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The Young Chef: Recipes and Techniques for Kids Who Love to Cook

The Culinary Institute of America

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The Young Chef: Recipes and Techniques for Kids Who Love to Cook The Culinary Institute of America
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!

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