



# **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)**

*Andrea Libman, Roberta Wood*

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## **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.

Begin your Paleo Diet adventure! Start your day right with your first paleo home cooked iron cast skillet recipe!

# 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.

Don't waste another minute. 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!

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**Robert Burmeister:**

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**Jamie Ault:**

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