

Teens Cook: How to Cook What You Want to Eat

By Megan Carle, Jill Carle, Judi Carle



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Cooking for teens, like finding the perfect gift for teen boys and girls, is almost impossible. Teenagers like what they like, and they will only eat what they like. But instead of causing mealtime strife, now they can learn to cook those foods themselves. With over 75 delicious recipes for meals at all times of the day—breakfast, snacks, sides, dinners, and dessert, too—TEENS COOK is a guide to everything teenagers (and tweens) need to learn about conquering the kitchen without accidentally setting the house on fire. Written by teens and for teens in easy-to-follow instructions, authors Megan and Jill Carle give young readers advice on how to maneuver their kitchen in a language they'll understand (and actually listen to). The Carle sisters pass on their knowledge of how to decipher culinary vocabulary, understand kitchen chemistry (why stuff goes right and wrong when cooking), adapt recipes to certain dietary restrictions (like vegetarianism), and avoid all sorts of possible kitchen disasters. TEENS COOK is not only a fantastic teen gift—it's the perfect cookbook to inspire young adults to take interest in their diets, and empower them to try a new and tasty hobby.



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Editorial Review

From School Library Journal

Grade 7 Up-Sisters Megan and Jill Carle love to cook, both from recipes and experimenting with what's on hand. When they eat something they love in a restaurant, they try to re-create it at home. If they find a complicated recipe, they fearlessly "take shortcuts that would probably give a chef hives." The result of their culinary passion is this appealing mix of 85 diverse recipes ranging from comfort food to sushi. The six sections include traditional American cuisine, as well as recipes for German, Chinese, and Mexican dishes. Basic cooking instruction is incorporated into the recipes themselves as well as in the sidebars sprinkled liberally throughout. The gently wry introductions for each recipe offer keen glimpses into the siblings' personalities and relationship, adding to the intimacy and warmth of this cookbook. Megan, a vegetarian, offers advice on adapting many of the recipes to her diet. "Kitchen Disasters" offer amusing accounts of mistakes made by the Carles or their relatives, complete with explanations of exactly why things went awry. The clear instructions and striking, full-color photos will equip teen chefs to undertake their own adventures, but the reliance on butter, cream, mayonnaise, cheese, and other high-fat ingredients is a drawback for those seeking a healthy diet. Evelyn Raab's Clueless in the Kitchen (Firefly, 1998) is a far more extensive collection of recipes that also includes more basic information about equipment, shopping, and food preparation.-Joyce Adams Burner, Hillcrest Library, Prairie Village, KS Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author

MEGAN CARLE and JILL CARLE are both graduate students at Arizona State University. They published their first cookbook, TEENS COOK, while Jill was still in high school, and followed up with TEENS COOK DESSERT and COLLEGE COOKING.

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JUDI CARLE has served as chef/author, project coordinator, and general editor on more than 20 cookbooks, including the best-selling Charlie Trotter series and, most recently, Shakespeare'¬?s Kitchen. The Carles all live in Phoenix, Arizona.

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Vivian Bennett:

In this 21st millennium, people become competitive in each way. By being competitive now, people have do something to make them survives, being in the middle of the crowded place and notice through surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive boost then having chance to remain than other is high. In your case who want to start reading a book, we give you this specific Teens Cook: How to Cook What You Want to Eat book as basic and daily reading publication. Why, because this book is greater than just a book.

Krystal Harris:

Reading a guide tends to be new life style within this era globalization. With examining you can get a lot of information which will give you benefit in your life. Using book everyone in this world can certainly share their idea. Books can also inspire a lot of people. Lots of author can inspire their own reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write to their book. One of them is this Teens Cook: How to Cook What You Want to Eat.

Dennis Bloom:

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity here is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a publication. The book Teens Cook: How to Cook What You Want to Eat it doesn't matter what good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to develop this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book features high quality.

James Chavez:

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