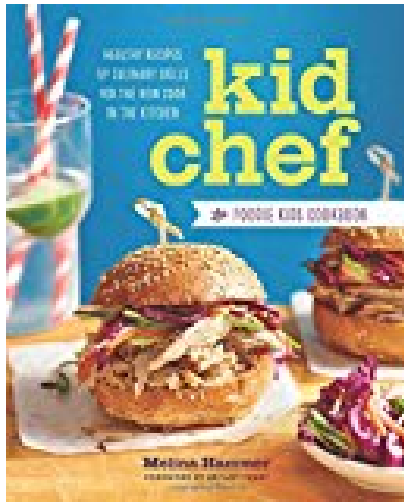


Kid Chef The Foodie Kids Cookbook Healthy Recipes and Culinary Skills for the New Cook in the Kitchen



BOOK DETAILS

- Author : Melina Hammer
- Pages : 202 Pages
- Publisher : Sonoma Press
- Language : English
- ISBN : 1943451206

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BOOK SYNOPSIS

Just because they're young doesn't mean kids who show an interest in cooking only aspire to make nachos or assemble sandwiches. They want to bring their skills to the table--and make dishes the whole family can be proud of. Kid Chef is the only cookbook that gives a crash course in culinary training to kids ages 8 to 13 that also treats them like grown ups. Forget cartoons of flying strawberries and recipes for smiley-face pancakes. This book teaches basic skills, from measuring ingredients to slicing produce to frying an egg. It includes recipes meant to increase kitchen confidence while satisfying the curiosity and bellies of burgeoning little foodies everywhere. Features include: * 75 healthy and tasty recipes that range in complexity, from Spaghetti and Meatballs to Miso-Glazed Salmon * Stylish illustrations of popular kitchen tools and equipment * Instructions for kitchen basics like measuring, chopping, and mixing * Kitchen terminology, facts, and anecdotes * Information about good nutrition * Recipes from real kids

KID CHEF THE FOODIE KIDS COOKBOOK HEALTHY RECIPES AND CULINARY SKILLS FOR THE NEW COOK IN THE KITCHEN

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