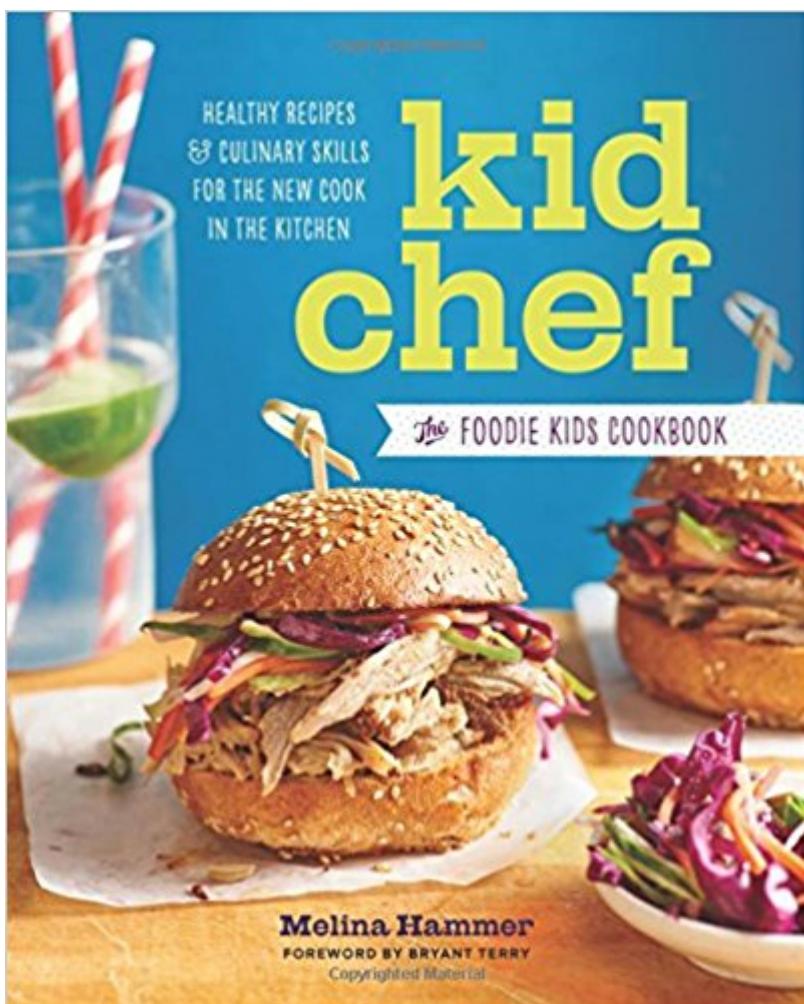


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# Kid Chef: The Foodie Kids Cookbook: Healthy Recipes And Culinary Skills For The New Cook In The Kitchen



## Synopsis

"There may be no better way to instill a love of good food in your kids than by having them learn to cook. Kid Chef helps them develop fundamental skills, harness their curiosity, and turn out tasty, family-friendly dishes." •Cooking Light Magazine Every parent knows that when it comes to cooking, practice really does make perfect. Unlike other kids cookbooks that dumb down recipes, Kid Chef gets kids cooking nutritious meals that engage their skills and instill confidence in the kitchen. Covering basic techniques and featuring tutorials for tasty recipes, this kids' cookbook is sure to turn any child into a chef. More than just a kids' cookbook, Kid Chef is a learning tool that includes:

- 75+ Healthy Recipes: easy-to-follow recipes for snacks and small bites, main dishes and desserts that parents will love
- Kitchen 101: learn how to stock the pantry, create a grocery list, handle a knife, and use the stove
- Facts and Tips: from variations on your favorite recipes to fun food facts

This kids' cookbook covers everything a kids' cookbook for grown-up tastes: recipes for Homemade Granola, Mini Quiches, Minty Lamb Burgers, Rosemary Shortbread Cookies, and so much more! This is an amazing cookbook for introducing children to the joys of cooking. I loved that instead of being just a collection of recipes oversimplified for children, it was a well-thought-out teaching tool. •Heather Columbo, Mom to a kid chef

## Book Information

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Average Customer Review: 4.4 out of 5 stars 205 customer reviews

Best Sellers Rank: #8,637 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #6 in Books > Cookbooks, Food & Wine > Cooking

Methods > Cooking with Kids #13 in Books > Children's Books > Children's Cookbooks

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

[View larger](#) Butternut Mac & Cheese - Prep time: 20 minutes / Cook time: 50

minutes. - Serves 4. - Preheat the oven to 375° F.

Instructions Prepare Butter 4 ramekins, and set aside on a baking sheet. Toast the bread. Place the bread onto a toaster oven tray. In a small saucepan over medium heat, melt 1 tablespoon of butter, and drizzle the butter over the bread, stirring the pieces around the tray to coat. Toast the croutons until lightly crispy, about 5 minutes, and set aside. Cook the pasta. Set a large pot filled with water over high heat, and bring to a rolling boil. Add a hefty pinch of salt, then the pasta, and cook until 3 minutes less than the package instructions say, so that the pasta exterior is cooked and the inside is underdone. Transfer the pasta to a colander, and shake it a few times to drain well. Rinse the pasta briefly to stop it from cooking further, and set aside. Steam the squash. Fill a medium saucepan that a steamer basket fits into with about an inch of water. Put a steamer basket in the sauce pan, and steam the squash pieces until slightly softened, about 5 minutes. Use tongs to remove the squash from the basket, and set aside. Make the béchamel. In a medium saucepan over medium-low heat, warm the milk. In the same pot you used for cooking the pasta, over medium heat, melt the remaining 3 tablespoons of butter. When the butter foams, add the flour. Whisk the flour into the butter, stirring to fully combine. Continue whisking. Gradually pour in the hot milk. After pouring half in, whisk until the mixture has no lumps, then slowly add the remainder. Whisk constantly, until the mixture bubbles and becomes thick, 8 to 10 minutes. Combine the ingredients for baking. Remove the pan from the heat, and stir in the salt, nutmeg, black pepper, cayenne pepper, 1 cup of Cheddar cheese, and 1/2 cup of Gruyère. Stir the cooked pasta and steamed squash into the cheesy béchamel sauce. Ladle the mixture into the ramekins. Sprinkle the remaining 1/2 cup of Cheddar cheese and 1/2 cup of Gruyère over the tops, then arrange the toasted croutons on top. Bake until the surfaces are golden, about 25 minutes.

Ingredients 4 tablespoons butter, divided, plus more for greasing ramekins 2 thick slices rustic bread, crusts removed and torn bite-size pieces 1/2 teaspoon kosher salt, plus a hefty pinch 12 ounces macaroni 1/2 butternut squash, peeled, seeded, and sliced into 2-inch-long by 1/2-inch-wide pieces 2 cups milk 3 tablespoons all-purpose flour 1/2 teaspoon freshly grated nutmeg 1/2 teaspoon freshly ground black pepper 1/2 teaspoon dried cayenne pepper 1 1/2 cups grated sharp white Cheddar cheese, divided 1 cup grated Gruyère cheese, divided

Serve Transfer the casseroles to a wire cooling rack, and allow to cool for 5 minutes. Serve the little mac and cheese ramekins warm on large plates. Common Mistakes: Not keeping your

workspace organized when creating a recipe with many steps can backfire on you. This recipe has a number of components to attend to. Pay close attention, and they should be a cinch, especially if you keep your workspace uncluttered. Plus, the finished dish is outrageously delicious—well worth the effort!

Tools / Equipment	Microplane	Box grater	4 ramekins	Toaster oven	
Small saucepan	Large pot	Colander	2 medium saucepans	Steamer basket	Tongs
Whisk	Baking sheet	Ladle	Wire cooling rack		

"There may be no better way to instill a love of good food in your kids than by having them learn to cook. Kid Chef helps them develop fundamental skills, harness their curiosity, and turn out tasty, family-friendly dishes." • *Cooking Light Magazine* "I am excited to see a book for children focused on technique and healthy cooking. No more food cut-outs and cute gimmicks. Kid Chef empowers children and teaches them one of the best skills they will need: feeding themselves and the ones they love." • Aran Goyoaga, author of *Cannelle et Vanille* food blog and *Small Plates & Sweet Treats: My Family's Journey to Gluten-Free Cooking* What kid wouldn't want to don an apron, gain a little know-how, star in their own kitchen and spread the love? • Betty Fussell, award-winning food historian and author of *Raising Steaks: The Life and Times of American Beef* Melina has written the cooking-with-kids book that we have needed for a long time. She brings everything front and center: the heat, the anchovies, the knife skills. I would recommend this spectacular book to both kids and grownups alike. • Phyllis Grant, author of the *Dash* and *Bella* blog "The clear and concise recipes are great for novice cooks of any age and keep with Melina's dedication to eating in season, and with flavor." -- Design Sponge "I am excited that all kids and their caretakers will have access to such an important tool for teaching children the joy of cooking. This book will equip children to make tasty, from-scratch meals for themselves now and well into the future, when they are living on their own." - Bryant Terry, 2015 James Beard Foundation Leadership Award-winning chef [Kid Chef] is packed with all kinds of healthy recipes and culinary skills for the kid who's trying to take over mealtime. While geared towards the younger ones, these recipes are for anyone wanting easy to prepare, nutritious recipes. Miso Grilled Shrimp Skewers, Pulled Pork Sliders and Easy Tzatziki were a few that Chloe asked to make as she flipped through the pages. That's a pretty good sign of this book's success! • *Weelicious* This fabulous cookbook treats kids like real home cooks • just ones who are starting at the beginning. Packed with bright, beautiful photography and cooking facts, like quick and easy instructions on how to read a recipe and prep ingredients, this is a book that can truly help your aspiring cook thrive in the kitchen. The recipes are fabulous, from a simple but totally impressive Potato-Gruyère Tart to easy tutorials on how to make basics like garlic

bread. •Cook Mom PicksBecause Melinaâ™s food is centered around fresh, good eating, the dishes will satisfy grownup palates just as much as adventuresome kids. •Milkbottle

Melina Hammer is a photographer, food stylist, recipe developer, and cook. A regular contributor to the New York Times Food section, Melina also writes for Where Women Cook, Sweet Paul, and Food52. You can learn more about Melinaâ™s passion for good food on her blog [lickingtheplate.com](http://lickingtheplate.com) and @melinahammer on Instagram. Bryant Terry is a James Beard Foundation Leadership Award-winning chef, healthy food advocate, and author of four books including his latest Afro-Vegan: Farm-Fresh, African, Caribbean, and Southern Flavors Remixed. He lives in Oakland with his wife and two daughters.

I received a sample of this cookbook in PDF format to try out and leave an unbiased review in exchange. I've been reading through it for the past several days. This cookbook is designed for kids who have a very "adult" palate who take their culinary skills very seriously. Overall, it just made me feel like an unrefined backwoods hillbilly or something. My kids do not eat the stuff in there. I don't eat the stuff in there. I don't even know what half the ingredients are or where I'd find them. We don't have a "mortar and pestle" in our kitchen. When I was first flipping through the cookbook, the lesson I saw was "how to make a fried egg". Bingo. That's exactly the cookbook I've been looking for for my teenagers, who are just looking to learn basic food preparation skills for basic foods with basic ingredients. But then I continued on to see recipes such as:-bacon herb frittata sandwich-ginger-lemon green juice-potato-gruyere tart-gazpacho gulps-crispy sesame seaweed-minty lamb burgers-strawberry-rhubarb mini tartsWhen I was a kid I had a kid's cookbook that I absolutely loved. I used that thing to death. I would come home from school, open my kid's cookbook, and whip up a batch of lemon bars or chocolate chip cookies. It was all basic, easy to follow directions that used ingredients we already had in the house. I could make all of it myself without any help from my mother. I was hoping for a cookbook like that for my own kids, but this just isn't the right one for us. We aren't fancy enough people and I don't have the time/money to buy all the special ingredients these recipes call for. I would not recommend this book for kids. I would recommend it for adults who are not picky eaters and want to learn advanced techniques for making healthy dishes. I do have to give some credit where it's due though. The photography in this book is gorgeous. The text is easy to read and nicely laid out. Whoever put it together had a nice eye for photography and graphic design. The directions are also thorough. It's almost like a culinary textbook. I am sure if you went through the whole thing start to finish you would come out a better

cook. But I'm speaking to adults here. This is advertised as a kid's cookbook and I just can't see it as really being that.

Thank you very much

I bought this for my daughter (age 8) for Christmas and the whole family absolutely loves it! I appreciate how the first part of the book gives you lessons to teach you pepper technique and safety in the kitchen. The recipes are fun, and things we would actually make and eat. A great gift for any young aspiring chef!

Haven't tried it out but the recipes look amazing! More so than an adult cookbook! My daughter is excited to try them out. What I like about this is that it teaches about tools, measuring, and importance of set up and reading recipes thoroughly and a whole lot more! I like also that it's not a basic kiddie cookbook, this is something they can really learn from.

daughter is excited to try!

Book was a gift for my 9 y/o niece who loved it. She likes to cook and watches all the cooking shows on Food network with her dad.

This book is great for anyone learning to cook. If it wasn't called Kids Chef I'd get it for all my nieces and nephews when they go to college and buy a class set for my friends high school cooking class! The sequence, pictures, instructions and recipes are all great!

My 11 year old daughter loves this book! The recipes look good... different, but not a lot of really crazy ingredients (Which I'm grateful for). The books also teaches kids different cutting and chopping techniques. Good for a beginning pre-teen chef.

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