

~skillet cooking~

Skillet Cooking Terms

- **Sauté** – to cook quickly in a small amount of fat on medium-high heat (to ‘jump’ or sizzle).
- **Stir-fry** – to cook quickly in a small amount of fat on medium-high to high heat while constantly stirring.
- **Braise** – to cook covered in a small amount of liquid after browning or searing first.
- **Pan-broil** – to cook quickly, to brown either with small amount of fat, or without fat on high heat.

Seasoning a Cast-Iron Skillet

1. Preheat oven to 350°.
2. Wash and dry skillet.
3. Place skillet on stovetop over low heat.
4. Pour one tablespoon oil into skillet and spread oil all over inside of pan with a clean paper towel.
5. Wipe up any excess oil.
6. Place skillet in oven and bake one hour.
7. Turn oven off and leave skillet in oven to cool.

Cleaning a cast-iron skillet

Cool pan before cleaning to prevent it from cracking. Wash in hot, soapy water. You can use a mildly abrasive scouring pad if needed.

Place skillet on stove on low heat for several minutes to completely dry it and prevent rusting. Every few uses, smear a little oil on inside of skillet with a paper towel and let sit on heat a few more minutes.

Cool and store in dry place.

Got a Rusty Pan?

Scour a rusty pan with steel wool pad and re-season using steps above. Pan will be good as new!

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skillet cooking recipes

Polynesian Skillet

2 boneless, skinless chicken breasts, cut into ¼ -inch strips
1 tablespoon oil
1 medium onion, sliced
1 (15 oz.) can pineapple chunks, reserve liquid
2 teaspoons chicken bouillon granules
1 cup water
¼ cup vinegar
½ cup brown sugar
2 tablespoons soy sauce
2 tablespoons cornstarch
1 (11 oz.) can mandarin oranges, drained

In a large skillet sauté chicken in oil until chicken is lightly browned. Add onion and green pepper. Stir-fry until vegetables are tender. Add ½ cup juice from pineapple, bouillon, water, vinegar and brown sugar. Combine soy sauce and cornstarch; mix well. Add to chicken and vegetables. Simmer until mixture thickens; stirring constantly. Add pineapple and mandarin oranges. Serve over rice.

Yield: 6-8 servings.

Quick Green Beans

1 teaspoon butter
1 can green beans, drained and rinsed
½ teaspoon dried tarragon
½ teaspoon dried thyme

Heat butter in medium skillet. Add green beans, tarragon, and thyme. Stir to coat beans. Heat through and serve.

Yield: 4 servings

A good skillet is an investment.

Here are some ways to make your skillet last a long time.

- Heat pan slowly to desired temperature instead of placing cold pan on high heat.
- Put room temperature foods into heated pan rather than cold food straight from fridge.
- Use wooden spoons and spatulas instead of metal to avoid scratching pan.
- Cool skillet before cleaning it. DO NOT pour cold water into hot skillet; a sudden change in temperature may cause metal to warp.
- Wash pans in hot soapy water with non-abrasive scrubber instead of in dishwasher. If something is really stuck to pan, soak with a little soap added to water.

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Sautéed Herb Carrots

1/3 cup water
1 tablespoon olive oil
6-8 carrots, peeled and sliced
1/2 teaspoon dried rosemary

1/2 teaspoon dried sage
1/2 teaspoon dried thyme
1 tablespoon fresh parsley
1 tablespoon sugar

Combine water, olive oil, carrots, and dried herbs in medium skillet. Bring contents to boil over medium-high heat, cover and steam for 5-10 minutes until carrots are crisp-tender. Remove lid and add parsley and sugar. Continue cooking until liquid evaporates.

Yield: 4 servings

Fried Rice

2 eggs, beaten
2 tablespoons oil
1/2 cup finely diced ham
1/4 cup finely chopped mushrooms
3 thinly sliced green onions

1/2 cup finely diced green pepper
2 tablespoons light soy sauce
4 cups cooked brown rice
1/2 cup frozen peas, thawed

Spray large skillet with cooking spray. Cook eggs in skillet without stirring until set. Invert skillet over a baking sheet to remove cooked eggs; cut into short narrow strips. In same skillet, cook ham, mushrooms, onions, peppers and 2 tablespoons soy sauce in hot oil about 1 minute or until vegetables are tender, stirring constantly. Stir in cooked rice, egg strips, and peas; heat through.

Yield: 4-6 servings

Skillet Mac and Cheese

1 quart water
1/2 pound (2 1/2 cups) elbow macaroni
1 teaspoon salt, divided
2 large eggs
1 (12 oz.) can evaporated skim milk

1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon butter
1-2 cups grated cheese of choice

In medium skillet, bring water to boil. Add macaroni and 1/2 teaspoon salt. Cook until just tender.

While macaroni is cooking, whisk together eggs, evaporated milk, salt, and pepper in medium bowl. Set aside.

Drain macaroni and return to skillet. Add butter and stir.

Over medium heat, slowly add egg mixture and cheese to macaroni. Stir constantly until cheese is melted and mixture is hot and creamy, about 5 minutes.

Yield: 4-6 servings.

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