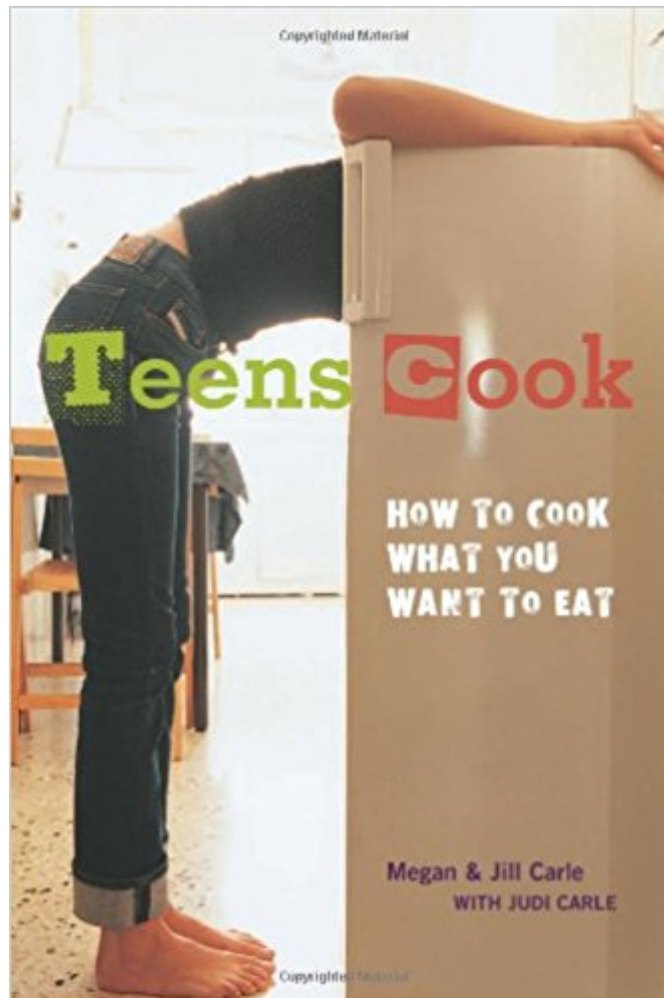




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# Teens Cook: How To Cook What You Want To Eat



## Synopsis

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.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 239 customer reviews

Best Sellers Rank: #20,049 in Books (See Top 100 in Books) #1 in Books > Teens > Hobbies & Games > Cooking #2 in Books > Teens > Personal Health > Diet & Nutrition #9 in Books > Teens > Personal Health > Self-Esteem

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

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.

—œJoyce Adams Burner, Hillcrest Library, Prairie Village, KS

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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*. 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.

I got this for my hard to buy for step daughter who will be turning 17 soon. After looking through the recipes, I think she will like it. She's kind of a picky eater and while some of the items might not appeal to her, I'm hoping this will give her an opportunity to try something new. As a person who likes to cook, I disagree with the authors comments that mayonnaise and Miracle Whip are interchangeable (this is SO not a good idea!) and that you can always use salted butter. But, I guess if someone is going to make food, they can use whatever appeals to them. The ingredient lists seem appropriate for a teenager (not too many items that you would have a hard time finding). The directions seemed simple and straight forward. I'll be interested to see what she thinks.

Never too late to start learning to feed for yourself, right?

I hope to get my teenagers cooking some meals for me for a change and this book is just right. The recipes are all things that they would like to eat, so I hope they will start as soon as they get this cookbook as one of their Christmas gifts.

A present for my teenage niece. She loves it!

I got this for my daughter for Christmas. A lot of good recipes that are not too challenging but yet leave it open and give hints to being creative. A perfect starter cookbook. Thank you.

Same granddaughter loved this book too.

Grandson loves this book and has made two great dinners following recipes. he is 13 and followed them for the most part with very little need for assistance.

My daughter loves this book and have cooked several things from it. The problem is she is very independent and doesn't ask questions when she doesn't understand something. So the directions need to be clearer and they need to explain some of the processes the call out in the directions.

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