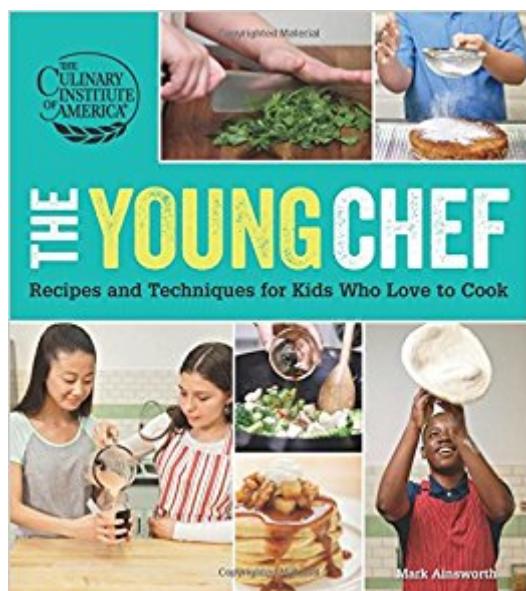


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# The Young Chef: Recipes And Techniques For Kids Who Love To Cook



## Synopsis

Learn how to cook and think like a chef from the best of the best—â the experts at The Culinary Institute of America. Aspiring chefs turn to The Culinary Institute of America for top-tier training—â and now younger cooks can too. Coauthored by chef-instructor (and parent) Mark Ainsworth, this book is for kids ages ten to fourteen who love to cook or who want to learn how, from the perspective of the nation’s best culinary college. It begins with techniques—â from key cooking methods to staying safe in the kitchen to how food fuels your body—â then augments those lessons with more than one hundred recipes for dishes that kids (and their families and friends) will love, from Chinese “Takeout” Chicken and Broccoli to Mexican Street Corn Salad to DIY Hummus to Raspberry Shave Ice. These recipes are easy enough that beginners can try them with confidence, but are loaded with insider tips, fun facts, kitchen vocab, and other teaching moments so that more adventurous junior cooks can use them as a springboard to take their skills to the next level, express their culinary creativity, and have fun in the kitchen! Â

## Book Information

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Age Range: 10 - 14 years

Grade Level: 5 - 9

## Customer Reviews

Chinese Take-Out Chicken and Broccoli from The Young Chef Makes 4 to 6 servings Directions

1. Heat the oil in a wok or large sauté pan over medium heat. Add the chicken and cook, stirring the chicken occasionally to cook it evenly on all sides, until it is golden brown, about 5 minutes. Transfer the cooked chicken to a plate and set aside.
2. Add the green onions, garlic, and

ginger to the pan and cook, stirring constantly, until fragrant, about 30 seconds. 3. In a medium bowl, combine the chicken stock or water, soy sauce, vinegar, sugar, and cornstarch. Mix with a whisk until there are no clumps and set aside. 4. Add the broccoli to the pan. Add the cornstarch mixture and stir to coat the broccoli. 5. Stir in the chicken, cover the pan with a lid or aluminum foil, and cook on medium-high heat until the broccoli is bright green and cooked through, 3 to 5 minutes.

Ingredients	3 tablespoons vegetable oil	1 pound boneless, skinless chicken breast, cut into 1-inch cubes	1 bunch green onions, sliced	2 tablespoons finely chopped garlic	2 tablespoons minced fresh ginger	1 cup chicken stock or water	3 tablespoons soy sauce	2 tablespoons cider vinegar or rice vinegar	2 tablespoons sugar	2 tablespoons cornstarch	4 cups (1 bunch) broccoli florets
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Gr 4-7 •Ainsworth and the Culinary Institute of America have created a solid and comprehensive cooking manual that has something to offer for new and practiced young cooks. With clear and succinct discussions on sanitary practices and knife handling, as well as strong tutorials on cooking methods and the creation of flavorful food, this title emphasizes important cooking fundamentals in an orderly and bold way. Recipes are organized mostly by meal but also include fun snacks, such as Mexican street corn salad, curry burritos, and pickle chips. Directions are clear and detailed, and the author takes special care to define cooking terms such as sweating and mirepoix. "Think Like a Chef" sections are peppered throughout and provide ideas for creative recipe variations, while "Chef's Note" sections give helpful substitution ideas and problem-solving techniques. Photos are appealing and enhance the dishes, but the relatively few illustrations that the book features resemble clip art and do not add anything to the work. Overall, the recipes are varied and appealing, with the only weak spot appearing in the dessert section, which features two overly simple, no-bake recipes that are primarily made up of Oreo cookies. Considering the earlier encouragement to limit processed food and preservatives, this makes little sense and seems like a missed opportunity. VERDICT An extensive resource for recipes and culinary methods; a recommended purchase. •Laura Lintz, Henrietta Public Library, Rochester, NY

, Best Children's Books of the Year: NonFiction "Recipes in the Culinary Institute of America's new cookbook for children are not dumbed down. Pizza starts with dough, not an English muffin. And the book opens with good habits for kitchen safety • for the food as well as the chef. (It is recommended for children ages 10 to 14, but an adult who has never really cooked could learn a few lessons, too.) This bright and engaging book explains equipment, knife

work, cooking methods and how to taste and create flavor. Sidebars headed "Think Like a Chef" offer variations and tips, and strewn throughout are notes about ingredients and their histories." --The New York Times "If you have a budding cook in the family, keep "The Young Chef" in mind. Summer is coming." --Houston Chronicle "Ainsworth and the Culinary Institute of America have created a solid and comprehensive cooking manual that has something to offer for new and practiced young cooks. With clear and succinct discussions on sanitary practices and knife handling, as well as strong tutorials on cooking methods and the creation of flavorful food, this title emphasizes important cooking fundamentals in an orderly and bold way... VERDICT: An extensive resource for recipes and culinary methods; a recommended purchase." --School Library Journal

Must have for a young, beginning cook. My grand daughter loved it!

My daughter (10) loves this cookbook. It isn't as simple as some of the other children's cookbooks, but the recipes are still very doable and fun.

i love this cookbk for me as well as my grandkids!!!

Grandson loves this book....he's already cooking everything out of this ...he's only 7

My grand kids love this book. When they visit, they ask to cook.

My 11 year old Granddaughter is loving this cookbook. I would not think it suitable for younger children, but this book will grow with her.

Kid friendly recipes, and clear explanations of how to follow them. My granddaughter said it was her favorite Christmas present.

My son loved this book and was excited to receive it. I'll update after how practical.

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