

# HEIRLOOMED

MAGAZINE

**THE CAST IRON ISSUE**

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# *Contents*

## **6 A CAST IRON EXPERT**

Read about my time spent with a cast iron expert who walked me through all the marks + heritage of vintage cast iron.

## **16 IDENTIFYING VINTAGE CAST IRON**

Learn the markings , logos + more from the best of vintage cast iron.

## **17 ROSEMARY SKILLET BREAD**

A perfect fall recipe with a crispy outside and tender inside, and a fragrant aroma. You'll never buy store-bought bread again.

## **24 SKILLET CORNBREAD WITH LEEKS**

So full of flavor, a mixture of fresh corn kernels and leeks makes this a must-make variation on the classic.

## **29 FRIED GREEN TOMATOES**

A Southern staple, these beauties are fried to perfection in the iron skillet.

## **36 APPLE + BUTTERMILK SKILLET COBBLER**

This dessert is sure to be a hit. Filled with seasonal ingredients to give it the perfect amount of sweet + spice.



# Contents

## 42 CAST IRON TIPS

From cleaning to seasoning, I'm sharing my best tips + tricks for caring for your cast iron so it lasts generations.

## 43 CHOCOLATE CHIP COOKIE SKILLET

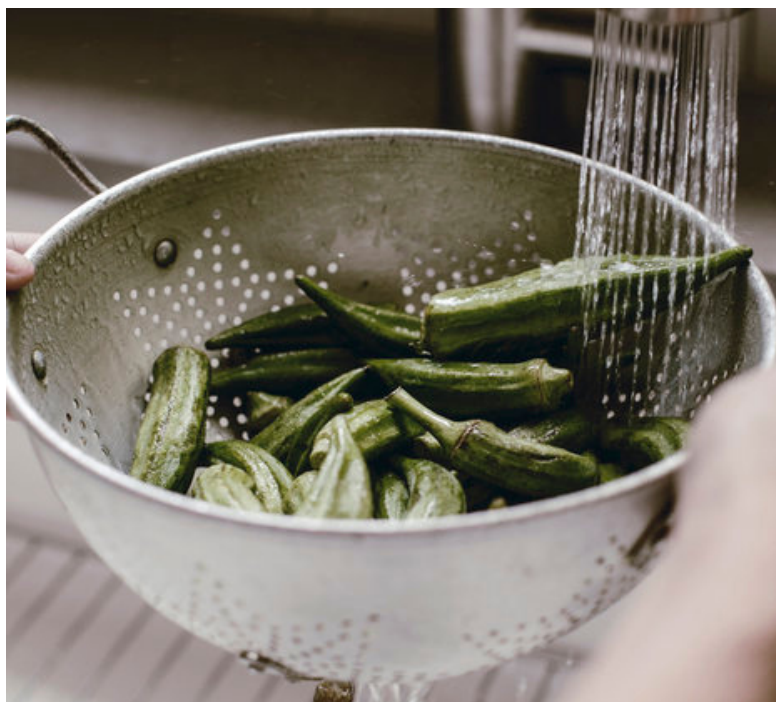
If you're looking for an easy, impressive and delicious dessert for your guests, this Skillet Cookie is a must-try.

## 46 FRIED OKRA

Coated in hearty cornmeal, this Southern classic fries up perfectly in the pan to become your go-to recipe.

## 52 CLASSIC CORNBREAD

This classic is sure to be a family favorite, served up in a traditional cast iron cornbread pan.





# HEIRLOOMED

THE CAST IRON ISSUE

The Cast Iron Issue celebrates this time honored, heirloom piece in the kitchen that is a tried + true staple for any lover of perfectly fried chicken or Sunday pot roast just like Grandma made it.

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# LETTER FROM THE EDITOR



Growing up, things were always made from scratch. We all sat down together for dinner. And, we had the best birthday cakes on the block. This notion of simple has driven us from the start. For nearly 10 years, we ran our business as IceMilk Aprons. The original company & collection was inspired by my grandmother, Cele. A masterful seamstress with a love for cooking & an art for entertaining. There isn't a childhood visit I can remember that didn't include her famous dinner of waffles, fresh fruit & ice milk that we so looked forward to. As the company and the collection began to grow, the concept of the heirloom remained the leading presence behind our products and in 2015 we became heirloomed. Some of my most treasured items are family heirlooms that were passed down to me - handwritten recipe cards, jewelry, cookbooks, family photos, china & more. And, in a world that is becoming increasingly more disposable the true treasures are those with a story and a history.

## MANTRA :

The most cherished and beloved things one can own cannot be purchased. They must first be used and loved and enjoyed. Memories must be created, laughter had and good times spent. And only then, these things become treasures, passed down for generations to come. The next generation will appreciate this "thing" even more than you do.

Ashley

FOUNDER + LIFESTYLE DESIGNER,  
ASHLEY SCHOENITH



# A CAST IRON EXPERT SHARES ALL



It was a moody, soon-to-be rainy day in Atlanta as I traipsed through the outdoor vendor section at a familiar haunt for me, Scotts Antique Market. The outside market of the South building is always a treasure hunt, moreso than the antique vendors inside. Architectural salvage, piles of mismatched silverware and "another man's treasures" abound, but the market is only open once per month so I do what I can to venture South of the city as often as I can to take advantage.

But today my plan is to spend more time inside the building than out. I've got an appointment to meet with John Taylor, though it's certainly not my first time perusing his booth at market. When you walk down the hallway where his space resides it's not long before your eyes find



# JOHN TAYLOR

## CAST IRON EXPERT





their way to his white pegboard walls filled with row after row of vintage cast iron pans. I'm quite the fan of making a statement in a big way with a collection of similar items and you could certainly say that John and his wife Janis have done just that with their space.

Long-time antique collectors, you can find them in their usual spots - from Scotts to the Nashville Flea Market to a scattering of spots in antique malls in historic small towns like Monroe, Georgia where they reside. It only takes a glance in his direction or a glimmer of interest in a pan for John to engage in friendly conversation where he'll go through a unique marking or the history of the pan you spied and you can instantly feel his passion for the vintage cookware.

Because I frequent antique stores, vintage markets + estate sales, I come across a good bit of vintage cast iron here in the South. Cast Iron, after all, is the root of all good cooking in our region and I don't know a Grandmother around who doesn't have a #10 skillet or a Dutch Oven for Sunday suppers in her arsenal. A staple in the kitchen is an understatement.









After being schooled on a few of the major foundries, pan markings and the mold + casting process, I asked John how he came to know so much about the topic of Cast Iron. He's self taught and continually educates himself on the in's and out's of the industry.

You can tell from his storytelling, conversational ways that he's naturally inquisitive and has spent a lot of time asking a lot of questions, reading and researching to spit the kind of knowlege that he's able to recite at a moments notice. I'm not sure I came across a detail that he couldn't enlighten me on during our entire 2 hour conversation.



When I run across pieces in the wild, the condition and pricing is all over the place. Like many things antique, folks will find them and price them without knowing much about their history or worth so overpaying for a common piece is certainly a concern. But for me, overlooking a gem of a pan is a greater risk these days. So my goal is always like John's to soak in as much as I can from these experts so that I'm knowledgeable enough to be an informed buyer of old stuff.

John and Janis have become so much more than buyers, they are true collectors. They honor the story of the pans and the makers, carrying on the history of each skillet by informing buyers + onlookers alike. I learned so much for my time with John as he ran me through the basics of the foundries that helped to shape the industry of Cast Iron.



Makers like Wagner, Sydney, and Griswold are among the common ones true Cast Iron collectors covet. While Lodge Cast Iron from Pittsburg, Tennessee are today the most widely known and used pans, vintage pieces have their own markings and stories that come along with the pieces. Lesser known treasures can be found from makers such as Favorite Piqua Ware or Birmingham Stove and Range and as luck would have it John has pans from any of them in his collection at any given moment. In fact, he mentioned to me that he has container after container of cast iron just waiting to be restored and brought forward for the rest of us to enjoy.





Aside from his knowledge of industry history and his wide-spanning collection, John Taylor has perfected his craft of cast iron restoration. A lengthy, time-consuming pan-by-pan process, you can see the wear and tear from the years of heat and lye on his own hands. Bringing a rusty old piece back to life is all a part of the process and you can tell he does it with craft and care.

The result of the restoration is a beautiful labor of love that is evident in the pieces I gaze at on his walls. Their interior finish is smooth and seasoned, and you can tell instantly that it will fry up a crispy egg for breakfast far better than any of these newfangled, non-stick pans of today. They'll last a whole lot longer too, he mentions. Because if you weren't lucky enough to inherit a coveted heirloom pan from your own Grandmother, then the next best thing is picking out a special one from him that cooks up a Sunday roast just as well as hers once did.

I came to learn that vintage cast iron has a thinner wall than the cookware we know today, giving it a more even cooking environment. You'll notice the old pans aren't perfect. Having been cast from sand molds he explains to me the packing and shifting that can occur, educates me on the gate mark and also how gas cooking on old stoves could leave a scorn mark on the bottom of these pans. Pointing out these imperfections only helps you to see the beauty and age in their patina and I find myself wondering just how many meals the heavy, shallow pan I hold in my hands has cooked in its lifetime.





No. 272

GRISWOLD

CRISPY

CORNORWHEAT

STICK PAN

ERIE PA. U. S. A.

629







While I could have stayed and learned much more, I proceeded to take the next 30 minutes to decide which pan to take home for myself. Weighing on the practicality of what size pan I need in my growing collection to finding my eye wandering among the graphic nature of the pan logos and text, to getting caught up in his stories of which pans he had that day were truly the most special. The Griswold cross and the Wapak Indian head have graphically been two pieces I've been wanting to pick up.

I finally settled upon a gorgeous vintage Wapak #8 skillet (sans Indian) with a finish on it that just spoke to me the moment I saw it, the perfect addition to my kitchen. I think he was a little disappointed after all the knowledge I had soaked up that I didn't go for the smaller pan with a truly unique mark that meant it was the last pan made of the day, and to be honest I still have buyers remorse for not bringing them both home that day. Not an uncommon ending for my fellow collectors out there, I'm certain.





CLICK TO WATCH  
A VIDEO OF THE  
FULL INTERVIEW



# IDENTIFYING MARKS OF VINTAGE CAST IRON

## PAN SIZE

This number identifies the size of the pan, a number that still holds true today

## MAKER NAME

Each maker or foundry name or mark can be found in a variety of iterations

## MOLD NUMBER

At the end of the day, foundry workers would be

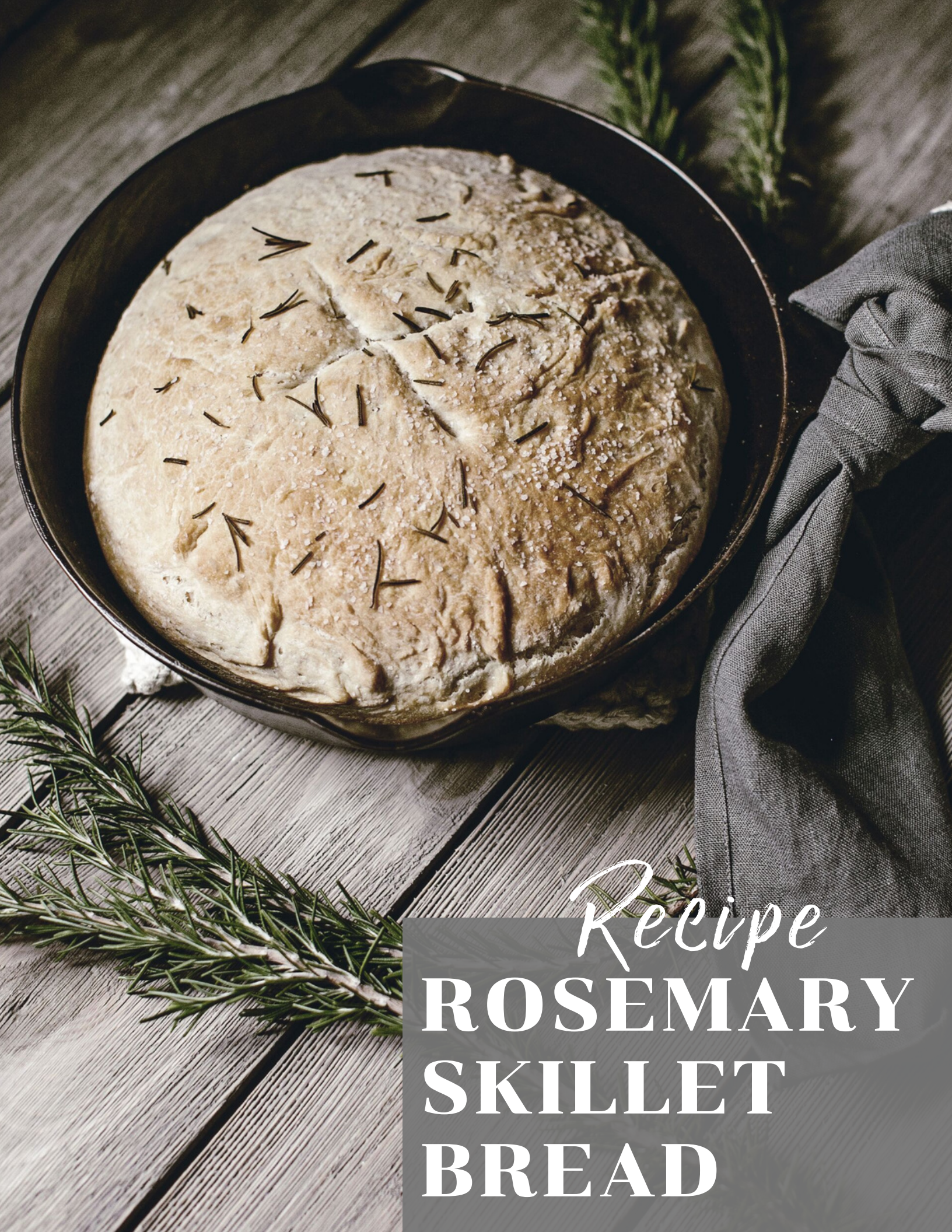
paid by tallying up how many pans had been made by the mold they used that day



## FOUNDRY LOCATION

Often you'll just see a city name listed, such as Piqua, Sydney or Erie





*Recipe*  
**ROSEMARY  
SKILLET  
BREAD**





WAPAK  
101 C

8



## INGREDIENTS:

1 package (about 2 1/4 tsp) active dry yeast  
2 cups lukewarm water  
1/2 tbsp kosher salt  
4 1/3 cups all-purpose flour  
olive oil  
rosemary

## INSTRUCTIONS:

Start by combining yeast and warm water in a large mixing bowl. Add in one cup of flour and salt and use a wooden spoon to mix until well combined. Stir in the rest of the flour about 1 cup at a time until it is completely mixed. Cover with plastic wrap and allow to rise for 1 hour.

next, lightly oil the bottom of a 10-12" skillet. Sprinkle the dough with flour and cover hands as well. Avoid punching down the dough, and shape it into a disk - it will be sticky. Place dough into a skillet and cover loosely with a tea towel. Allow the dough to rise for another 30 minutes.

Preheat oven to 400 degrees. Drizzle a little more olive oil over the top of the bread and cut an X shape into the dough. Fill this X with rosemary leaves and salt. Bake for 35-40 minutes until the top of the bread is a deep brown color.





I am always looking for ways to incorporate fresh herbs from my garden into my cooking, and this recipe for rosemary bread is one of my favorites.

Homemade bread is one of the best things in the world, and this version is so simple and easy. I just love the combination of the garden-fresh rosemary with olive oil and sea salt. The bread bakes so beautifully in my vintage pan I got from our cast iron expert, John.

There is something especially nostalgic about cooking in a cast iron pan, especially one with a story. The cast iron crisps up the bread perfectly, leaving the exterior a gorgeous golden-brown, and the inside airy and fluffy.





SHOP THE TEA TOWEL

A white tea towel is laid out on a dark wooden surface. The towel features a detailed illustration of a bread scene. In the upper left, a round white plate holds a triangular slice of bread, with a rustic wooden-handled knife resting diagonally across it. To the right of the plate is a small, light-colored ceramic dish containing several pats of butter. In the lower left corner, a wooden cutting board shows a loaf of bread being sliced, with a single slice placed next to it. The text 'GIVE US THIS DAY OUR DAILY BREAD' is printed on the towel in a mix of bold, sans-serif and elegant, cursive fonts.

GIVE US  
THIS DAY  
OUR  
DAILY  
BREAD



# VINTAGE

## ROUNDUP

The more I learn about vintage cast iron, the better I've become at snatching up truly special pieces when I find them. Shop my curated collection of pans from our heirloomed Vintage Goods shop



Click to shop some of our favorite vintage finds

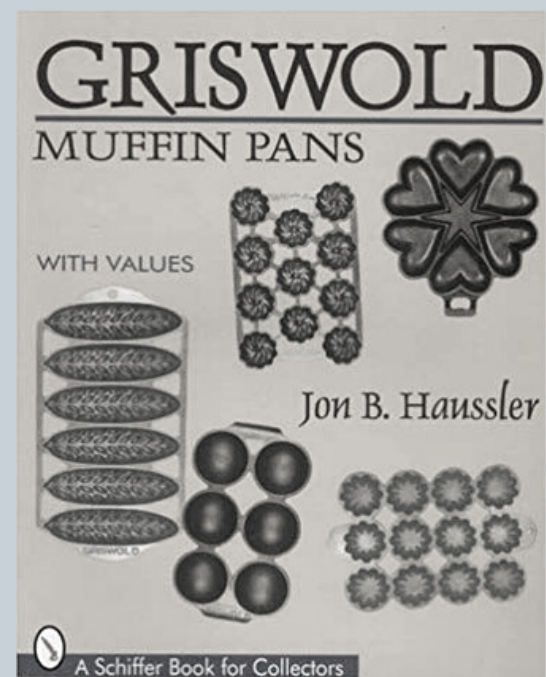
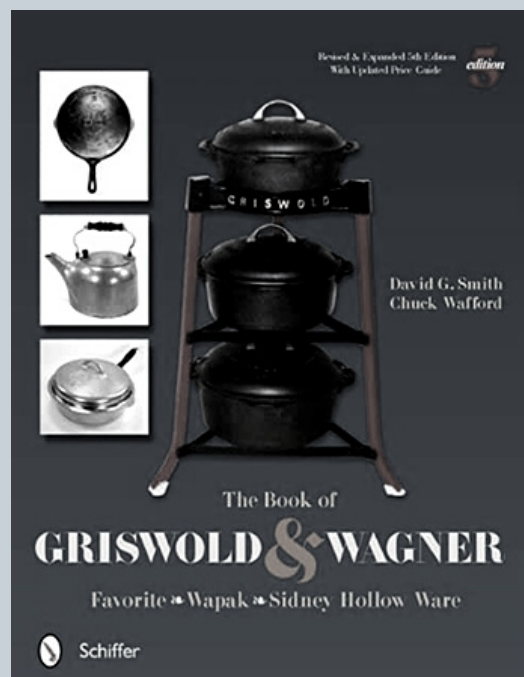
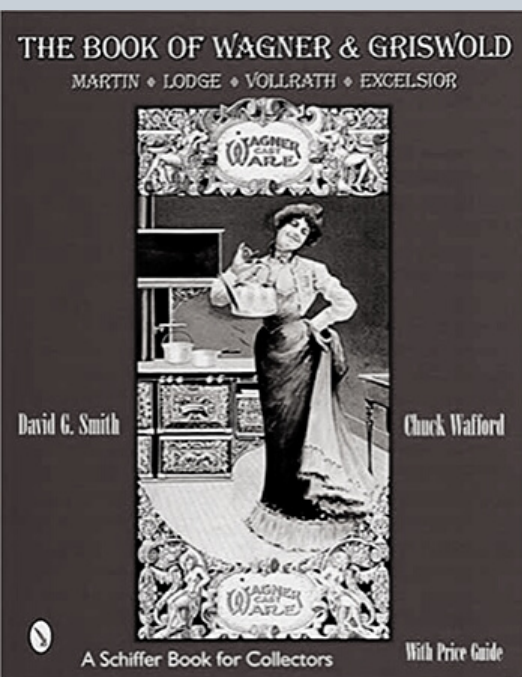


# VINTAGE CAST IRON COLLECTORS

If you're like me and you love to go out to vintage shops, antique markets + estate sales then you've probably seen your fair share of vintage cast iron pans before.

Like many things, pricing and quality of pans can span a huge range and sometimes it's hard to differentiate a treasure or a deal from a piece that's more common.

If you're serious about learning more about the brands, foundries, markings, age and more then I've got a few cast iron collectors books you should be sure to stock up on and comb through before you go out sourcing new pans.



**CLICK TO SHOP EACH BOOK  
AND LEARN MORE**



# SKILLET CORNBREAD

## *Recipe*











I love corn so many different ways and especially love white Silver Queen corn, grabbing it right off the back of a pickup truck and rolled up inside a big paper bag to bring home and enjoy. This Skillet Cornbread recipe is one that I thought up myself, cast iron cornbread filled with fresh green leeks and kernels of corn right off the cob.

Cooking your cornbread in cast iron gives it a beautiful crispness to the crust that I just love. It also seals in the moisture inside the loaf, providing the perfect balance and texture especially, when smothered with a little pat of butter on top.

I love this dish because its hearty and a perfect side dish as the weather gets cooler, and pairs nicely with chili. You can also try a hot slice of this cornbread topped with some Herbed Butter or Honey Butter for even more added flavor.





## INGREDIENTS

1 1/2 cups yellow cornmeal  
1 cups all-purpose flour  
1 tablespoon granulated sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 1/4 teaspoons kosher salt  
1 3/4 cups buttermilk  
1 egg  
4 tablespoons unsalted butter, cut into 4 pieces  
1 bundle of fresh chives, chopped  
2 green leeks, chopped

## INSTRUCTIONS

Preheat oven to 425 degrees F. In a medium bowl, whisk together the cornmeal, flour, sugar, baking powder, baking soda and salt.

In a large measuring cup, whisk together the buttermilk and egg. Pour the buttermilk mixture into the dry ingredients and stir the batter together until completely combined. Put butter in a 10-inch cast iron skillet and place in oven for 3 to 5 minutes to melt butter.

Remove the skillet from the oven, swirl the butter around to coat the bottom and sides, then pour the batter into the pan. Smooth the top and bake about 20 to 25 minutes. Serve warm.







# FRIED GREEN TOMATOES

## Recipe

### INGREDIENTS:

4 medium green tomatoes  
2 eggs  
1/2 cup buttermilk  
1 cup all-purpose flour  
1/2 cup cornmeal  
1/2 cup dry bread crumbs, plain  
2 tsp kosher salt  
1/2 tsp cracked black pepper  
1/2 tsp cayenne pepper  
1 quart vegetable oil

### INSTRUCTIONS:

Slice green tomatoes to a medium thickness and set on a paper towel lined baking sheet to absorb some of the water moisture. Set aside.

In a small bowl, whisk egg and add milk, stirring to combine. In a separate medium bowl, combine flour, cornmeal and spices. On a plate, pour breadcrumbs and set aside.

In a large cast iron skillet, begin heating your oil. Start coating your tomatoes by dipping one slice at a time in flour mixture, then egg mixture, then flour again, and finally full coating in breadcrumbs before carefully placing into hot oil in your cast iron skillet with tongs. Have a paper towel lined cookie sheet and bowl of kosher salt ready. Cook tomato on one side for approximately 2 minutes, turning to check for golden color. Flip and cook on the other side for approximately 2 more minutes. Remove from skillet and place on pan, immediately sprinkling salt on top for perfect seasoning.

Serve plain or with dollop of sour cream or sprinkling of goat cheese and thyme.

Enjoy!















Anyone who has ever grown tomatoes in their own garden knows that when the plants begin to overproduce there are only so many tomato recipe variations you can make at one time so utilizing the green ones before they've ripened is a no-brainer.

I must admit I also love my green tomatoes pickled (with a side of Bloody Mary, of course) and they really are just so beautiful when sliced and stacked in a jar of brine.

Like any perfectly-fried food, this one is all about getting the right batter coating and consistency. I like Fried Green Tomatoes just about any way you can fix them and have had a variety of crusts over the years, from a more foamy, beer batter to my personal favorite which gives a crunchier texture with cornmeal and bread crumbs.







# SHOP THE Collection

The Pewter Linen Collection is the perfect color for Fall. It is so simple, but features beautiful details like the bar tack stitch.





# MORE COOKWARE ESSENTIALS

Beyond my go-to collection of cast iron, these are a few other staples for your kitchen. From Le Creuset to Mauviel, these are brands I use and trust in my own kitchen.

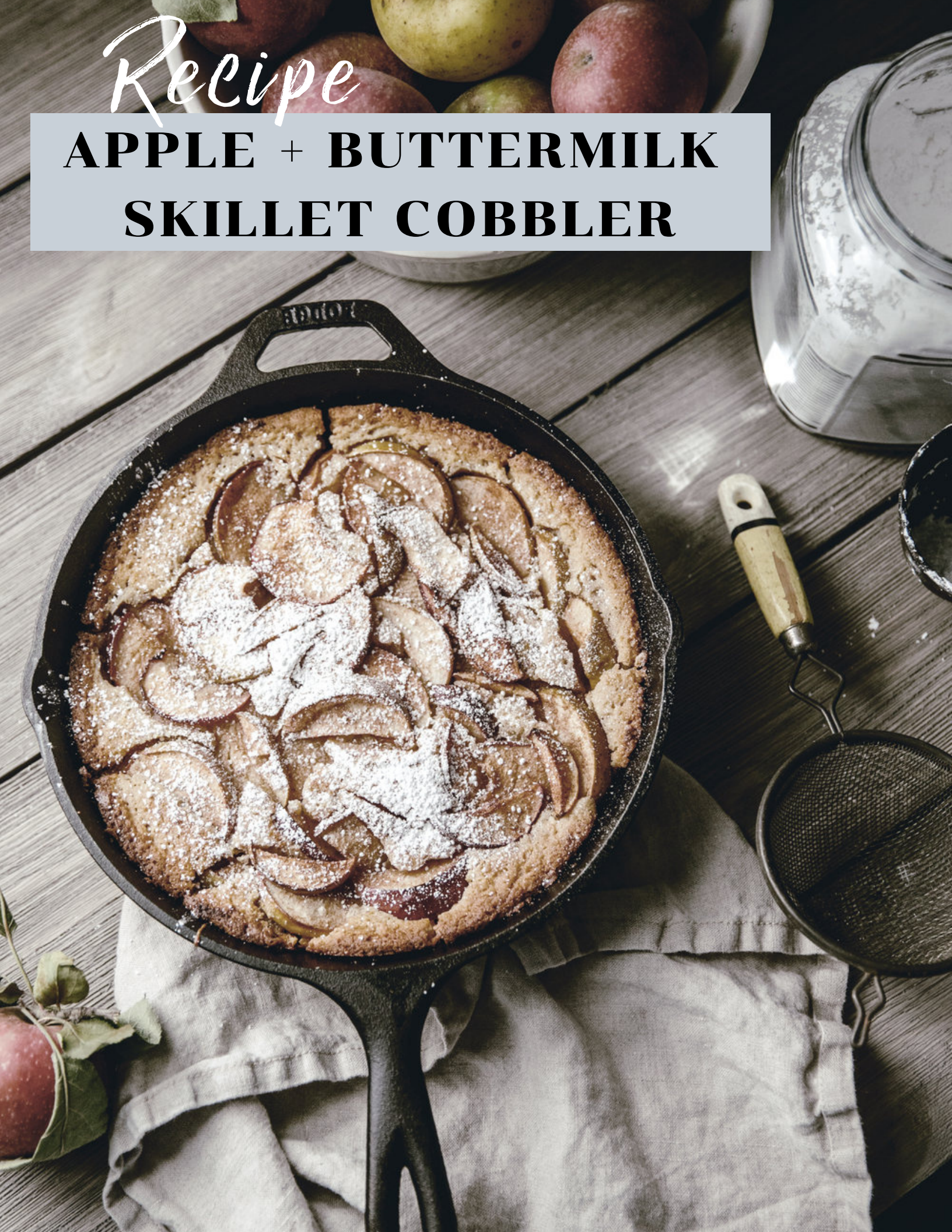


Click to see more of my cookware + kitchen essentials that will stay tried + true, year after year



*Recipe*

**APPLE + BUTTERMILK  
SKILLET COBBLER**







## INGREDIENTS:

1/2 cup unsalted butter, cubed  
1 cup all-purpose flour  
2/3 cup granulated sugar  
1/3 cup firmly packed light brown sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon kosher salt  
1 cup whole buttermilk  
1 teaspoon vanilla extract  
1/4 teaspoon almond extract  
3 cups sliced Gala apple  
1 teaspoon ground cinnamon  
Confectioners' sugar as garnish



## INSTRUCTIONS:

Preheat oven 350 degrees. Place butter in a 10-inch cast iron skillet and place skillet in oven until butter is melted.

Whisk together flour, granulated sugar, brown sugar, baking powder and salt, then stir in buttermilk and extracts. Pour flour mixture over melted butter in the skillet. In another bowl, toss together apple and cinnamon and scatter over flour mixture. Bake until lightly browned, 30 to 35 minutes. Garnish with confectioners' sugar if desired. Enjoy!









I decided to make this recipe for the first time after the best apple picking trip in the North Georgia mountains with my oldest son, Wyatt. We wanted to bring back our peck of apples and make something yummy for the family.

This recipe came from an amazing cookbook that the author, Brooke Bell, passed along to me. Cast Iron Baking is a cookbook filled with cast iron recipes, which already made me fall in love. You know any book where I can cook with my cast iron skillet for each recipe is a win / win. This dessert recipe quickly became a family favorite.

For as simple as this recipe is it's absolutely delicious and beautiful too. And trust me, it may seem like a lot of butter when you pour the batter in, but it all works out in the end. How's that for Southern cooking?



# COOKBOOKS WE LOVE

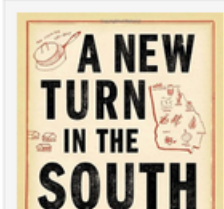
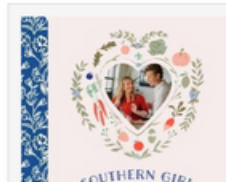
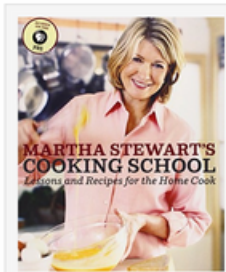
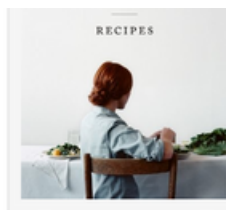
This Apple Buttermilk Skillet Cobbler recipe was shared with us from author Brooke Bell from her beautiful cookbook, Cast-Iron Baking

## CAST-IRON BAKING

SCRATCH RECIPES FOR YOUR FAVORITE SKILLET



BROOKE BELL



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USE IT WELL

- this Holiday Season -



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# TIPS FOR YOUR CAST IRON SKILLET



## CLEANING

Wash your skillet using hot water and sponge. Pour water out of skillet so it remains damp inside and pour a generous amount of kosher salt and rub any remaining residue by scouring with sponge + salt. This acts as a non-abrassive method that will not scratch the surface of the pan but provides enough texture to scrub the pan clean.

## DRYING

Properly drying your cast iron pan is one of the most essential components to long-term care. Water left on cast iron will rust your pan. Dry your pan with a cloth and then I like to stick mine back into the warm oven for a few minutes to really take that moisture completely out.



## SEASONING

Cover your pan with a small amount of cooking oil. Place the pan in the oven upside down and place a sheet of foil or a baking sheet on the bottom rack to catch any oil that may drip from the pan. Heat the cast iron for one hour at 350 degrees. Remove the pan from the oven and let it cool.



I'm a fan of effortless yet impressive and trust me when I say that if you set a giant, warm chocolate chip cookie on the table topped with a few scoops of vanilla ice cream then you will pretty much turn anyone into a dessert lover.

### INGREDIENTS:

- 1/3 cup unsalted butter
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1 egg
- 1/2 tsp. vanilla extract
- 1 cup flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup semi-sweet chocolate chips (regular + jumbo)

### INSTRUCTIONS:

Preheat oven to 350F.

In a bowl, combine butter, brown and granulated sugar. Add egg + vanilla and combine until well mixed.

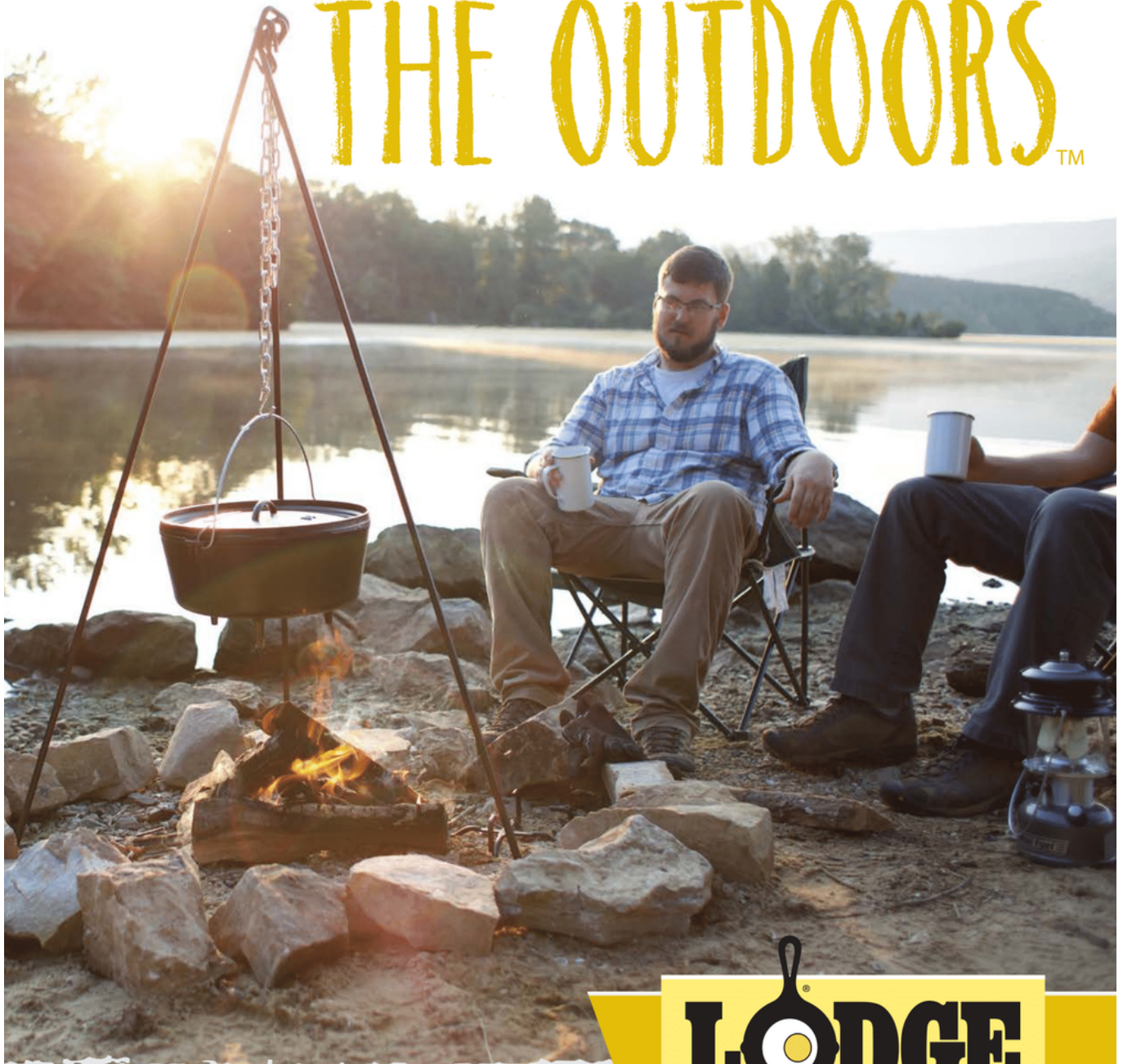
Stir in flour, baking soda + salt. Fold in 1 cup of chocolate chips. Press dough into your cast iron skillet and bake 15- 20 minutes or until the center is just set and golden. Top with ice cream and serve warm.



# CHOCOLATE CHIP COOKIE SKILLET



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When I think about truly farm-fresh cooking okra always comes to my mind. It's kind of that quintessential vegetable that just feels rustic and earthy. It might surprise you to know that I didn't grow up eating okra at home. It was never something my Mom cooked, perhaps she didn't like the texture. Quite frankly, I don't really love it all that much myself. OK, there, I said it.

But, there's something about a cornmeal crust that gets me every time. A neatly fried, slightly sour from the buttermilk, salted-to-perfection little coating around the okra almost completely forgives its slimy interior texture. The more I give it a try, when done right, the better it seems to get. So I'm giving it a try here, as part of my Southern Kitchen Bucket List, trying to practice and perfect it as best I can.

You see, I think it really is a beautiful vegetable. The long pods of okra with the soft matte exterior, cut into chunky bites that are almost flower-like in shape. The tiny little white seeds scattered around amidst the silky, sticky liquid inside. It's hard to not try to keep it just as perfect as it began. Every time we visit the farmers market it just calls my name and I have been trying to experiment with trying it a few different ways to shake things up. Pickled with a Bloody Mary is at the top of the list, in case you were interested. But this time my Fried Okra was the best yet. Crispy and crunchy and bite-sized. Just the perfect ratio of cornmeal so the texture was dead on. I hope you'll give it a go.



# *FRIED OKRA*

## *Recipe*







## INGREDIENTS

1 lb of okra

1 1/2 cups buttermilk

3/4 cup White Lily Flour

1 cup Dixie Lily Corn Meal

1/2 tsp cayenne powder

Kosher salt, to taste

Canola or vegetable oil











## INSTRUCTIONS:

Gather + rinse okra in cold water. Chop into bite-sized pieces and soak in bowl of buttermilk.

While your okra is soaking, combine flour, cornmeal, cayenne powder in a separate bowl and toss dry ingredients until well mixed.

In a cast iron skillet, heat approximately 1.5" of oil. Take buttermilk-soaked okra and toss in flour mixture until all sides are well coated. Carefully place in hot oil and allow to brown on one side before turning to brown the other.

Remove with slotted spoon or spatula and place on paper lined cookie sheet to soak up remaining grease. Immediately sprinkle generously with kosher salt while still hot. Enjoy!







# CLASSIC CORNBREAD

## *Recipe*



Growing up one of my favorite smells was fresh cornbread. It reminds of being in the kitchen with my grandmother and gathering around the table during the holidays. Over time I have experimented with different recipes, but I always come back to this classic recipe that has been passed down to me. To me, classic cornbread must always have real kernels of corn mixed in. Even if you are using a boxed mix, you can easily add in some freshly steamed kernels of corn and instantly it makes the recipe seem even more homemade and delicious.

Recently I came across this perfect little cast iron cornbread pan from Lodge. I see them all the time when I'm out vintage shopping and always pick them up when I see a good one. I knew it would be great for the holidays to add a fun element to our classic cornbread over a simple muffin.



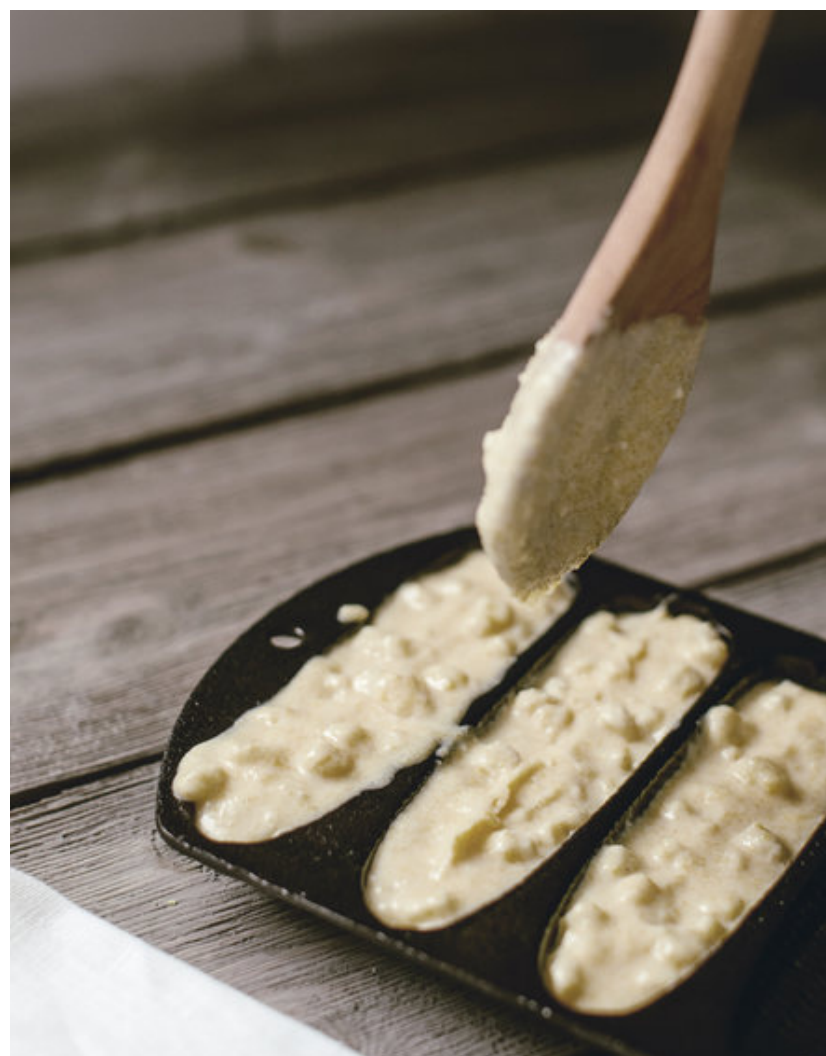
## INGREDIENTS:

11 1/2 cups cornmeal  
1 cup corn kernels - can be frozen, fresh, or from can  
1 cups all-purpose flour  
1 tablespoon granulated sugar  
1½ teaspoons baking powder  
½ teaspoon baking soda  
1¼ teaspoons kosher salt  
1 3/4 cups buttermilk  
1 egg  
4 tablespoons unsalted butter, cut into 4 pieces

## INSTRUCTIONS:

Preheat oven to 425 degrees F. In a medium bowl, whisk together the corn kernels, flour, sugar, baking powder, baking soda and salt. In a large measuring cup, whisk together the buttermilk and egg. Pour the buttermilk mixture into the dry ingredients and stir the batter together until completely combined.

Using a stick of butter, grease the grooves of the pan to avoid the cornbread sticking after it is baked. Once buttered, place the cast iron skillet in pre-heated oven for 3 to 5 minutes to melt butter. Remove the skillet from the oven and pour the batter into the pan. Smooth the top and bake about 20 to 25 minutes.











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LOVE A RECIPE? PIN IT FOR LATER



CLASSIC  
CORNBREAD



FRIED GREEN  
TOMATOES



APPLE + BUTTERMILK  
SKILLET COBBLER



SKILLET CORNBREAD  
WITH LEEKS



LOVE A RECIPE? PIN IT FOR LATER



ROSEMARY  
SKILLET BREAD



SKILLET CHOCOLATE  
CHIP COOKIE



HOW TO CLEAN  
CAST IRON



FRIED OKRA



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