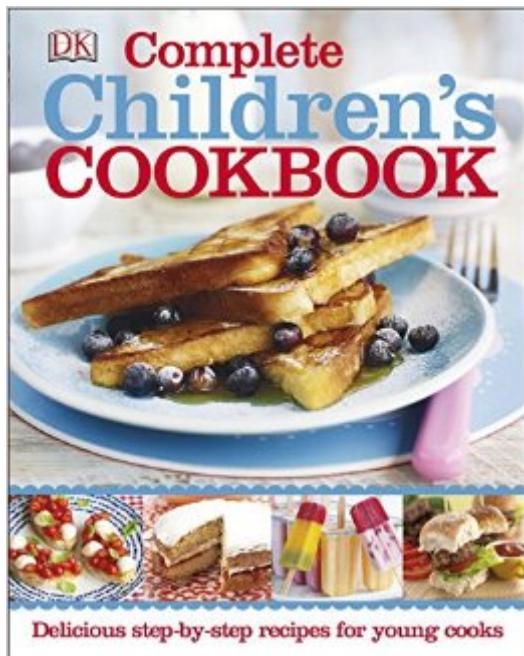


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# Complete Children's Cookbook



## Synopsis

Delicious dishes kids will really want to make. More than 150 fabulous recipes, divided into nine themed chapters (Breakfast, Soups and Salads, Light Bites, and more) will have you and your child in the kitchen and cooking in no time. From French toast to rainbow salad, vegetable lasagna to tomato soup, and ice cream to mini muffins, Complete Children's Cookbook has a recipe for every occasion. And with beautiful full-color photography, simple instructions, and a focus on safety, each one makes an ideal cook-together project that will have children excited to try the new flavors in the dishes they helped make. The step-by-step instructions are easy to follow and feature a picture for every step, so children can see clearly just what to do as they build basic cooking skills, safe kitchen practices, and adventurous palates.

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (50 customer reviews)

Best Sellers Rank: #17,952 in Books (See Top 100 in Books) #22 inÂ  Books > Children's Books > Children's Cookbooks #5671 inÂ  Books > Reference

Age Range: 7 - 10 years

Grade Level: 2 - 5

## Customer Reviews

### How to Make Sunflower Loaves

Sunflower Loaves Fill your kitchen with the homey smell of bread-making. Sunflower seeds are great to nibble on, too, while your bread is baking. Wash the pots thoroughly. Preheat the oven to 400Â  F. Oil the pots inside and out and bake for 35Â¢Â 40 minutes. Let them cool. Repeat the process two more times. Put the flour, salt, sugar, and yeast into a bowl. Make a well in the center and pour in the water and olive oil. Mix to make a soft, but firm dough.

Turn the dough onto a lightly dusted work surface. Knead well for at least 10 minutes. Ask an adult

to take a turn if your arms get tired. Add the sunflower seeds. Knead them into the dough so that they're evenly spread. Divide the dough into 4 pieces. Place one ball into each flowerpot. Cover the pots with a plastic bag and leave until the dough has doubled in size.

#### How to Make Mint Chocolate Pots

Pour the cream into a small pan. Add the mint. Heat gently until nearly boiling, then remove from heat, cover, and let stand for 30 minutes.

Pour the milk into another small pan. Heat gently. Remove from the heat and stir in the chocolate pieces until melted and the mixture is smooth. Whisk the egg yolks and sugar together. Add the chocolatey milk and the minty cream. Mix well, then strain the mixture through a fine sieve to remove the mint. Pour mixture into 4 ramekins and bake. Dessert is served! Let cool, then refrigerate for a few hours. Make a stencil out of cardboard and sift confectioners' sugar on top for a knockout decoration. Decorate just before serving.

#### Four Ways with Kebabs

Chicken Satay This is a popular kebab recipe.

Always soak the wooden skewers in cold water for 30 minutes to prevent them from burning.

Tofu Chunks This colorful kebab would make a perfect vegetarian option for a summer barbecue.

Lamb with Mint Lamb is delicious when flavored with herbs and spices. You can make a mint and yogurt dip to accompany this classic kebab. Shrimp and Peppers These bright and colorful kebabs are full of flavor. Squeeze lime juice on them to serve.

#### How to Make Tomato Soup

Tomato Soup Soup is a comforting meal or snack and it makes an easy appetizer to a main meal. This soup is wonderfully thick and creamy and is topped with small pieces of toast, called croutons. Peel and chop the onion and carrot. Heat half the olive oil in the saucepan over medium heat. Add the onion and carrot. Cook for about 5 minutes to soften, stirring occasionally. Stir in the garlic and flour and cook the mixture for 1 minute. Add the tomatoes, paste, stock, sugar, and lemon juice. Bring to a boil. Reduce the heat and simmer for 20-25 minutes.

SO much better than earlier cookbooks for children. When our oldest was younger (he's 21 now, and I'm talking about when he was 7-9 here) the books were very juvenile. Drawings, almost cartoon like, instead of pictures, and for the most part the 'recipes' were things like fruit skewers-literally just putting fruit on skewers, how easy is that? But this book by DK (Dorling Kindersley) is a whopping 300+ pages, and has colored pictures of every recipe. And to be clear,

there are some actual recipes here-no more fruit skewers, and peanut butter dip (which was yes, just peanut butter)Our 11 and 7 year old helped me with numerous recipes here:+Classic Coleslaw-with summer right around the corner, we love cooking out on our trusty Weber grill. And who doesn't love coleslaw with a good burger? The kids and I made this, and while we prefer a vinegar based slaw, this one was ok. It lightens things up a bit using some yogurt, instead of just mayo. On the other hand, we found the dressing a bit heavy.+Bell Pepper Hummus-the kids are willing to try just about anything you can dip a chip or carrot into, so why not some hummus? My 11 year old enjoyed cutting up the peppers-with some help and supervision from me!-and they thought this was pretty tasty. I love hummus, and I thought it was pretty tasty as well. Easy to make too+Beef Pasta-my 11 year old made this pretty much on his own. I chopped the veggies and laid things out and then he put everything together. I liked that they put some vegetables in here, but overall the sauce was pretty blah. The addition of green pesto added some flavor, but where is the parsley, the cilantro, the cayenne pepper? Something! I wasn't the only one disappointed in this very pedestrian pasta.+ Apple Crumble-during the same meal we made our coleslaw for, we prepared with Apple Crumble for dessert. YUM! Of course, pretty much any apple pie is going to be a hit in my house, but the boys liked this, and enjoyed preparing it, though I think that's because they stole more than a few slices of apple.+Chocolate Fudge Brownies- Nope! This recipe calls for 18...yes, you read that right 18 tablespoons of butter. Ok, we went with it, but there is just too much butter and not enough chocolate. We mixed everything up, and the recipe said too cook for 20-25 minutes. I didn't think that sounded right, but again, we're going with it....when we took the cake out, it was still raw brownie batter. We were able to salvage it, but only after I cooked it for another 20 minutes! And yes, my oven is working properly. I'm thinking that cooking time was a misprint. In the end, these brownies were not tasty. Just way too much butter. One thing I do like is that each recipe spells out the equipment you will need. My kids can assemble all the ingredients and utensils they need for any given recipe. Aside from a few mishaps, this book is a wonderful introduction to cooking for kids. There are step by step instructions and picture, and since my kids are more visual learners I appreciated this. We are pretty adventurous eaters, and nothing in here scared my boys off. On the other hand, the lack of spices immediately tells me that many of these recipes are, simply put, going to be rather blah. This is one of the better kids cookbooks I've come across, and it's a good buy for the price, if you want to stick to the basics.

The Complete Children's Cookbook from DK Publishing is a quality cookbook for teaching your kids how to get started cooking. The book's editors did a great job - the design and layout of the book is

fantastic; and it's a nicely curated selection of recipes, most of which are very easy to moderate in difficulty. The book begins with basic info on food prep, kitchen tools/equipment, and health - and then it's on to the fun part! There are over 100 recipes in the cookbook. They are organized into categories - Breakfast; Soups & Salads; Light Bites; Main Meals; Desserts; Cakes & Muffins; Cookies & Bars; Bread; and Party Time. This is obviously geared toward children - but to be honest it will appeal to adults such as myself who are not too experienced in the kitchen. Each step of the process is detailed and includes a photo, so there's really no way to get lost.

I cannot tell you how many children's cookbooks I've searched through looking for one that I wanted to bring home. Most that I found were made for really young children with recipes that are extremely easy or they are designed to appeal to children by being filled with snacks and junk food. The Complete Children's Cookbook by DK has brought children's cooking to a whole new level. Filled with at least 4 full colored photographs per recipe, this book is absolutely gorgeous! These photos are very instructive and absolutely drool worthy. In fact, this book is so nicely done that it is as nice (possibly even nicer) than my most prize cookbooks. Inside you will find the basic kitchen safety, food safety and how to use cut, etc safely with photograph examples so there is no question what is meant. The recipes are amazing! Never would I have believed this was a children's cookbook had it not been for the children in the photographs. The recipes are something I'd find in my own collection. The basics like poaching an egg are covered, but then gets more interesting with recipes like: Potato Râ¶sti, Noodle Soup (with baby corn and shrimp in a fish broth), Phyllo and Spinach Tarts, Zucchini Frittata, Quiche Lorraine, Rainbow Beef, Chocolate Profiteroles, and Raspberry CrÃ©me BrÃ»le to name a few. The recipes we've tried so far are delicious and I've got a long list to go. This book make my mouth water! DK as again given children another exceptional book to whet their minds as well as their appetites. Honestly, this book is amazing enough to add to anyone's cooking library and shouldn't be ignored just because it has Children in the title. This is a great book for beginner as well as a more seasoned cook and bridges all ages. The recipes are delicious and quite healthy and I can see any parent being delighted when her child served a dish made from this book to the whole family. The best part is the family WILL eat these dishes. They are delicious! Give the gift of cooking by presenting a child you love a copy of this book. It will be something they will use and treasure and possibly hand down to their children.

My 10 year old daughter has already used some of the recipes with great results. I am impressed with how well organized each recipe page is. It really helped her in purchasing and getting the

ingredients ready, working through each step and knowing when it is 'ok' to ask a parent to do a step dealing with the oven or stove. The high quality photos make the whole process easy and interesting. Last time, we made the bread from the book and then used the freshly baked bread to make the french toast from the recipe in a different section.

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