



Kid Chef: The Foodie Kids Cookbook: Healthy Recipes and Culinary Skills for the New Cook in the Kitchen

Melina Hammer , Bryant Terry (Foreword)

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"There may be no better way to instill a love of good food in your kids than by having them learn to cook. *Kid Chef* helps them develop fundamental skills, harness their curiosity, and turn out tasty, family-friendly dishes."?Cooking Light Magazine

Every parent knows that when it comes to cooking—practice really does make perfect. Unlike other kids cookbooks that dumb down recipes, *Kid Chef* gets kids cooking nutritious meals that engage their skills and instill confidence in the kitchen. Covering basic techniques and featuring tutorials for tasty recipes, this kids' cookbook is sure to turn any child into a chef.

More than just a kids' cookbook, *Kid Chef* is a learning tool that includes:

75+ Healthy Recipes: easy-to-follow recipes for snacks and small bites, main dishes and desserts that parents will love **Kitchen 101:** learn how to stock the pantry, create a grocery list, handle a knife, and use the stove **Facts and Tips:** from variations on your favorite recipes to fun food facts this kids' cookbook covers everything

A kids' cookbook for grown-up tastes: recipes for Homemade Granola, Mini Quiches, Minty Lamb Burgers, Rosemary Shortbread Cookies, and so much more!

"This is an amazing cookbook for introducing children to the joys of cooking. I loved that instead of being just a collection of recipes oversimplified for children, it was a well-thought-out teaching tool."—**Heather Columbo, Mom to a kid chef**

Kid Chef: The Foodie Kids Cookbook: Healthy Recipes and Culinary Skills for the New Cook in the Kitchen Details

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From Reader Review Kid Chef: The Foodie Kids Cookbook: Healthy Recipes and Culinary Skills for the New Cook in the Kitchen for online ebook

Katie says

Kid Chef: The Foodie Kids Cookbook. Melina Hammer. 2016.

As an elementary school librarian I have seen more kids being interested in checking out cookbooks. Most of the time, I have kids asking for them before I can reshelve them. As an educator I can honestly say this is one of the best cookbooks for kids I've seen.

The book is divided into two parts. Part One features skills that are crucial in cooking (how to read a recipe, creating a shopping list, measuring skills, using the stove, safety, food prep, baking skills, etc.). Part Two contains recipes as a traditional cookbook would. The recipes in this cookbook include a variety of recipes ranging from breakfast to snacks to salads to main dishes and desserts. I was impressed by how many of the recipes were for healthy dishes and that there are numerous unique recipes that typically aren't featured in a cookbook for kids.

I am definitely going to look into buying a copy of this book for my school library. While the pictures in any cookbook are generally appealing, I love that Kid Chef contains so much more!

I received this product for free in exchange for my honest and unbiased review.

[https://blurbsfromabibliophile.wordpr...](https://blurbsfromabibliophile.wordpress.com/)

Aevalle Galicia says

Not just for kids

I know this cookbook was meant for kids but I learned a lot too! Can't wait to try some of the recipes!

Chyna Rose says

Great for new cooks.... Just not kids

This is a great starter cook book for teens or adults. My 15 year old son love reading this with me. My 6 year old not so much.

My two boys love helping me in the kitchen. The part they love the most is eating the meal after. A lot of the meals in this book they would not enjoy as a kid.

I would recommend this book to a family with teens. I am not sure if it is because I read this on my iPad that

I didn't see as many pictures as I would have expected to see (especially for a kids book)
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Bridgette says

Phenomenal!

I purchased this for my 11 yr old son. I've been reading every word and am amazed at some tips I never knew. I'm feeling even more confident in my own cooking now. The way it's written is perfect for any age. Honestly if you don't know how to cook even as an adult this book is for you. And the recipies are so yummy! Buy it!!!

Jennifer Ledbetter says

Good basics, but recipes little "snobbish" for the "average" kid

I got this book because my three year old loves to be in the kitchen with me. We even read parts of the book together. The book covers the basics well. It goes over clean work spaces and food prep/kitchen tool safety as well as healthier food choices (such as organic produce and grass fed beef). I got a little lost with some of the recipes though. They aren't typical "kid food." I'm not sure I could even make my kid eat some of it. Some of its a little much for me even (I don't have flake salt in my kitchen...maybe I should?) and I've been cooking since I was little like my son. I guess I'm a southern comfort food kind of gal. I will definitely be making the "Orange Spiced French Toast" this weekend though!! Overall, good for a "foodie" child as the title suggests, but maybe not for the average, chicken nuggets and yogurt kid.

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