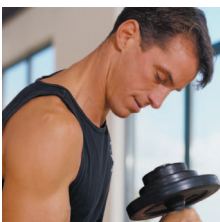
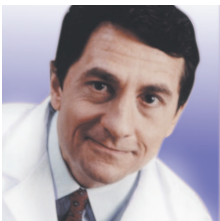
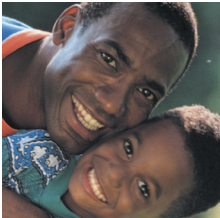
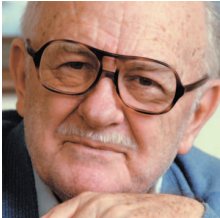


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A Closer  
LOOK

YOUR GUIDE TO THE FACTS

## Cast Iron Cooking for Today



For those of us who are just discovering the ease and benefits of cooking in cast iron pots, pans, and Dutch ovens, we are truly living out the familiar phrase “everything old is new again.” No cookware could be much older, it found great popularity in the seventh and eighth centuries for its versatility and durability, or seem so new by the twenty-first-century cooks who are just learning to use cast iron as a great way to bake, sear, broil, sauté, fry, braise, and stir-fry meals on their stove-tops, in their ovens, and over campfires.

Timeless family recipes are being re-discovered and new tastes and flavor combinations are coming to the forefront through the efforts of chefs, cooking school instructors, cooking show hosts, food writers, culinary bloggers, home cooks, cookbook authors, and publishers like Oxmoor House. In *The Lodge Cast Iron Cookbook—A Treasury of Timeless, Delicious Recipes* (Oxmoor House 2012) cast iron devotees from across the country and around the world share their recipes, memories, advice, and love of cast iron cooking with a new generation of cooks.

On *The 700 Club*, executive chef and cookbook author, Elizabeth Karmel, a contributor to *The Lodge Cast Iron Cookbook* herself, introduced co-host Kristi Watts to the joys of cast iron cooking. The recipes she shared with Kristi, Indoor Pulled Pork with North Carolina Vinegar Sauce Topped with North Carolina Coleslaw (Karmel’s recipe!), Upside-down Salsa Cornbread, Julia’s Succotash, and Cranberry Apple Pie are presented here for you to try in your kitchen. Whether you are a long-time fan or a relative newcomer to cast iron cooking, these dishes will delight your taste buds and show you how the “old way” of cooking with cast iron is new again today.

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### Indoor Pulled Pork with North Carolina Vinegar Sauce— *erves 8*

#### **Ingredients:**

- 1 (4- to 7-pound) bone-in pork shoulder or Boston butt, trimmed of fat
- Olive oil
- Kosher salt and freshly ground black pepper
- North Carolina Vinegar Sauce** (see recipe)
- 2 cups water
- 1 package hamburger buns (no sesame seeds)
- North Carolina Coleslaw** (see recipe)

#### **Instructions:**

1. Pat the pork dry with paper towels and then brush with a thin coating of oil. Season with salt and pepper to taste.
2. Heat about 2 tablespoons oil in a 9-quart cast iron Dutch oven over medium-high heat until hot. Gently lower the pork into the pan and sear 3 to 4 minutes on all sides; you want the pork to be golden brown. While the pork is searing, make the **North Carolina Vinegar Sauce**.

3. Once the pork is seared, arrange it in the pan so that the fat side is facing up. Pour the water over the pork and then pour 2 cups vinegar sauce over the top. Place the lid on the Dutch oven and cook 30 minutes over medium-high heat.
4. Preheat the oven to 350 degrees F.
5. Transfer the covered Dutch oven to the center rack of the oven. Cook slowly for 2 to 3 hours, depending on the size of the pork butt, until a meat thermometer inserted into the thickest portion registers 190 to 200 degrees F. The meat should be very tender and ready to be pulled apart. If there is a bone in the meat, it should come out smooth and clean, with no meat clinging to it (this is the real test for doneness on the barbecue circuit). Remember, there is no need to turn the meat during the entire cooking time.
6. At this point, the pork can be cooled in the Dutch oven and refrigerated overnight, if desired. (The advantage of doing this is that the extra fat will congeal and it will be very easy to lift off the top, leaving only the concentrated juices. Reheat the pork in the Dutch oven in a preheated 250 degree F oven until hot all the way through; spoon the juices over the pork as it reheats, and then follow the rest of the instructions.)
7. Let the meat stand 20 minutes until cool enough to handle; wearing rubber food-service gloves, pull the meat from the skin, bones, and fat. Set aside any crispy bits. Working quickly, shred meat using two forks. (You can chop the meat with a cleaver if you prefer, but then you have “chopped” pork barbecue, not “pulled” pork.) Chop the reserved crispy bits and stir them into the pulled pork. While the meat is still warm, stir in about ¾ cup of the remaining vinegar sauce (depending on the meat) to moisten and season the meat. The recipe can be made in advance up to this point and reheated with about ¼ cup additional sauce in a double boiler or in a covered pan in a 250 degree F oven.
8. Serve the pulled pork on buns topped with **North Carolina Coleslaw**. Serve additional sauce on the side, if desired.

### North Carolina Vinegar Sauce—*Makes about 6 cups*

#### Ingredients:

- 4 cups cider vinegar
- 1 cup ketchup
- 2 tablespoons kosher salt
- 2 tablespoons ground white pepper
- ½ to 1 tablespoon red pepper flakes
- ¼ cup granulated sugar
- ½ cup firmly packed brown sugar
- 1 teaspoon freshly ground black pepper

#### Instructions:

1. Combine all the ingredients in a large bowl and stir well. Let stand at least 10 minutes or almost indefinitely in the refrigerator. The longer the sauce stands, the hotter it gets because the heat from the red pepper is brought out by the vinegar. Start with ½ tablespoon red pepper and add more to taste.

### North Carolina Coleslaw—*Serves 8*

#### Ingredients:

- 3 cups **North Carolina Vinegar Sauce** or as needed
- 1 medium head green cabbage, cored and chopped

#### Instructions:

1. Combine the sauce and cabbage in a medium bowl and stir until the cabbage is well coated with sauce but not quite wet. Let stand 2 hours or overnight in the refrigerator.

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### Fact Resources:

Information and recipes found in this edition of *A Closer Look* are from **The Lodge Cast Iron Cookbook – A Treasury of Timeless, Delicious Recipes** compiled and edited by Pam Hoenig (Copyright © Lodge Manufacturing Company; Oxmoor House 2012). All rights reserved. Used with permission.

#### About the Guest:

Elizabeth Karmel is the author of several cookbooks and a recipe contributor to **The Lodge Cast Iron Cookbook** (Oxmoor House 2012). She is the executive chef of Hill Country Barbecue and Hill's Country Chicken, NYC. A contributing writer to various national magazines such as *Better Homes & Gardens*, *Saveur*, etc., she is also the founder of the gender-breaking website [www.GirlsattheGrill.com](http://www.GirlsattheGrill.com). A designer of innovative outdoor cooking and kitchen tools, Karmel has been a featured guest on many Food Network programs, and a regular guest on such television shows as *Today*, *Good Morning America*, *The Early Show*, etc.

#### About lodge cast iron

Englishman Joseph Lodge began making cast iron cookware in 1896 in South Pittsburg, Tennessee. He made each piece by pouring melted iron into individual sand molds. Many pieces made in 1896 are still in use today. Cast iron is not only a superior conductor of heat, but it heats slowly and evenly and retains heat longer than any other cookware; in addition, it resists scorching and burning. Lodge Manufacturing is the sole domestic manufacturer of cast iron cookware and the oldest family-owned cookware company in the US.

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## Julia's Succotash—Serves 6 to 8

### Ingredients:

- 6 bacon slices
- 1 medium yellow (or, preferably, Vidalia) onion, minced
- 1 jalapeno chile, seeded and minced
- 3 cups sliced okra
- 4 ripe tomatoes, diced
- 4 garlic cloves, minced
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons chopped fresh thyme
- 6 ears fresh corn, husks removed
- Dash of cayenne pepper (optional)
- 8 fresh basil leaves, torn into pieces



### Instructions:

1. Cook the bacon in a large cast iron skillet over medium-high heat until crisp. Remove the bacon to paper towels to drain, reserving the drippings in the pan.
2. Add the onion and jalapeno to the drippings in the skillet and cook, stirring occasionally, over low or medium-low heat until the vegetables begin to soften, 4 to 5 minutes. Increase the heat to medium, add the okra, and cook for 5 minutes, stirring frequently. Add the tomatoes, garlic, salt, black pepper, and thyme. Reduce the heat to medium-low. Cook for another 3 to 4 minutes. Cut the kernels off the cobs. Discard cobs. Add the corn and simmer, partially covered, until it's tender, about 10 minutes, stirring occasionally.
3. Check and adjust the seasonings and add a dash of cayenne, if desired, and the basil. Crumble the reserved bacon, sprinkle it on top, and serve.

**Note:** If you add shrimp, you may need to add a bit of liquid. Shrimp stock, chicken stock, or water will work fine.

## Upside-Down Salsa Cornbread—Serves 6

### Ingredients:

#### Filling:

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- ½ cup chopped onion
- 1 teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon garlic salt
- 1 medium green or red bell pepper, seeded and cut into rings

#### Topping:

- 2 cups Martha White Buttermilk Self-Rising Corn Meal Mix
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 tablespoon sugar
- 1 (16-ounce) jar chunky-style salsa
- ¼ cups milk
- 3 tablespoons vegetable oil
- 1 large egg, lightly beaten

### Instructions:

1. Preheat the oven to 425 degrees F.
2. Make the filling: Heat the oil in a 10 ½-inch cast iron skillet over medium heat until hot. Add the ground beef, onion, chili powder, salt, and garlic salt; cook until the beef is no longer pink, stirring frequently and breaking up any clumps of meat. Remove the beef mixture from the skillet to a bowl. Place the bell pepper rings in a single layer in the bottom of the skillet. Spoon the beef mixture over the rings.
3. Make the topping: Stir together the corn meal mix, cheese, sugar, salsa, milk, oil, and egg in a medium bowl; stir until well blended. Spread the batter evenly over the beef mixture in the skillet. Bake until golden brown, 32 to 38 minutes.
4. Place a serving plate over the skillet; carefully invert and remove the skillet. Cut into wedges. If desired, this can be served from the skillet: Cut into wedges and carefully turn each wedge upside down onto a serving plate.





## Cranberry Apple Pie—Serves 8

### Ingredients:

- 1 tablespoon butter
- ½ teaspoon grated orange zest
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 pounds Granny Smith or other tart apples, peeled, cored, and thinly sliced
- 1½ cups frozen cranberries
- 1 cup sugar (more or less, depending on apple sweetness)
- 5 to 6 tablespoons coarsely chopped pecans
- 3 to 4 tablespoons all-purpose flour
- 1 recipe of **Nana Hirl's Pie Crust** already prepared (see following recipe)

### Instructions:

1. Preheat the oven to 425 degrees F.
2. Melt the butter in a 10-inch cast iron skillet over medium heat. Add the orange zest, cinnamon, and nutmeg; mix well with a wooden spoon. Add the apples and cranberries, stirring to combine.
3. Combine sugar, pecans, and flour; add to apple mixture, stirring to combine. \*\*Spoon the apple mixture into a prepared **Nana Hirl's Pie Crust** (in a 10-inch cast iron skillet), packing the mixture tightly and mounding it in the center. Roll out remaining dough disk to 1/8-inch thickness and gently place over filling; fold edges under and crimp, sealing the top and bottom crusts together. Place pie-filled skillet on a jelly-roll pan. Cut 4 or 5 slits in the top of the pie to allow steam to escape during baking.
4. Bake at 425 degrees F for 15 minutes; reduce oven temperature to 350 degrees F and bake until crust is golden, 45 to 55 minutes. Transfer skillet to a wire rack and cool 1½ to 2 hours before serving.

## Nana Hirl's Pie Crust—Makes 1 double pie crust

### Ingredients:

- 4 cups all-purpose flour
- 2 cups cake flour
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 cup cold lard or vegetable shortening
- 1 cup (2 sticks) cold unsalted butter, cut into 1/4-inch pieces
- 2 teaspoons white vinegar
- 1 cup ice water (use only 12 to 14 tablespoons water)

### Instructions:

1. Process both flours, sugar, and salt in a food processor until combined. Add lard and pulse 5 to 6 times, until mixture resembles coarse cornmeal. Add butter pieces and pulse 5 to 6 times, until mixture resembles pea-size crumbs. Place mixture in a bowl, cover with plastic wrap, and chill 1 to 2 hours.
2. Remove mixture from refrigerator. Gently toss mixture with a fork. Add the vinegar, then the water, a tablespoon at a time; mix just until dry ingredients are moistened and the dough comes together and forms a ball. Gently gather dough into 2 disks and wrap in plastic wrap. Chill 1 to 2 hours.
3. On a floured surface, using a floured rolling pin, roll 1 dough disk to 1/8-inch thickness (about 11 inches wide). Gently press dough into a 10-inch cast iron skillet, allowing excess pastry to hang over edges. (Do not stretch dough or it will shrink during baking.) Proceed with **Cranberry Apple Pie** recipe, filling the crust in Step 3\*\*.



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