

Cast Iron Basics

Demystifying the Use of Cast Iron Cookware

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- ❖ **Questions I am often asked pertain to seasoning cast iron skillets, or how to safely cook with a cast iron skillet. Today's presentation will address some of these concerns and help make your cast iron a daily kitchen tool and you a cast iron warrior!**

- 1. Seasoning your cast iron new or old**
 - a. Items needed: Cast Iron, oil (high smoke point), kosher salt, paper towel.**
 - b. Scour pan with paper salt, oil and paper towel**
 - c. Heat pan (in oven at 300* Fahrenheit or on stove top for approx.5- 10 min.)**
 - d. Let pan cool and wipe excess oil and salt with paper towel**
- 2. Using Cast Iron on gas, electric, on your grill, and even induction.**
 - a. Low to medium heat for longer time (put it on first)**
 - b. As smoke starts to rise from hot pan you are ready**
 - 1.put in 1/4 cup of water or 2-3 ice cubes and pour off remaining liquid**
 - c. Reduce heat. Ready to pan sear**
 - 1. For proteins use oil with high burn point (canola oil, grapeseed, safflower) ; For vegetables we can use olive oil, grapeseed, canola oil, or even butter.**

- **Cooking demo**

Quick Pickled Beet and Feta cheese salad w/ vinagarette (serves approx. 4-6)

Ingredients

- **Raw beets (3 large or 4-5 small)**
- **Oranges of choice (1-2), peeled and cut into 1/8^{ths}**

- Greens of choice but preferably salad greens with heavy stalk vs leafy (4 handfuls or approx.)
- Olive oil (1/3 c)
- Apple cider vinegar (1/3c)
- Salt/ Pepper
- Feta Cheese (crumbles 8-10oz)

PREPARATION:

1. Place beets in a large pot, and cover with cold water by 2 inches. Bring to a boil over high heat; add 2 teaspoons salt. Reduce heat slightly to maintain a rolling boil. Cook until tender, about 30 minutes. Drain, and let cool slightly. Trim stem ends, then peel beets using a paring knife or a vegetable peeler. Cut beets crosswise into 1/4-inch-thick slices. Arrange on a platter.

2. Whisk together vinegar, 1 1/4 teaspoons salt, and the pepper in a small bowl. Add oil in a slow, steady stream, whisking until emulsified. Pour vinaigrette over beets, and serve.

Nutrition Facts : per serving 89 calories, 0.2g fat, 21.7g carbohydrates, 1.2g protein, 0mg cholesterol, 236mg sodium.

Sweet Potato & Black Bean Chili

Ingredients

- 1 tablespoon plus 2 extra teaspoons extra-virgin olive oil
- 1 medium large sweet potato, diced
- 1 large onion, diced
- 4 cloves of garlic, minced
- 2 tablespoons of chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chili (see note)
- 1/4 teaspoon salt

- 2 1/2 cups water
- 2 15 oz. cans of black beans, rinsed
- 1 14 oz. can of diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro (optional)

Nutrition: 314 calories per serving, 40g carbs, 9g fat, 12g protein, 253g sodium, 9g sugar

Instructions

PREPARATION:

1. Heat oil in a large soup pot over medium-high heat. Add sweet potato and onion--cook, stirring often until the onion begins to soften (about four minutes).
2. Add garlic, chili powder, cumin, chipotle and salt. Cook, stirring constantly, for thirty seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, about 10-12 minutes.
3. Add beans, tomatoes and lime juice. Increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about five minutes. Remove from heat and stir in cilantro if desired.

TIPS & NOTES:

- Make ahead tip--Cover & refrigerate for up to 3 days or freeze for up to 3 months.
- Note: chipotle peppers are dried, smoked jalapeno peppers so adjust for spice level if needed

Submitted by Jilah Kalil at Adapted from Eating Well

Enjoy this hearty soup with a little bit of lime and spice zip. A great game-day crowd-pleaser!

From NashvilleFarmersMarket.org

- Sweet Potato

Besides simple starches, raw sweet potatoes are rich in [complex carbohydrates](#), [dietary fiber](#) and [beta-carotene](#) (a [provitamin A carotenoid](#)), while having moderate contents of other [micronutrients](#), including [vitamin B₅](#), [vitamin B₆](#) and [manganese](#) (table).^[33] When cooked by [baking](#), small variable changes in micronutrient density occur to include a higher content of [vitamin C](#) at 24% of the [Daily Value](#) per 100 g serving (right table).^{[34][35]}

The [Center for Science in the Public Interest](#) ranked the nutritional value of sweet potatoes as highest among several other foods.^[36] In addition, their leaves are edible and can be prepared like [spinach](#) or [turnip](#) greens.

- Black Bean

Black bean's nutritional benefits such as the ability to lower cholesterol and also being high sources of natural fiber. They are also very versatile, high in protein, and cheap to buy! Beans contain low-fat protein, fiber, B-vitamins, iron, folate, magnesium, potassium, antioxidants, and phytonutrients ([Phytochemicals](#)).

- Beets

Raw beetroot is 88% water, 10% [carbohydrates](#), 2% [protein](#), and less than 1% [fat](#) (see table). In a 100 gram amount providing 43 [calories](#), raw beetroot is a rich source (27% of the [Daily Value](#), DV) of [folate](#) and a moderate source (16% DV) of [manganese](#), with other nutrients having insignificant content (table)



Complete Guide to Cooking Oils & Smoke Points

Oils & Fats	Fahrenheit	Celsius	Neutral Flavor?
Avocado Oil	520°F	271°C	Yes
Rice Bran Oil	490°F	260°C	Yes
Mustard Oil	490°F	260°C	No
Grapeseed Oil	485°F	252°C	Yes
Tea Seed Oil	485°F	252°C	No
Olive Oil, Extra Light	465°F	240°C	Yes
Safflower Oil	450°F	232°C	Yes
Peanut Oil	450°F	232°C	Yes
Soybean Oil	450°F	232°C	Yes
Corn Oil	450°F	232°C	Yes
Ghee, Clarified Butter	450°F	232°C	No
Sunflower Oil, Refined	450°F	232°C	Yes
Palm & Palm Kernel Oil	450°F	232°C	Yes
Hazelnut Oil	430°F	220°C	No
Olive Oil, Refined	428°F	220°C	No
Almond Oil, Refined	420°F	215°C	No
Cottonseed Oil	420°F	216°C	Yes
Sesame Oil, Refined	410°F	210°C	No
Macadamia Oil	410°F	210°C	Yes
Canola Oil	400°F	205°C	Yes
Walnut Oil	400°F	205°C	No
Beef Tallow	400°F	205°C	No
Chicken Fat, Schmaltz	375°F	190°C	No
Duck Fat	375°F	190°C	No
Lard	370°F	195°C	No
Vegetable Shortening, Crisco	360°F	180°C	Yes
Butter, Salted	350°F	176°C	No
Butter, Unsalted	350°F	176°C	No
Coconut Oil	350°F	176°C	No
Sesame Oil, Unrefined	350°F	175°C	No
Olive Oil, Extra Virgin	331°F	166°C	No
Hemp Oil	330°F	165°C	No
Olive Oil, Virgin	320°F	160°C	No
Margarine, Soft	320°F	160°C	No
Margarine, Hard	300°F	150°C	No
Flaxseed Oil	225°F	107°C	No