

CAST IRON COOKING

Oil	Smoke Point (F)	Smoke Point (C)
Refined Avocado	520	271
Safflower	510	266
Rice Bran	450	254
Refined or Light Olive	465	240
Soybean	450	232
Peanut	450	232
Ghee or Clarified Butter	450	232
Corn	450	232
Refined Coconut	410	232
Sunflower	400	232
Refined Sesame	400	210
Vegetable	450	232
Beef Tallow	390	204
Canola	375	204
Grapeseed	370	199
Unrefined or Virgin Avocado	375	190
Pork Fat or Lard	370	188
Chicken Fat or Schmaltz	375	190
Duck Fat	375	190
Vegetable Shortening	360	182
Unrefined Sesame	350	177
Extra virgin or Unrefined Coconut	350	177
Extra Virgin Olive	375	190
Butter	302	150

SEASONING CAST IRON:

Starting with a cleaned bare pan or to add to a new pan with factory seasoning.

1. Pre heat your oven to 200°F
2. Make sure your pan is clean and dry.
3. Immediately place pan upside down into 200°F oven.
4. Remove after 10-15 minutes and wipe or brush a very thin coat of your preferred oil onto the pan. Careful it is hot!
5. Return to oven for another 10 minutes then remove and wipe down with dry towels. You can't wipe it all off even if you tried but you do want a very thin coating.
6. Return to oven again and increase temperature to 450-500° Fahrenheit. Always 50°F above the smoke point of your oil.
7. Allow to bake for at least one hour.
8. Turn off oven and allow to cool down in oven.
9. For a bare pan it is recommended to repeat this process two more times or more, your choice. For a new pan with factory seasoning one round and it is good to go or repeat for even stronger seasoning.

NOTE: Seasoning a new factory pan is not necessary because they come pre seasoned.

Tip: To help prevent rust flash when cleaning use cold water or hot water and Brillo lemon scrubbing pad. Lemon like vinegar is an acid. Or even try cleaning in a sink or tub full of hot soapy water and a little vinegar.

Tip: Crisco, Pam spray and canola oil are always good to season with. As you gain experience you may want to try other oils.

10/07/18

FIRESIDE LASAGNA

Coming Soon!

JAPANESE CURRY

Cast Iron Dutch Oven

Chicken / Beef, boil or brown

Add water, curry and potatoes and carrots, boil and simmer

Potatoes, peeled, cubed

Carrots

Rice, make in Instant Pot

Golden Curry S&B (mild, **medium**, hot)

Serve over rice

STEW

CAST IRON CHEESECAKE

From Pinterest

Pans needed: A 9-inch or 10-inch cast iron skillet. A large bowl for crushing the cookies, to make the cookie crust. A large mixing bowl for preparing the cheesecake batter. A large pan for the *bain marie* water bath, large enough so the cast iron skillet will sit inside. And, a bowl or cup of hot water, to heat your knife when you slice the finished cheesecake.

Crust

- 2 ½ cups crushed Oreos (about 40 cookies)
- 4 tbsp butter, melted

Sour Cream Topping (optional)

- ¾ cup sour cream (or Greek yogurt)
- ½ cup confectioners' sugar, sifted
- ¼ tsp vanilla extract

Cheesecake batter

- 32 oz (4 8-oz pkg) cream cheese
- 1 ½ cups granulated sugar
- ¾ cup cream
- 4 large eggs
- 1 cup sour cream
- 1 tbsp vanilla extract
- 4 tbsp (¼ cup) all-purpose flour, sifted

Macerated Strawberries

1 lb strawberries, sliced 2 tsp lemon juice ¼ cup granulated sugar

1. Heat oven to 325°F.
2. Combine graham crumbs, butter and 2 Tbsp. sugar; press onto bottom of 10-inch cast-iron skillet sprayed with cooking spray.
3. Beat cream cheese with vanilla and remaining sugar, slowly, until smooth, never past half speed.
4. Blend in cream, then eggs, 1 at a time, mixing on low to medium speed after each just until blended.
5. Mix in sour cream and vanilla extract. Sift flour and add it into the batter. Mix until smooth then pour filling into prepared crust.
6. Place the entire basin of water, with the cheesecake, into the preheated oven.
7. Bake for 60 minutes at 325 degrees Fahrenheit. After 60 minutes, do not take the pan out of the oven! Turn off the oven temperature, open the oven door slightly and leave it open just a little bit. Let the pan, and the cheesecake, cool gradually for at least one more hour.
8. Place the entire cheesecake into the refrigerator to cool overnight. You can also spread the sour cream topping over the top of the cheesecake before placing it in the refrigerator to cool.
9. Serve with fresh, macerated, strawberries or raspberries

WEBSITE DIRECTIONS

Preheat oven to 325 degrees Fahrenheit. We're using 325 as our target temperature rather than 350, because we're making this in a cast iron pan! The heating capability of the pan will thoroughly bake the crust and the underside of the cheesecake, but it will take longer to cool off.

Grease the surface and sides of a cast iron skillet. Melt butter and crush Oreos. In a large bowl, mix crushed Oreos with melted butter. Press crushed Oreo mix onto the bottom and sides of the pan. Place in the refrigerator to chill.

This is where we remember the golden rule: **TAKE YOUR TIME!** What is the bane of a cheesecake – the one thing a baker does not want to see on a perfect cheesecake? Cracks! A cracked cheesecake is fine to eat and it will still taste delicious. But if you want your cheesecake to look perfect, you don't want to see cracks on the surface. Overbeating the batter will cause a cheesecake to crack! Because of this, be sure not to use the mixer above medium speed. *Take your time!*



In a large bowl, add sugar and cream cheese. Start mixing slowly, bring the mixer to medium speed. Mix cream cheese with sugar until smooth. After the sugar and cream cheese are combined, turn *down* the mixer to somewhere between low and medium. Blend in milk, and then mix in the eggs one at a time, mixing just enough to incorporate. Mix in sour cream, vanilla extract. Sift flour and add it into the batter. Mix until smooth. Pour filling into prepared crust.

And here is where the golden rule "take your time!" also applies to baking your cheesecake! The reason why a cheesecake cracks is because of temperature differences. For the same reason we mixed the cheesecake batter slowly, we also want to bake the cheesecake slowly and evenly. This is why they came up with the *bain marie* method of making a cheesecake. This, of course, is the **water bath** method of gradually cooking the cheesecake, and gradually cooling it when it's done. And I will vouch for this method! After repeatedly ending up with cracked cheesecakes, I used the *bain marie* water bath, and the result was a cheesecake that looked *perfect!*

A water bath is very easy to prepare. After the cheesecake has been poured into the crust, place the pan into a larger basin, such as a 12 inch cast iron skillet.. Pour boiling hot water, or at least very hot water, into the basin until it comes at least halfway up the side of the pan. Place the entire basin of water, with the cheesecake, into the preheated oven.

Bake for 60 minutes at 325 degrees Fahrenheit. After 60 minutes, *do not* take the pan out of the oven! Turn off the oven temperature, open the oven door slightly and leave it open just a little bit. Let the pan, and the cheesecake, cool gradually for at least one more hour.



Here's why the water bath works: it surrounds the cheesecake with steam and allows it to gradually heat, and especially to gradually cool. Gradually cooling the cheesecake in the water bath, and with the oven slightly open, allows it to cool slowly and produce a perfect looking cheesecake with no cracks.

During this next hour, if you want, you can prepare a topping for the finished cheesecake. One simple topping is to mix sliced strawberries and granulated sugar, and let them soak (macerate) in the refrigerator overnight. A recipe for a sour cream topping for the cheesecake is listed above.

After letting the cheesecake cool in the water bath for an hour, you can remove it from the oven. Admire your work, then place the entire cheesecake into the refrigerator to cool overnight. You can also spread the sour cream topping over the top of the cheesecake before placing it in the refrigerator to cool.

For the cleanest serving, heat a knife in a cup or bowl of very hot water. Wipe off the knife, then you can slice the cheesecake. Wipe off the knife and re-heat it in the water between each slice. Serve the cheesecake with macerated fruit such as strawberries, or blueberries.