

884901 Kitchen HQ 10" 2pc Ceramic Non-Stick Cast Iron Recipes



Upside Down Banana Cake

¼ cup butter

½ cup brown sugar

1 tsp vanilla bean paste

4 bananas, cut lengthwise

1 ½ cups AP flour

1 tsp baking powder

1 tsp salt

½ cup butter, softened

½ cup sugar

¼ cup brown sugar

3 eggs

½ cup milk

Method:

Heat the butter, sugar, and vanilla bean paste in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet until bubbling. Add the bananas, cut side down then take off the heat. Whisk together the flour, baking powder, and salt. In a separate bowl, cream together the softened butter and sugar. Add the eggs one at a time, followed by the milk. Whisk in the dry ingredients to combine, then pour the batter over the bananas. Transfer to a preheated 350-degree oven and bake for 35-40 minutes. Remove, let cool then invert to remove from the non-stick pan. Garnish with powdered sugar and enjoy!



Crispy Lemon Chicken Thighs with Olives

4 chicken thighs, bone-in and skin on
1 tbsp olive oil
1 shallot, minced
4 cloves garlic, minced
½ cup black olives, pitted
½ cup white wine
1 cup chicken stock
¼ bunch parsley, finely chopped
¼ bunch cilantro, finely chopped
1 lemon, zested and juiced
¼ cup butter, cold and cubed

Method:

Heat the olive oil over medium heat in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Add the chicken thighs, skin side down. Render out the fat of the chicken and let sear for 8-9 minutes, draining out the excess fat as you cook. Remove the chicken then add the shallot, garlic, olives, and white wine. Reduce by half, then add the stock and return the chicken. Bring up to a boil, then transfer to a pre-heated 400-degree oven. Cook for 30 minutes, or until the chicken is cooked through. Finish with the fresh herbs and swirl in the cold butter to emulsify into a sauce. Lastly, garnish with fresh lemon zest and juice to add brightness to the dish!



Pork Chops au Poivre

2 Pork Chops, 1 1/2" thick and bone-in
2 tbsp olive oil
¼ cup brandy
1 shallot, finely minced
1 tbsp green peppercorns, in brine
1 tbsp black pepper, coarsely ground
1 cup beef stock
¼ cup whipping cream

Method:

Heat the olive oil over high heat in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Season your pork chops with salt and pepper to taste, then add. Let sear on high for 3-4 minutes, then flip and cook for an additional 3-4 minutes. Remove and deglaze with the brandy. Add the shallot, peppercorns, and black pepper. Reduce then add the beef stock. Bring up to a boil, then reduce down to 1/3 cup worth. Take off the heat then swirl in the cream. Add back the pork chops and serve together with the sauce.



Shallot and Thyme Tart

- 12 shallots, halved lengthwise
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- ½ cup cream cheese, softened
- ½ bunch thyme, chopped
- 1 Puff pastry sheet, cut into 10" circle

Method:

Add the vinegar, oil, and shallots (cut side down) to your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Season with salt and pepper to taste. Next, spread the cream cheese on your puff pastry circle and add the chopped thyme. Place the circle on top of the shallots. Transfer to a pre-heated 375-degree oven. Bake for 35-40 minutes, then remove and invert out of the non-stick pan. Garnish with fresh black pepper and some more thyme if desired.



Pecorino and Parm Eggs!

½ cup pecorino, freshly grated
½ cup parmesan, freshly grated
4 eggs
¼ bunch basil, finely chopped
¼ tsp chili flakes
1 lemon, zested

Method:

Combine the cheeses, then add to your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Create four holes in the cheese, then add an egg to each. Turn the heat on to medium, then cover the skillet. Let the eggs cook and the cheese melt, about 5 minutes. When cooked and incorporated, take off the heat and uncover. Garnish with fresh basil, chili flakes, and lemon zest.



Almond Raspberry Cake

1 ½ cups almond flour
5 eggs, separated
1 tsp vanilla bean paste
½ cup sugar
1 pint raspberries
1 lemon, zested

Method:

Beat the yolks and sugar together until pale and increased in volume. Add vanilla bean paste and lemon zest, then whisk to combine. Add the almond flour and mix to combine. In a separate bowl, whisk the egg whites until a stiff peak is formed. Fold in the whipped whites gently to combine and keep airy. Transfer the mixture to your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Top with the raspberries, then transfer to a pre-heated 350-degree oven. Bake for 30 minutes. Then, allow to cool and garnish with powdered sugar.



Seared Scallops with Pancetta and Tomato

8 scallops, U10 sized

2 tbsp olive oil

½ cup pancetta

1 shallot, minced

2 cloves garlic, minced

1 pint cherry tomatoes

¼ bunch parsley, finely minced

¼ bunch basil, finely minced

½ cup whipping cream

Method:

Dry your scallops well with a paper towel, then season liberally with salt and pepper. Heat oil over high in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. When hot, add the scallops and let sear for 2 minutes, or until deeply golden brown. Flip and cook for another minute, then remove. Reduce heat to low and add the pancetta, shallot and garlic. Let pancetta render it's fat for about 6-7 minutes. When crispy, add the tomatoes and cook for 2 minutes. Add the cream and herbs, and swirl to combine. Add back the scallops and enjoy!



Quick Cajun Shrimp

- 1 ½ lb shrimp
- ¼ cup olive oil, divided
- 1 tsp paprika
- 1 tsp oregano
- ½ tsp salt
- ½ tsp cumin
- ½ tsp coriander
- ¼ tsp chili powder
- ¼ tsp black pepper

Method:

Combine half of the oil with the spices, then add the shrimp and toss to coat. Heat the remaining oil over high heat in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Add the shrimp and cook on high for 2-3 minutes, or until just cooked through. Garnish with fresh herbs and squeeze of fresh lime!



Seared Tenderloins with Simple Chimichurri

4 Steak Tenderloins

2 tbsp olive oil

1/3 cup olive oil

2 tbsp red wine vinegar

½ bunch parsley, finely minced

½ bunch cilantro, finely minced

2 cloves garlic, finely minced

¼ tsp chili flakes

½ tsp salt

Method:

First make the chimichurri. In a bowl, whisk together the olive oil, vinegar, herbs, garlic, chili flakes, and salt then set aside. Heat the remaining olive oil in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet over high. Season your steaks with salt and pepper to taste, then add to sear. Sear on high for 3-4 minutes, then flip. Transfer to a pre-heated 350-degree oven and cook for another 5-6 minutes. Remove and let the steaks rest. Then, slice and top with the fresh chimichurri and serve!



Crispy Gnocchi with Mushrooms and Arugula

- 1 lb gnocchi, store-bought
- 3 tbsp olive oil
- 1 lb mushrooms, washed and sliced
- 2 cloves garlic, finely minced
- 1 cup baby arugula
- ½ cup parmesan, freshly grated
- ¼ cup mascarpone
- ½ cup whipping cream

Method:

Heat the oil over high in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Add the gnocchi and let crisp on heat for 3-4 minutes or until golden brown. Remove and add the mushrooms and garlic. Cook on high (adding more oil if needed) for 3-4 minutes, seasoning with salt and pepper to taste. Add back the gnocchi, along with the arugula, parmesan, mascarpone and cream. Bring up to a gentle boil, then reduce slightly to form a sauce and to wilt the greens. Enjoy!



Fried Roman-Style Artichokes

2 cans baby artichokes, halved
1 cup AP flour
3 eggs, whisked
1 cup Italian breadcrumbs
1 lemon, cut into wedges
1/2" vegetable oil, for frying

Method:

Begin by breading your artichokes. Dip each halved artichoke in the flour, followed by the eggs, then lastly in the breadcrumbs. Repeat until all of the artichokes are breaded. Heat the oil in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Carefully add the breaded artichokes when the oil is hot and shallow fry on all sides, or until golden brown and crispy (working in batches to avoid crowding the pan). Season with salt as soon as they come out of the oil, then garnish with fresh lemon and serve with spicy mayo.



Seared Old Bay Crab Cakes

1 lb lump crab meat
2 eggs
3 tbsp mayo
2 tsp Old Bay seasoning
1 celery stalk, finely minced
¼ bunch parsley, finely chopped
1 tsp Dijon mustard
1 tsp salt
½ cup breadcrumbs
3 tbsp olive oil

Method:

Begin by making the crab cakes. Whisk together the eggs, mayo, Old Bay, mustard, and salt together. Add the celery, parsley, and breadcrumbs. Lastly, fold in the crab meat gently. Form into 6 even patties. Heat the olive oil over medium high in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Add the crab cakes and cook for 4-5 minutes, or until golden brown. Flip and cook for another 3-4 minutes. Remove and serve with fresh lemon.



Pistachio and Dijon Steamed Salmon

- 4 salmon filets, skinless
- 2 tbsp olive oil
- ½ cup white wine
- ½ cup vegetable stock
- 2 tbsp Dijon mustard
- 2 tbsp butter, cold and cubed
- ¼ cup pistachios, toasted and finely chopped
- ¼ bunch parsley, finely chopped

Method:

Heat the olive oil over medium high in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Season your salmon with salt and pepper to taste, then add to the skillet. Sear for 2-3 minutes or until golden. Flip then add the wine, stock, and mustard. Add the Kitchen HQ Cast-Iron Griddle as the lid and let steam for 5-6 minutes. Uncover, then swirl in the butter, pistachios, and parsley. Garnish with lemons and enjoy!



Steamed Clams with chili and garlic

2lb clams, rinsed and dried
2 tbsp olive oil
4 cloves garlic, finely minced
½ tsp chili flakes
1 cup white wine
2 tbsp butter, cold and cubed
¼ bunch parsley, finely minced

Method:

Heat the olive oil over medium high in your Kitchen HQ 10" Ceramic Non-Stick Cast Iron Skillet. Add the garlic and chili flakes, let cook for 1-2 minutes. Add the clams and wine, then increase the heat to high. Cover with your Kitchen HQ Griddle lid and let the clams steam for 4-5 minutes, or until opened. Then uncover and finish with butter and parsley. Enjoy!