

Recipe for Cast Iron Enamel Pot

Sweet Potato Chicken Wing Pot (Enameled Cast Iron Taji Pot)

The Taji pot originated in Morocco, North Africa. Due to the unique climate of the region, water resources are extremely scarce. The pointed lid of the Taji pot can evaporate the moisture of the ingredients themselves and then return it to the food, which is a valuable "invention" for the local people.

Ingredients

500g in chicken wings

Half a potato (potato)

Half sweet potato (sweet potato)

1 carrot

1 chili pepper

1 onion

6 cloves of garlic

6 Holy Maidens Fruit

light soy sauce

dark soy sauce

sugar

chicken powder

salt

ground Sichuan pepper

cooking wine

Recipe for Sweet Potato Chicken Wing Pot (Taji Pot)

1) Peel garlic, chop scallions into scallions, cut chili into sections, and cut the cherry in half



2) Wash the chicken wings and make a few cuts on the surface with a knife to allow them to taste.



3) Mix light soy sauce, dark soy sauce, sugar, salt, chicken powder, Sichuan pepper powder, cooking wine to make a seasoning sauce Divide into 2 portions, 1 portion marinated chicken wings, grab well by hand, marinate for more than 1 hour



4) Cut potatoes into strips, carrots into strips, sweet potatoes into strips



5) Drop 1-2 drops of oil into the Taji pot, just enough to cover the chassis with oil



6) Add garlic cloves and stir fry



7) Put potato chips in sequence



8) Add sweet potato strips and carrot strips



9) Spread the marinated chicken wings evenly on top



10) Arrange the Holy Maiden Fruit in the middle



11) Pour the remaining half of the sauce evenly onto the chicken wings



12) Cover the pot with a lid and simmer over high heat for about 10 minutes. Then, do not open the lid, turn off the heat, and let the remaining heat simmer for about 5 minutes. Open the lid of the pot, and the fragrant sweet potato chicken wings pot is ready. Sprinkle with chopped green onions and chili peppers, and you're ready to eat



Tips

Because the oil juice of the chicken wings flows onto the vegetables below, the vegetables also have a meaty aroma, and most importantly, the sweet potatoes below are delicious and delicious. Pumpkins are also the most beloved.

Cast iron pot version super simple enamel pot for baking sweet potatoes

Roasted sweet potatoes, sugar fried chestnuts and Bingtanghulu are the three most popular snacks in northern winter. With these three kinds of food, the cold winter seems to become lovely. Especially baked sweet potatoes are the best in winter. Hot sweet potatoes are held warm in the palm. Tear off the red or yellow inside of the skin, tear a piece into the mouth, hot, sweet, soft, sticky, and accompanied by cold wind or falling snowflakes, it is the most appropriate situation. Believe it, baking in winter is the correct way to open sweet potatoes. The cold winter is just right, what are you waiting for? Let's grill the sweet potatoes quickly.



Ingredients

Several sweet potatoes

The method of baking sweet potatoes in a super simple enamel pot made of cast iron

1) After washing the sweet potatoes, dry them dry and preheat them in an enamel pot over high heat for two minutes. Then add the sweet potatoes.



2) Cover the pot and let it sit on high heat for five minutes



3) Open the lid of the pot, flip the sweet potatoes over, cover the lid, and simmer over medium heat for 20 minutes.



4) After smelling the fragrant roasted sweet potatoes, you can take them out of the pot and start eating.



Tips

One Kitchen Love Tips:

1. The enamel pot is made of pure cast iron at high temperatures, so you don't have to worry about being burnt by high-temperature baking.
2. Taking advantage of the uniform heating characteristics of cast iron pots, sweet potatoes are heated 360 degrees, and the baked sweet potatoes are very soft and fragrant.

Cast iron pot version tomato red wine stewed beef brisket

Winter hibernation is to store nutrients for the growth of all things in the coming year. Winter is a great time to replenish nutrients, with the purpose of preventing diseases and cold. In this cold winter, the heating is still delayed. I recommend a tomato red wine stewed beef brisket, which is delicious in color, aroma, and taste. The whole family will fall in love with it. If you are a true carnivore, it will definitely satisfy your heart and stomach.



Ingredients

500g beef brisket(choose the part with alternating fat and lean, and stew it until crispy and tender)

1 big tomato, 1 piece(Choose one large or two small tomatoes that are fully ripe, which makes it easier to stir fry the soup)

Half an onion

200ml red wine(red wine does not need to be expensive, it is better to choose fruit rich dry red wine)

1 cup of water(approximately 240 milliliters)

A little ginger

A little garlic

Other options available

Potatoes, carrots, and other vegetables can be added as desired to increase the richness of the dish

The method of stewing beef brisket with tomato and red wine in a cast iron pot

1) Cut the beef brisket into large pieces.



2) Ginger slices.



3) Put the beef brisket into a pot, add cold water to cover the beef, add 2 slices of ginger and 1 tablespoon of cooking wine, bring to a boil over medium heat, continue boiling for 2 minutes, remove the beef and rinse with hot water.



4) Heat a cast iron pot over low heat, pour half a teaspoon of cooking oil into the bottom of the pot, add ginger slices, garlic, and onions, and stir fry until the onions change color.



5) Pour in blanched and drained beef chunks and stir fry until the surface changes color and dries. Pour in diced tomatoes and continue stir frying to enhance the flavor.



6) After adding red wine, add a glass of water and bring to a boil over medium heat. Reduce heat to low, cover and simmer for 30 minutes.

7) After 30 minutes, open the lid and add 3 teaspoons of tomato sauce and 1 teaspoon of white sugar. Stir well, then continue to cover and simmer over low heat for 15 minutes until the beef brisket is crispy and tender.

8) Turn off the heat, open the lid, add salt to season, sprinkle a handful of cilantro leaves and serve.



Cast iron pot for baking sea bass with scallions and ginger without water



Ingredients

perch

scallion

Jiang

salt

Steamed Fish and Soy Sauce

The method of baking sea bass with scallions and ginger in a cast iron pot without water

- 1) Marinate sea bass with salt for 15 minutes
- 2) Brush some oil on the pot, spread scallions and ginger, add sea bass, and then spread scallions and ginger on top
- 3) Cover the pot and bake over high heat for 8-10 minutes
- 4) Steamed fish with soy sauce and hot oil



Braised pork belly in cast iron cookware

Braised pork belly is a good choice for dishes cooked in cast iron pots.

Ingredients

One pound of pork belly

Half a scallion root

Ginger slices

dark soy sauce

salt

Sugar

Braised pork belly in cast iron pot

- 1) Cut scallions and ginger into sections and slices respectively



- 2) Wash the sliced pork belly with water and leave it empty for later use.



- 3) Hot pot with cold oil, turn the oil to low heat after it is hot, add scallions and ginger and stir fry until fragrant.
- 4) Add pork belly and stir fry.
- 5) Pork belly should be stir fried until the surface is cooked.



6) Add two tablespoons of dark soy sauce and continue stir frying over low heat to change color



7) Add a little water and cover the lid. (The cast iron pot doesn't actually need water, but this time I added water)

8) About 30 minutes, open the lid and stir fry. Add one tablespoon of white sugar and half a tablespoon of salt. Stir fry for 5 minutes before serving. (Minimum fire)



Tips

Cast iron pots conduct heat quickly, so do not cook over high heat.

If there is less meat, the time should be shortened.

Recipe for Stewed Chicken in Cast Iron Enamel Pot



Ingredients

One Three Yellow Chicken

500g scallion

1 tablespoon light soy sauce

Three tablespoons of cooking wine

2 teaspoons of salt

One tablespoon of white sugar

Salt in moderation

Recipe for stewed chicken Cast Iron Enamel Pot

Clean the chicken thoroughly, apply a small amount of salt and cooking wine evenly on the surface of the chicken by hand, wash and slice the scallions and ginger

Spread the whole scallion on the bottom of the cast iron pot, then add ginger slices, put the whole chicken into the pot, and spread some ginger slices on the chicken body as well

Heat on medium high heat for 2 minutes. If smoke is emitted, turn down the heat and cover the pot.

Let it simmer over low heat for about 25 minutes, then open the lid and poke the chicken leg with chopsticks. If no blood comes out, it's cooked

Turn off the heat and take out the chicken. Prepare some cilantro, add 1 tablespoon soy sauce and a little white sugar, and mix well.

Black pepper dried pot shrimp



Ingredients

Shrimp 500g

A large piece of ginger

Twenty small garlic seeds

Half a tablespoon of cooking wine

1 tablespoon light soy sauce

One and a half tablespoons of oyster sauce

Half a tablespoon of soy sauce

Half a tablespoon of white sugar

cracked pepper

Recipe for Black Pepper Dried Shrimp in cast iron Pot

1) Wash the swamp shrimp, cut off the whiskers, feet, and shrimp spear



2) In a larger bowl, add half a tablespoon of cooking wine, one tablespoon of light soy sauce, one and a half tablespoons of oyster sauce, half a tablespoon of dark soy sauce, and half a tablespoon of white sugar. Mix well and marinate for about ten minutes



3) Peel the garlic and slice the ginger



4) Spread ginger and garlic granules all over the bottom of the pot, then pour in about three tablespoons of cooking oil (enough to cover the entire bottom of the pot)



5) Put the marinated crayfish into a pot, and also pour the marinade from the bowl into the pot.

Cover with a lid, bring to a boil over medium high heat, and simmer over low heat for about 10 minutes



6) Open the lid and sprinkle some chopped black pepper. Cover and simmer for one minute. Open the lid and sprinkle chopped green onions. Serve the pot and start cooking



Tips

1. This is a dry pot dish, without adding a drop of water during the process, there is no need to worry about it burning. There is oil and marinade in the pot, and the shrimp itself will also leak some water when heated. Turn on low heat for 10 minutes and it will not burn.

2. The salad oil should cover the entire bottom of the pot, don't put too much, otherwise it will feel too greasy.

When eating, don't let go of the garlic in the pot. After soaking in oil and simmering at high temperature, the garlic becomes soft, sticky, and slightly sweet, which is very delicious.

4. This dish should be ground with black pepper, and it is not recommended to use black pepper powder because the taste of ground black pepper is more intense compared to black pepper powder.