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### **Food Substitutions**

If you have had occasions to lack an ingredient for a recipe, this web site provides a long list of substitutes for many categories: <http://www.thatsmyhome.com/recipes/food-substitutions.htm>

### **Season Cast Iron Pot**

That lovely sheen on cast-iron cookware is the sign of a well-seasoned pan, which renders it virtually nonstick. The health bonus, of course, is that you won't need to use gads of oil to brown crispy potatoes or sear chicken when cooking in cast-iron. To season your cast-iron skillet, cover the bottom of the pan with a thick layer of kosher salt and a half inch of cooking oil, then heat until the oil starts to smoke. Carefully pour the salt and oil into a bowl, then use a ball of paper towels to rub the inside of the pan until it is smooth. To clean cast iron, never use soap. Simply scrub your skillet with a stiff brush and hot water and dry it completely.