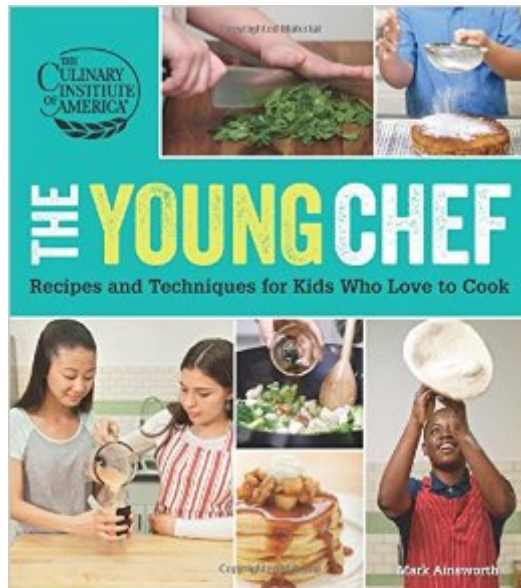


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# The Young Chef: Recipes And Techniques For Kids Who Love To Cook



## Synopsis

Learn how to cook and think like a chef from the best of the best—the experts at The Culinary Institute of America. Aspiring chefs turn to The Culinary Institute of America for top-tier training—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—from key cooking methods to staying safe in the kitchen to how food fuels your body—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!

## Book Information

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Age Range: 10 - 14 years

Grade Level: 5 - 8

## 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

I gave this to my granddaughter for her 9th birthday. She aspires to be a contestant on "Chopped Jr." (Food Network show). Whether or not that happens, she is learning so much from this book under the guidance of her foodie parents. A great start for the young cooking enthusiast.

REALLY disappointed in this book. Definitely consider myself an above average cook and baker. My girls participate often in the kitchen, and we experience recipe success 99% of the time. So I thought this book might help them branch out on their own a bit with fool-proof, tested recipes by the Culinary Institute. HOWEVER...The first two recipes we made: Flourless Chocolate Cake, and Apple Hand Pies...did not turn out at all, despite following the recipes precisely! One of my biggest irritations is wasting a load of ingredients (ie: 6 Eggs and 1LB of semi sweet chocolate for the cake!) for it to turn out terribly. When I say terribly...the chocolate cake was "eggy" terribly under-cooked, even though we followed the time requirement - and when we turned it out of the pan, it fell out like under-set Jell-O and the butter separated from the solid and ran out all over the platter - it was gross and had to be thrown away. The mini apple pies seemed easier - again - followed recipe to the T, and the sauce was so runny in the apples that it just ran off the dough before we could fill the pies. What's the point of a butter/sugar/vanilla sauce for the apples if it isn't thick enough to stay in the mini pie? Other recipes we tried were similar in results - measurements seem off and cook times aren't quite right. The only thing I liked about this book were the "chefs notes" on the side that suggest variations to the recipe, allowing the young cook to think outside the box. But if it doesn't turn out the first time, chances are you aren't going to make it again anyway! The William-Sonoma Kids cookbook has more reliable recipes, however it omits desserts, which is the only downside.

My granddaughter loved the book and is very anxious to start making the recipes!

Carefully written with precise instructions and wonderfully illustrated! Excellent recipes and fantastic instructions. All the things no one ever taught me in the kitchen when I was a kid!!! Thank you thank you Thank you for writing this book! Will share with my young daughters.

My daughter loves to cook and this book is a great teaching source.

This cook book is perfect for a 9 year old girl who is really into watching Chopped on TV and looking with her parents and starting to venture out into the cooking world. The recipes are easy to follow and are simple enough for a child to do with little supervision. This is exactly what i was looking for.

It's just average. Lots of recipes that kids stereotypically like. Few healthy choices. My fifteen year old could find just a few that her health consciousness could abide.

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

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