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Kids Cook 1-2-3: Recipes for Young Chefs Using Only 3 Ingredients

Gillian Streeter
gstreeter@fortbend.lib.tx.us

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Gold, Rozanne. *Kids Cook 1-2-3: Recipes for Young Chefs Using Only 3 Ingredients*. Illustrated by Sara Pinto. Bloomsbury, 2006. ISBN 1582347352. \$17.95. 144 p.

Reviewer: Gillian Streeter

Reading Level: Primary, Intermediate, Young adult

Rating: Outstanding

Genre: Informational books;

Subject: Quick and easy cookery--Juvenile literature; Cookery--Juvenile literature; Books--Reviews;

Even young kids can cook delicious, simple meals from the recipes in *Kids Cook 1-2-3*—all the recipes use only three main ingredients (barring simple kitchen staples like water, salt, and pepper). Gold, a professional chef, has carefully created straightforward dishes that will appeal to kids and adults alike. The bright, child-like illustrations, rendered well by Pinto, are friendly to timid readers who have never cooked before. Gold is careful to explain how to stock up the kitchen, how to measure, kitchen terminology, and other basic cooking skills before beginning the recipes. Better still, Gold collaborated with several sous-chefs, ranging in age from eight to 16—while Gold developed most of the recipes, her assistants tested, refined, and added variations to them. The recipes cover the common cookery topics of breakfast, lunch, dinner, snacks, side dishes, and desserts. This is a must-have for the family kitchen.