoon pepper, 1 1/2 portabella mushrooms, 3/4 teaspoon salt, 3 cups cubed chicken. Allow to heat on stove top 2-3 minutes. Stir once or twice. In a separate bowl, mix 2 cups Martha White cornmeal, 2 eggs and 1-1/4 cups buttermilk. Mix well. Set aside. For the creamy chicken mixture add 2 cups shredded fontina cheese and stir to distribute cheese evenly. Evenly layer 1 cup fresh basil leaves on top. Carefully and evenly spoon cornmeal mixture on top of basil. Put in oven and bake uncovered 25 to 30 minutes or until golden brown. Serves 6-8.

Coalminer's Pie

Ingredients:

1 lb. Ground Beef
15 ounce can tomato soup
1 can corn, drained
1 cup chopped onions
2 medium bell peppers
1 teaspoon chili powder
1 1/2 tsp salt
1 tsp pepper
2 eggs
1/2 cup milk
1 tsp flour
1 tsp shortening or oil
1 cup corn meal

Preparation:

Preheat oven to 350 degrees. Brown meat and onion, stir in tomato sauce, bell pepper, corn, chili powder, 1 tsp salt and pepper. Bring to a boil, lower heat. Cover and simmer for 15 minutes. Pour into 10.25 inch cast iron skillet. Beat together eggs, oil and milk for 1 minute in a small bowl. Beat in cornmeal, flour and salt until well blended. Pour over meat to cover entire surface. Bake for 20 minutes.

Chicken and Dressing Skillet Bake

6 servings

Ingredients

1 cup chopped celery

1 cup chopped onion

4 tablespoons butter

1 tbsp. oil

2 cups buttermilk

2 eggs, beaten

1 (8 1/2 oz) can cream style corn

2 cups Martha White Self-Rising Corn Meal Mix

2 teaspoons poultry seasoning

3 cups chopped cooked chicken, seasoned with salt and pepper

Preparation

Heat oven to 450 degrees. In 10 1/2 inch Lodge cast iron skillet, cook celery and onion in butter until tender, about 10 minutes. Remove vegetables from skillet and place in large bowl. Pour oil in same cast iron skillet and place in oven to heat for about 5 minutes. Add remaining ingredients to vegetables in large bowl; blend well. Pour cornbread batter into hot cast iron skillet. Bake at 450 for 25 to 30 minutes or until golden brown. cut into wedges.

Note: May be garnished with fresh sage leaves and served with chicken gravy.

Three Cheese Mac and Cheese

Ingredients

¾ pound penne
1½ cups heavy cream or half-and-half
3 tablespoons finely chopped yellow onion
2 garlic cloves, minced
2 tablespoons all purpose flour
5 ounces goat cheese
3 ounces sharp white cheddar, shredded
½ cup packed freshly grated parmesan
2 tablespoons sour cream
¾ teaspoon lemon zest
1½ teaspoons chopped fresh thyme
Salt and freshly ground pepper
1 extra large egg yolk

Preparation

Heat oven to 400°. Butter a 10-inch cast-iron skillet. In a large pot of boiling salted water, cook pasta until al dente. Drain and return to pot.

Meanwhile, in a large saucepan, bring heavy cream, onion and garlic to a simmer. Transfer ½ cup of the cream to a medium bowl and gradually whisk in flour; return mixture to saucepan. Set the bowl aside and continue whisking over moderate heat until thickened, about 3 minutes. Remove from heat and whisk in the goat cheese, cheddar and half of the Parmesan until melted. Stir in the sour cream, zest and 1 teaspoon of thyme and season with salt and pepper.

Place the egg yolk in the medium bowl and gradually whisk in ½ cup cheese sauce. Gradually whisk the egg mixture into the saucepan. Pour cheese sauce over pasta and toss to coat evenly. Add pasta to cast-iron skillet and sprinkle with remaining cheese.

Bake for about 25 minutes, until bubbling and golden brown. Sprinkle with remaining thyme. Allow mac and cheese to rest for about 5 minutes (if you can stand it), then serve.

Cabbage Casserole

Ingredients:

2 medium onions, chopped

1 small Bell pepper, chopped

1 clove garlic, minced

1/4 cup unsalted butter

2 1/2 cups Cheddar cheese, shredded and divided

1 large cabbage, chopped, cooked and drained

1 cup bread crumbs

Salt and pepper to taste

1 cup half and half cream

Preparation:

Preheat oven to 350 degrees. Saute onion, Bell pepper and garlic in butter in deep skillet. Add cabbage, 2 cups cheese, bread crumbs, salt and pepper. Mix well. Top with 1/2 cup cheese and pour half and half over the top. Bake for 30-40 minutes.

Sweet and Tandy Glazed Carrots with Cranberries

Serves 4

Ingredients:

1 1/2 pounds young carrots, peeled, or large carrots, cut lengthwise into quarters and then in half crosswise

1 tbsp. canola or vegetable oil

1 tsp salt

1/2 cup good quality chicken stock

1 tbsp. unsalted butter

1/4 cup dried cranberries

2 tbsp. thyme honey or other variety

2 tbsp. sherry vinegar or white wine vinegar

1 tbsp. finely chopped fresh flat-leaf parsley

Preparation:

Combine the carrots, oil and salt in a bowl. Heat a cast iron skillet large enough to hold the carrots in a single layer over medium heat just until hot, about 3 1/2 minutes. Scrape the carrots into the pan and cook for 2 minutes, stirring once or twice. Stir in the stock and butter, cover the skillet, reduce the heat to low, and cook until the carrots are almost tender when pierced with the tip of a knife, about 15 minutes.

Uncover and stir in the cranberries, honey and vinegar; bring to a boil and cook until the liquid reduced to glaze the carrots, about 5 minutes, shaking the pan occasionally. Stir in the parsley and serve.

Sweet Potato Soufflé

Yield: 6-8 servings

Ingredients:

8 medium sweet potatoes or yams (about 4 pounds)

1 teaspoon salt

5 tablespoons salted butter, at room temperature

½ cup half-and-half

¼ cup apple cider

3 tablespoons packed light brown sugar

½ teaspoon ground cinnamon

1 teaspoon grated orange zest

3 tablespoons chilled salted butter, cut into small pieces

Preparation:

Position a rack in the center of the oven and preheat to 350°F.

Put the sweet potatoes in a large stockpot, cover with cold water, and add the salt. Bring to a boil over high heat. Reduce the heat to medium and cook the potatoes until soft when pierced, 30 to 40 minutes. Drain and allow to cool.

Peel the sweet potatoes and place in a large bowl. Mash to a coarse consistency with a potato ricer or masher. Add the room-temperature butter, half-and-half, apple cider, brown sugar, cinnamon, and orange zest. Beat with an electric mixer on medium speed until fluffy, about 2 minutes.

Transfer to a buttered 10- or 12-inch cast iron skillet. Dot the potatoes with the chilled butter pieces and bake in the oven until the top is golden brown, about 30 minutes. For a perfect golden crust on top, broil for the last 5 minutes.

Razzle-Dazzle Cornbread

Ingredients:

- 1 cup Martha White self-rising flour
- 1 cup Martha White self-rising cornmeal
- 3/4 cup sugar
- 1-1/2 tablespoons finely grated fresh lemon zest (grate outside of lemon)
- 1-1/2 sticks (3/4 cup) butter, melted and cooled
- 3/4 cup milk
- 2 egg yolks
- 1 whole egg
- 1-1/2 cups raspberries (6 oz)
- 2 to 3 tablespoons sugar

Preparation:

Preheat oven to 400 degrees. Grease 9 inch cast iron skillet with shortening. Mix flour, cornmeal, sugar and lemon in bowl. Mix butter, milk, yolks and egg and stir into flour mixture. Gently stir in raspberries. Pour mixture in skillet. Bake in middle of oven for 25 minutes, then sprinkle top with sugar and bake for 5 more minutes. Serves 8-10.

Almond-Cranberry Corn Bread

Ingredients

3 ounces all-purpose flour (about 2/3 cup)

2/3 cup yellow cornmeal

2/3 cup almond meal

1/3 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 tablespoons canola oil

1 1/2 tablespoons sliced almonds

3/4 cup fat-free buttermilk

1/2 cup dried cranberries

2 large egg whites

Cooking spray

Preparation

Preheat oven to 400°.

Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through salt) in a large bowl.

Heat oil in a small skillet over high heat. Add almonds to pan; cook 2 minutes or until lightly toasted, stirring frequently. Strain oil through a fine sieve into flour mixture. Set aside 1 tablespoon almonds. Add remaining 1 1/2 teaspoons almonds to flour mixture. Combine buttermilk, dried cranberries, and egg whites, and add to flour mixture, stirring until well blended.

Spoon batter into an 8-inch cast-iron skillet coated with cooking spray. Sprinkle reserved 1 tablespoon toasted almonds over top of batter. Bake bread at 400° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.

Pineapple-Coconut-Banana Upside-Down Cake

Ingredients

2 tablespoons butter
3/4 cup packed brown sugar
1 (15 1/2-ounce) can pineapple slices in juice, undrained
1 cup flaked sweetened coconut
1 cup all-purpose flour
1/2 cup granulated sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/2 cup mashed ripe banana (about 1 banana)
2 tablespoons vegetable oil
1 large egg

Preparation

Preheat oven to 375°.

Melt butter in a 9-inch cast-iron skillet; sprinkle evenly with brown sugar. Drain pineapple slices over a bowl, reserving 1/2 cup juice. Place 1 pineapple ring in center of skillet. Cut remaining pineapple rings in half; arrange around center pineapple ring. Sprinkle evenly with coconut. Set aside.

Lightly spoon flour into a dry measuring cup, and level with a knife. Combine flour and next 5 ingredients (flour through salt) in a large bowl. Combine reserved juice, banana, oil, and egg, stirring with a whisk. Add pineapple juice mixture to flour mixture, stirring until combined. Pour flour mixture over coconut. Bake at 375° for 30 minutes or until a wooden pick inserted in center comes out clean. Invert onto a wire rack. Serve warm or at room temperature.

Triple Berry Skillet Cake

Prep Time: 20 mins **Cooking Time:** 30 mins

Ingredients:

4 Tablespoons unsalted butter, softened

1 cup whole wheat pastry flour

½ teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

¾ cup sugar

1 large egg

½ cup low-fat buttermilk

1/2 cup blueberries

1/2 cup strawberries (sliced)

1/2 cup raspberries

Topping:

½ cup brown sugar

½ teaspoon cinnamon

3 Tablespoons all purpose flour

1 Tablespoon butter, softened

Preparation:

Preheat the oven to 375 degrees. In a small bowl whisk together the flour, baking powder, baking soda and salt in a small bowl. Set aside. Use your electric mixer to beat the butter and sugar until fluffy. Add the egg and combine. Slowly add the flour, then some buttermilk then more flour. Scrape the batter into a skillet that has been sprayed with baking spray. Spread the batter to the edges and then dot the top with berries.

In another bowl mix together the topping ingredients using a fork. Sprinkle the topping over the berries Place the skillet in the oven and bake for 30 minutes or until it begins to brown and a toothpick comes out clean. Serve warm or room temp. Serves 8.

Apple Dessert Pie

Ingredients:

6 medium to large apples sliced thin

1 1/2 cups sugar

1 stick margarine

1 egg

1/4 cup pecans

2 tbsp. cornstarch

1 tsp cinnamon

5-6 slices white loaf bread trimmed and cut into fingers

Preparation:

Preheat oven to 350 degrees. Place apples in bottom of oiled pan. Sprinkle cinnamon on top of apples or cast iron skillet. Place bread fingers over apples. Mix sugar, egg and cornstarch together, add melted margarine to the mixture. Pour over apples and bread. Sprinkle nuts on top.

Bake 30 minutes at 350 degrees or until bubbly and brown.

Skillet Chili with Cornbread Topping

Ingredients:

1 pound lean ground beef

1 (15 oz.) can pinto beans, undrained

2 (14 1/2 oz.) cans Mexican or chili seasoned tomatoes, drained

1 cup White Lily® Enriched Self-Rising White Cornmeal Mix

1/2 cup shredded Cheddar cheese

1 large egg

1/4 cup Crisco® Pure Vegetable Oil

3/4 cup milk

Preparation:

Heat oven to 425°F. Brown ground beef in 10-inch cast iron or ovenproof skillet; drain.

Add beans and tomatoes. Simmer 10 minutes.

Beat egg in medium bowl. Stir in cornmeal mix, milk, cheese and oil until smooth. Pour over meat mixture in skillet.

BAKE 30 minutes or until toothpick inserted in center comes out clean.

Makes 4 to 6 servings

Carrot-Zucchini-Nut Muffins

Ingredients:

1 cup all purpose flour
1 cup whole wheat flour
1/2 cup sugar
1 tsp baking powder
1 tsp ground cinnamon
1/2 tsp salt
1/2 tsp baking soda
2 eggs, beaten
3/4 cup orange juice
1/4 cup butter, melted
1 tsp vanilla
2 medium carrots, shredded
1 medium zucchini, shredded
1/2 cup of chopped pecans

Preparation:

Preheat oven to 400 degrees. Combine first 7 dry ingredients in a large bowl. In another bowl, stir together egg, orange juice, butter and vanilla; add to dry ingredients, stirring just until moistened. Fold in carrots, zucchini and pecans. Spoon into greased muffin pans, filling 2/3 full. Bake for 20 minutes. Remove from pans immediately and cool on wire racks. Very good topped with a cream cheese frosting.

Makes 18-24 muffins

Cheesy Skillet Spinach and Artichoke Dip with Bread

Ingredients:

- 1 8oz package cream cheese, softened
- 1 8oz carton sour cream
- 1/4 cup milk
- 1/4 cup grated parmesan cheese
- 1/2 cup grated mozzarella cheese
- 1 14oz can artichoke hearts, drained and finely chopped
- 3 cups finely chopped fresh baby spinach
- 2 cloves garlic, minced
- 1/2 tsp hot sauce if desired
- 1 can refrigerated French loaf or one loaf frozen bread dough, thawed

Preparation:

Preheat oven to 350 degrees F. Beat cream cheese on medium high for 30 seconds.

Add sour cream and milk; beat until combined. Fold in 1/4 cup parmesan and 1/4 cup mozzarella cheese. Stir in finely chopped artichokes, finely chopped spinach, garlic and hot sauce, if desired. Transfer mixture to a 10-12 inch skillet that has been sprayed with non-stick spray. Bake for about 15 minutes or until it is just slightly browned around the edges. Remove skillet from oven, cut French loaf into slices, about 1/2 inch thick. Arrange slices in a ring around the edge of the skillet, overlapping slightly. Bake for 15 minutes more or until rolls are golden. Remove from oven and sprinkle with 1/4 cup mozzarella cheese.

Taco-tastic Cornbread

Ingredients:

1 package Martha White Cornbread Mix, Mexican Style

2/3 cup milk

1 egg, beaten

1 cup seasoned ground beef or seasoned shredded chicken, your choice

1 can of Rotel

1 small block of Velveeta Cheese

Sour cream, if desired

Salsa, if desired

Preparation:

Heat oven to 425 degrees

Grease Lodge cast iron skillet with shortening. Place skillet in oven 7 to 8 minutes or until hot.

In a bowl, combine cornbread mix, milk and egg. Stir until smooth. Pour into hot skillet.

Bake at 425 degrees for 18 to 22 minutes or until golden brown.

While cornbread cooks, you can use this time to brown ground beef/chicken, drain and season with taco seasoning if not already cooked.

Once cornbread is cooled, scoop top out to make a bread bowl, saving removed cornbread.

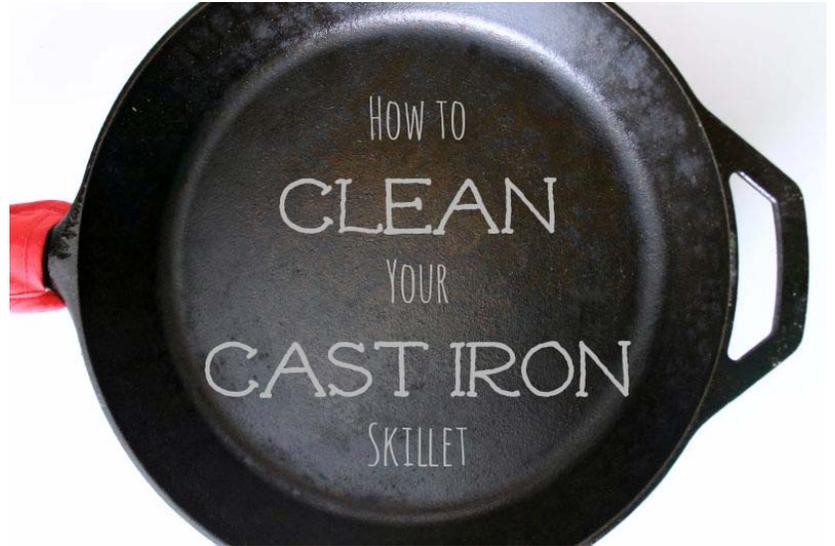
In microwave safe dish, melt Velveeta and mix with can of Rotel, add meat. Stir well.

Pour mixture into cornbread bowl. Top with remainder of cornbread.

Top with a dollop of sour cream and salsa if desired.

Cleaning Cast Iron-

- Wash cast iron by hand.
- Mild soap may be used but not necessary.
- Dry promptly and thoroughly with a lint-free cloth or paper towel.
- Rub with a very light layer of vegetable oil, preferably while the cookware is still warm.
- Hang or store in a dry place.
- Do not wash cast iron in dishwashers.
- Rub with a light coat of vegetable oil after every wash.



Cast Iron Basics-

- Gas flames should never extend up the sides of the cookware.
- Match pan size to burner size.
- DO NOT use in the microwave.
- Always preheat your cast-iron before adding the food you want to cook.
- Handles get hot. Use mitts and use trivets to protect countertops.
- Refer to your stove/range manufacture's owner manual for information regarding ceramic/glass stove cook tops.

-Notes-