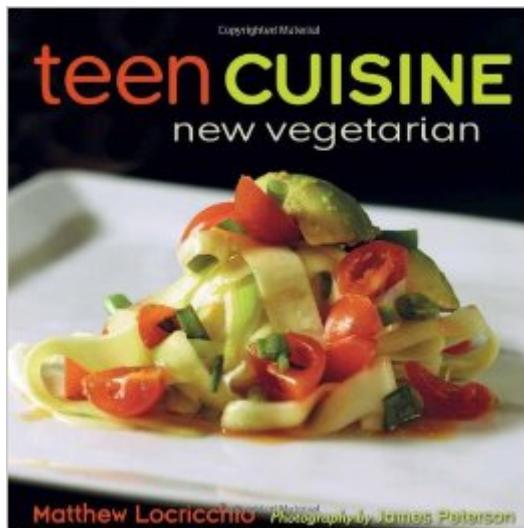


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# Teen Cuisine: New Vegetarian



## Synopsis

2013 International Association of Culinary Professionals Award Winner, Children, Youth and Family category Teens will celebrate all the great features in this exquisite cookbook that speaks directly to today's most popular eating trends. Features: • 50 mouthwatering, original step-by-step recipes for all times of day arranged into sections such as "Smart Starts," • "Pasta and Polenta Perfects," • "Big Plates," • and "Just Desserts" • A special sushi section • "On Your Mark Get Set Cook!" • popular recipe format with step-by-step drawings and photographs • Chef's tips, safety section, cooking terms, and ingredient definitions • Kitchen essentials and equipment • Organic, local, nutritious ingredients for healthy eating.

## Book Information

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Average Customer Review: 4.3 out of 5 stars • See all reviews (52 customer reviews)

Best Sellers Rank: #299,215 in Books (See Top 100 in Books) #15 in Books > Teens > Personal Health > Diet & Nutrition #23 in Books > Teens > Hobbies & Games > Cooking #1410 in Books > Deals in Books

## Customer Reviews

This cookbook will not convince any typical teen to suddenly consider contributing to the household by helping out in the kitchen. And if the teen is already a foodie with kitchen skills, they won't need this book. For the most part, the recipes are complicated and, well, foodie-ish. There's no pizza-level foods, and very few things that can be thrown together quickly. The instructions are both highly detailed and oddly difficult to follow. And of course, the greatest sin for a cookbook: nothing we've tried from it tastes very good. Dishes ranged from 'meh' to 'interesting, but not something i'd make again'. The whole idea of doing raw 'pasta' using zucchini was interesting, and maybe worth further experimentation, but when done following the recipe in this book ended up more slimy than anything else. The caveat for this review is that, alas, i'm no longer a teen, and thus no longer have the oddly half-wired brain of a teenager (nor the ravenous hunger, nor the developing palate). There's a

chance that the instructions that made no sense to me make no sense because they're written for 15-year-olds, and that the foods i didn't like are more appealing to younger tongues. I will say, though, that when i was a teenage vegetarian, i had no interest in this kind of food, and stuck to simpler fare with more cheese on it.

I'm sure I'm not the only one who does this. Cookbooks come in two categories for me: ones that I cook from and ones that I browse through like a travel magazine. "Teen Cuisine" is my travel magazine. It has gorgeous photos, tips and tricks, and information for the novice cook. For the teen it is. Here, you will read advice not commonly included in other cookbooks. It is assuming a young cook, so there are cautions about washing hands, knife safety, using pot holders, etc. Kids don't always think about these things. The steps in the recipes are also very specific. The author doesn't simply instruct the young cook to combine ingredients, he tells them in a very detailed manner how to wash the spinach or clean the mushrooms. The recipes are quite sophisticated and assume a more adventurous palate. Just because it's for the teen, doesn't mean adults can't enjoy it. Many of the recipes feature tempeh or tofu. Be sure you can locate those in your local supermarket, if you want to cook from this book. Also included is information about the various ingredients used throughout the book. I learned about the different types of tofu and how to store it. I haven't yet found tempeh, but at least now I know what it is. The teen is instructed on what types of oil to buy and how to store them, where to find bamboo shoots, and the benefits of almond milk. It's all very helpful. My daughter is a new vegetarian. We are a meat eating family and I have no idea what to feed her. This book has been handy with giving me ideas and inspiring me to be more healthy. It's a great start.

This is a beautiful book of vegetarian recipes that is targeted to teens but would be a great resource for any novice cook vegetarian or general. Some of the recipes are vegan and some are just vegetarian and are identified with a V or VG respectively at the top of the page. All the recipes have a short paragraph or two that gives some history, cooking tips or other interesting information about the dish. Ingredients are listed at the top of each recipe and directions are thorough and easy for inexperienced cooks to understand. I enjoyed reading the glossary of kitchen essentials at the back of the book that taught me about several foods commonly used in vegetarian cooking with which of I was not familiar. There are fifty recipes included most of which have color photos to accompany them. A nice gift or purchase for a young or new vegetarian cook.

This beautiful, color photo filled vegetarian cookbook has been created with teen tastes and interests in mind. Meal options like tempeh nuggets and sloppy Janes mimic popular traditional food choices, while recipes marked as vegan or raw will appeal to teens who have decided to completely forgo all animal products including dairy, or who want to try a raw food diet. Teens sometimes decide to become vegetarians without a lot of understanding of how to cook meat-free food that is both healthful and tasty. This book will help fill that knowledge void for young people, their families, and anyone else who wants to try a plant based diet. The directions are well laid out, detailed, and clear, and the colorful photos make the recipes enticing. Sections include Smart Starts with a vegan French toast, Between the Slices with a beet based BLT, Snazzy Sips with a milkshake-like yogurt-based strawberry lassi, as well as chapters on sushi, soups, salads, pastas, sides, desserts and main dishes, which can be the most difficult part of a menu to come up with for those used to meals revolving around meat. As a vegetarian since 1975 I'm always looking for new menu ideas to perk up my basics, and this book has a lot to offer. I'm especially looking forward to trying the raw "pasta" dish made with thin ribbons of zucchini that's featured on the cover, which I'll be putting together just as soon as summer comes around again with its farmer's market produce, but until then there are plenty of other recipes to sample.

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