

The Cast Iron Wok Cookbooks For You 50 Healthy Delicious Wok Recipes For Beginners Iron Chef Quick Easy Breakfast Lunch And Dinner Cast Iron Skillet Wok Recipes For

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Summary:

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Cast iron - definition of cast iron by The Free Dictionary cast iron n. A hard, brittle, nonmalleable iron-carbon alloy, cast into shape, containing 2 to 4.5 percent carbon, 0.5 to 3 percent silicon, and lesser amounts of. Cast-iron cookware - Wikipedia Enameled cast iron is cast iron that has a vitreous enamel glaze applied to the surface. The fusion of the glaze with the cast iron prevents rusting, eliminates the need to season the metal, and allows more thorough cleaning. Enameled cast iron is excellent for slow cooking and drawing flavor from foods. What's the Difference Between Cast and Wrought Iron ... Cast Iron "Cast iron" is a generic term that refers to a range of iron alloys, but is typically associated with the most common, gray iron.

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