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No over pan gives the same even heat distribution and if you're looking to cook restaurant quality food then you need to use a cast iron pan. Despite how amazing cast iron pans are, they remain very low cost whilst lasting for many, many years. So there is really no reason you shouldn't be cooking with one! In this book you will learn to cook absolutely delicious meals in your cast iron skillet. All 30 recipes have been specifically designed for cooking in a cast iron skillet, your friends ...

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