



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

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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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Donald White:

Nowadays reading books become more and more than want or need but also become a life style. This reading addiction give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book which improve your knowledge and information. The data you get based on what kind of reserve you read, if you want drive more knowledge just go with training books but if you want feel happy read one having theme for entertaining for example comic or novel. Typically the Teens Cook: How to Cook What You Want to Eat is kind of reserve which is giving the reader unstable experience.

Therese Watson:

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get great deal of stress from both way of life and work. So , if we ask do people have time, we will say absolutely indeed. People is human not really a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the actual book you have read is definitely Teens Cook: How to Cook What You Want to Eat.

Larry Boggs:

In this era globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you personally is Teens Cook: How to Cook What You Want to Eat this book consist a lot of the information from the condition of this world now. This specific book was represented so why is the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book appropriate all of you.

Helen Samuel:

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