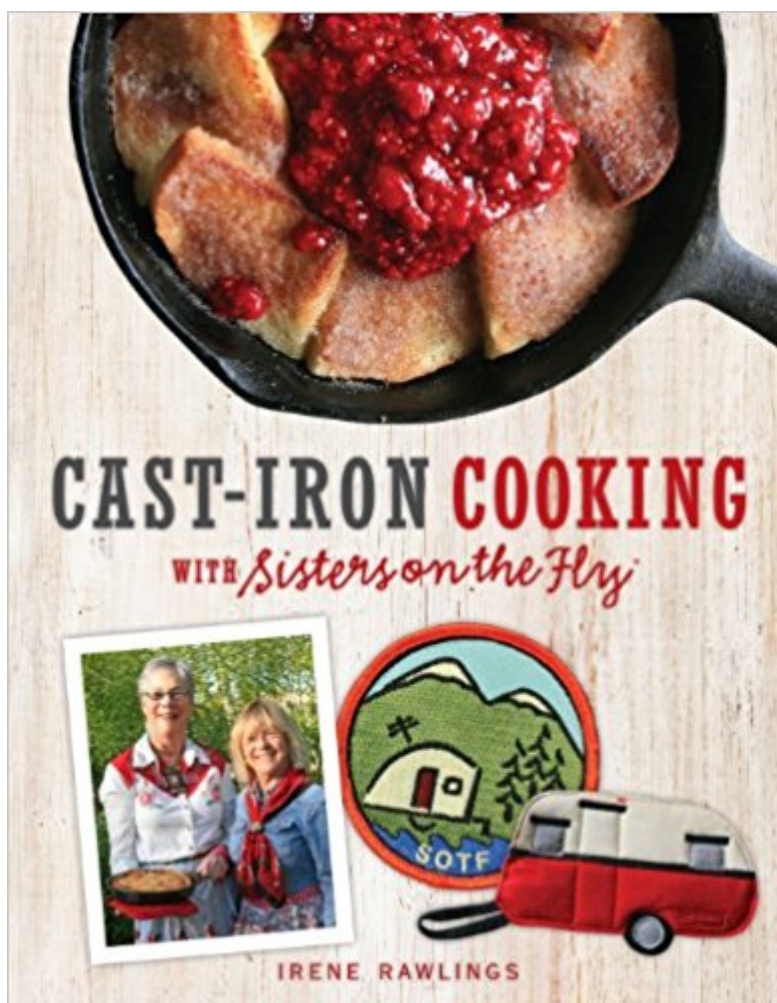


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# Cast-Iron Cooking With Sisters On The Fly



## Synopsis

From the road-warrior band of Sisters on the Fly, heirloom and contemporary recipes that are simple to shop for and prepare on the road, for the backyard grill, or in the kitchen, using cast iron cookware. Includes engaging stories, recipes, and action photos of the SOTF in their homes and out on the range in their trailer caravans. With a motto of, "We have more fun than anyone," Sisters on the Fly member Irene Rawlings introduces readers to the culinary comfort of cooking with cast iron inside *Cast-Iron Cooking with Sisters on the Fly*. Harkening back to the days of car travel before the interstate highway system made it easy to get to today's popular camping spots, Irene offers heirloom and contemporary recipes presented alongside engaging stories and action photos of kindred Sisters cooking deliciously flavorful meals with readily available ingredients over campfires and at their home ranges. Special to this collection, Rawlings explores the basics of cooking with cast iron for 100 tasty main dishes, delectable sides and appetizers, scrumptious biscuits and breads, to-die-for desserts, and luscious libations. From Un-Stuffed Cabbage and Camp Dutch Oven Roast to Chicken-Cashew Pasta Salad, Sweet Potato Biscuits, and Miss Verbena's Pimento Cheese, as well as favorites including Cowgirl Bean Bake and Bertie's Quick Peach Cobbler, *Cast-Iron Cooking with Sisters on the Fly* is a photographic cookbook travelogue complete with informative sidebars covering everything from poison ivy to a broken heart, along with tips for purchasing, seasoning, cooking with, and caring for cast iron. Share in the Sisters' love of cooking with cast iron inside *Cast-Iron Cooking with Sisters on the Fly*.

## Book Information

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## Customer Reviews

Author, editor, curator, and art reviewer, Irene Rawlings hosts an award-winning radio show syndicated throughout the Rocky Mountain West. She is also the author of *À À Portable Houses*, *À À The Clothesline*, *À À* and *À À Sisters on the Fly*. *À À*

I bought (pre-ordered, in fact) this book because I inferred that it was a camping recipe book. The "sisters on the fly" are a women's camping group and cast-iron is a natural choice for the campfire, so I don't think this inference was misplaced. I mean, look at the cover art! Camping, right? mmmm not so much. In fact, I think it's a stretch to call this book a cast-iron cookbook at all. A surprising number of recipes in this cookbook require an oven. Not a cast-iron dutch oven, friends. An actual oven. Like one you can put a cookie sheet in. A FEW of the recipes that specify using an oven could perhaps be modified for a dutch oven but, WEIRDLY, this so-called cast-iron cookbook does not suggest such modification. I would say fully half of the recipes require an oven. Now maybe for RV campers you can get more use out of those but I'm a tent camper and I was looking for campfire/briquet recipes. So everything that began with "set your oven to 350 degrees" made my heart sink a bit. But the really appalling thing about this cookbook, IMO, is the number of recipes that do not require any cast-iron cookware whatsoever. I'm not saying there are a LOT of these, but there are some, and I think we can all agree that "some" is way more than there should be in a book titled "cast-iron cooking." The one that really set me off was "deviled eggs." I mean, not only can you NOT boil water in cast-iron cookware, but the recipe itself was beyond basic. I am not a beginning cook. I do not need a to know the four traditional ingredients of deviled eggs. Moreover, if I \*did\* need that, I would not try to find it but buying an esoteric cookbook marketed as a cast-iron camping book. I really wanted to love this book but it was a huge disappointment. After awhile I realized that what this book really is is a compilation of recipes contributed by the women who are in the "sisters on the fly" sorority organization. The editor perhaps solicited for recipes using cast iron but I guess when she didn't get enough she just added whatever else came down the chute. I gave this book 2 stars instead of 1 for two reasons: 1) There are a few recipes in here that I will try this summer. If they are wonderful, it will be worth what I paid despite the bait-and-switch. 2) The quality of the book is very nice: thick page stock, good photography. It's almost a little over-produced for what it is. I wish they had spent less money on production value and more on finding great recipes for cast iron skillets and dutch ovens that can be accomplished in the outdoors.

Great book for beginners or those who are seasoned cast iron cooks. Love the pictures and the recipes and the fact that most of them have instructions for cooking inside or in the great outdoors.

This book is a gift and I think it will be well received. How to season; clean and cook with cast iron fry pans and Dutch ovens is provided. Instructions should be easy to follow and the book may encourage reader to try something new..... which is really an old way of cooking. It was a good find.

Great cook book!

Wow, this book is a wonderful compilation of fun and interesting recipes for outdoor cooking. I am really most interested in Cast Iron Dutch Oven Cooking. This book has excellent information for a beginner dutch oven cook. The recipes are unique and new. I am excited to try them.

I have used many cast iron cookbooks but have never seen one that covers the basics as well as this one. It tells you all you need to know to cook successfully with cast iron. These girls rock!

Excellent as expected from the Sisters on the fly!!

Good Book, lots of hints

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