

Video: Cooking with cast iron: Fact versus fiction

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Credit: The American Chemical Society

Cooks around the world prize their cast-iron cookware, which has many advantages over its aluminum siblings. But there are a few myths surrounding cast-iron cooking and care, and a bit of chemistry knowledge can go a long way toward helping chefs use and maintain these pots and pans more effectively.

In Reactions' latest episode, we settle these cast-iron controversies once and for all and explain the chemistry of cast-iron cooking.

Check out the video here:

Provided by American Chemical Society

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