



Eat Fresh Food: Awesome Recipes for Teen Chefs

By Rozanne Gold

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Finally! Here is a visually stunning cookbook for teens who are interested in cooking food that goes beyond the boring old "kids" recipes, but is the kind of foods TEENS want to eat.

With many recipes showing the step-by-step process of how the food is made, these recipes take old favorites for all times of day and year--from breakfast muffins, to mac-and-cheese lunches, to fish taco dinners, to chocolate desserts--and updates them with healthy, delicious new ingredients that are better for you (and much yummier) than fast food!

Rozanne Gold's All-Star Team (who tested each recipe and who are pictured in the book) includes boys and girls ages 9-19, siblings and friends. The kids display an amazing energy for the food --whether it's buying fresh ingredients in a farmers' market, or cooking it in exciting new ways. With the emphasis on fresh ingredients, Rozanne Gold and her cooks keep their food healthful, gorgeous and fun to make.

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Editorial Review

From School Library Journal

Grade 6–10—This attractive title includes 80-plus recipes. From "Bread, Butter & Breakfast" to "Desserts & Drinks," there's a strong emphasis throughout on fresh food. Some of the dishes are remarkably simple. For example, "Sun-dried Tomato and Carrot Meatloaf" has just 5 ingredients. Others are imaginative (and usually healthier) variations on classics, like "Eggless Caesar with Toasted Pecans and Green Apple Croutons." And the veggie-burger recipe, "Chickpea Burger with Fresh Mango Salsa," is a winner. Step-by-step instructions are clear, with just the right amount of detail. The lively design is another plus, as are the numerous color photos, showing a good mix of food and people. The introduction includes general nutrition and safety information as well as advice about choosing organic ingredients. The book concludes with suggested menus and an extensive index. Many of the recipes are vegetarian (and some are vegan), although they are not designated as such. All in all, this is a wonderful book with a contemporary style that will entice teens to try delicious recipes for family meals and get-togethers with friends.—*Lauralyn Persson, Wilmette Public Library, IL*

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From [Booklist](#)

Chef Gold, who wrote *Kids Cook 123* (2006), addresses teens in a cookbook that emphasizes fresh foods and healthy eating. Instead of concentrating on snacks, it offers a full range of items: breakfast foods, soups, sandwiches, pasta, pizza, salads, dinner courses with vegetables, side dishes, drinks, and desserts. Recipes list ingredients and provide instruction; the occasional sidebar explains how to slice a mango, boil an egg, or roast a vegetable, but novice chefs may need some hands-on help along the way. Excellent color photos appear throughout the book, showing ingredients, stages of preparation, and finished dishes. Among the best are the pictures showing members of Gold's multicultural teen brigade of "happy sous-chefs" at work. A far cry from the stiffly posed shots in many kids' cookbooks, they capture the fun of young people actively engaged in cooking—and eating. Enticing. Grades 9-12. --Carolyn Phelan

About the Author

Rozanne Gold is an award-winning chef and restaurateur, and the author of many books including *Recipes 1-2-3* and *Healthy 1-2-3*, and for younger chefs, *Kids Cook 1-2-3*. She began her career as the personal chef for New York's mayor Ed Koch, going from there to help found some of the city's best restaurants--Windows on the World and The Rainbow Room among them. She is currently a contributor to *Bon Appetit*. She has a teenage daughter who loves to cook, and who participated in this books' creation.

Phil Mansfield has done food photography for *The New York Times*, *The Daily News*, *Hudson Valley Magazine* and many others. His kids also participated in the creation of this book.

Users Review

From reader reviews:

Aubrey Smith:

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