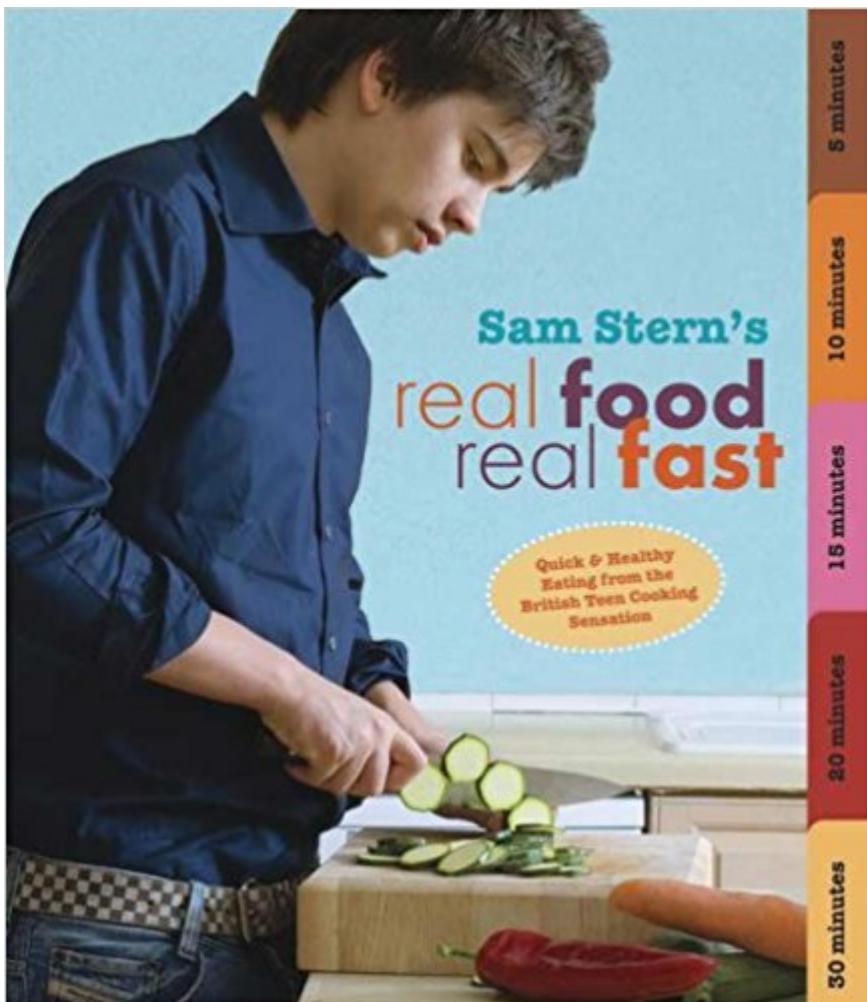


The book was found

# Real Food, Real Fast



## Synopsis

Teen celebrity cooking sensation Sam Stern reinvents the term "fast food" â " thanks to these quick-and-tasty recipes that entice kids to cook for themselves. British teen Sam Stern is a great cook, and heâ™s on a mission to get everyone else doing it. Now that his COOKING UP A STORM has stirred up a storm of attention, heâ™s offering REAL FOOD, REAL FAST to lure all those time-pressured teens away from their fast-food fixes. Once again, with his engaging conversational tone â " and the help of his friends â " Sam breezily runs through dozens of recipes, using real ingredients and simple techniques. But what makes these dishes a cinch for even cooking-resistant kids are the cool tabs that indicate preparation times of 5, 10, 15, 20, and 30 minutes. Brilliant!

## Book Information

Paperback: 128 pages

Publisher: Candlewick (January 22, 2008)

ISBN-10: 0763635332

ASIN: B001O9C9JO

Product Dimensions: 8.5 x 0.6 x 10.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,664,314 in Books (See Top 100 in Books) #83 inÂ Books > Teens > Hobbies & Games > Cooking #9597 inÂ Books > Deals in Books

## Customer Reviews

Grade 6 Upâ "Written by a British teen cooking personality, this book is full of time-management advice, recipes, and tips for combining dishes. Cross-references enable novices to put together full meals, and the index encourages browsing by ingredient or type of recipe. Tabs enable quick access to the section of the book containing recipes for 5- to 30-minute time frames. A listing of "Essential Extras" at the back provides more adventurous cooks the chance to create basics for themselves rather than purchasing premade items, such as stocks, dressings, assorted spreads, and breads. Each recipe includes serving sizes, variations to adapt the recipes to one's own taste, pictures of the author and friends, and often pictures of the finished product. The directions are easy, although the British colloquialisms might confuse those not familiar with cooking. A teen-friendly guide to healthy eating, featuring foods that are fast and easy to make.â "Sara Rofofsky Marcus, Yeshiva Har Torah, Little Neck, NY Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable

edition of this title.

A fast-food bible for teenagers... He has turned thousands of his teenage peers into masterchefs. \* The Independent \* There is something magnetic about Sam's book and, as a utensil for teenagers, it's perfect. \* The Observer on Cooking Up a Storm \* Move over Jamie Oliver. The most amazing thing ... is that nobody thought of doing it before. The recipes we've tried worked well and were simple to prepare. \* Glasgow Herald on Cooking Up a Storm \* Definitely the most teenage-friendly cookbook we've used. \* Sunday Express on Cooking Up a Storm \* A cracking book by a great young lad - get the teenagers cooking! \* Jamie Oliver on Cooking Up a Storm \* A perfect collection of simple, yummy recipes by a teenager for teenagers. -- Caroline Boucher \* The Observer \* Mouthwateringly delicious, and nutritious too. \* Guardian \* --This text refers to an out of print or unavailable edition of this title.

I am an avid collector of cookbooks and especially love children's cookbooks - meals are usually tasty and easy to prepare. But this book really floored me - written by a teenager for kids his age, how good could it be? Absolutely excellent! It rivals anything Martha Stewart could make and is so much easier! You'll find an amazing assortment of easy to prepare meals that can be made in 5-30 minutes, all using easy-to-find ingredients.\* 5 minute meals include little plates that can easily pass for hors do'ouevres: bread, olive oil & olives; prosciutto & mozzarella with special dressing; light meals using salmon, avocado and shrimp, with simple but tasty dressings. Fruit, yogurt and assorted toppings that make for simple yet elegant breakfasts. Eight smoothies and shakes using fruit and milk. Plus all seven toppings for toast - from cinnamon sugar butter to tomato and garlic.\* 10 minute meals include sandwiches such as greek salad pita, Portobello arugula and balsamic, French toast with hot fruit, spreads and dips (hummus, guacamole), assorted salads, omelettes.\* 15 minute meals include steak with four variations (pepper, teriyaki, lemon and rosemary, chili mustard), sautÃ©ed chicken breasts with different sauces (salsa verde, middle eastern style), grilled fish and sauces, roasted vegetables, noodle dishes, couscous, tabouli, and fruit crepes.\* 20 minute meals include all types of burgers (beef, chicken, pork, vegetarian), an amazingly easy but complex-tasting Bolognese sauce, mashed potatoes with variations, stir fries, granola bars and cookies.\* 30 minute meals include two soups (lentil and tomato, cheese and watercress), pizza (basic, thin crust, deep crust), kebabs (meat, chicken, vegetarian), tex mex meals (homemade tortillas, chicken fajitas, tosatadas, quesadillas), risottos, chichen kiev, salmon fish cakes, cassoulet, cheese soufflÃ©s, savory crepes (chicken, ham and cheese, spinach, mushroom, etc), assorted

curries, and desserts (molten chocolate cake, fruit crumble, among others).\* Finally, there is a section on "Leftovers" which surprisingly is for making them: recipes for making roast beast, roast chicken and ham roast, for when you have loads of time. You can't go wrong with this cookbook, if you're looking for a gift for a young beginner cook, a college student living on their own, or for healthy, tasty meals to make for your own kids.

Book looked well written and interesting for a teen. Colorful and good recipes. Nice layout and easy to read. Glad I bought it

Our grandson liked this book very much and it is fun to see him study the recipes and make them!

I have to admit I have not cooked from this book. I bought it for my 13 year old niece and told her she had to invite me to a meal that she made. I looked it over before I gave it to her and found it to be very colorful, with clear directions, and real food. It explained basic processes which is really important as my niece is the daughter of a non cook. I can't wait to go for a meal!! I will update this review then.

[Download to continue reading...](#)

Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss FAST 2016 Motorcycle PinUp Calendar Digital Yearbook: Fast Dates World Superbikes, Iron & Lace Custom Motorcycles & Garage Girls PinUp Calendars (FAST Motorcycle PinUp Calendar Digital Yearbook) The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii 100 Days of Real Food: Fast & Fabulous: The Easy and Delicious Way to Cut Out Processed Food Real Food, Real Fast The Food Service

Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Croatian Recipes: Croatian Food from a Real Croatian Grandma: Real Croatian Cuisine (Croatian Recipes, Croatian Food, Croatian Cookbook) The Smart Real Estate Investor: Real Estate Book Bundle 2 Manuscripts Expert Strategies on Real Estate Investing, Starting with Little or No Money, Proven Methods for Investing in Real Estate The Smart Real Estate Investor: Real Estate Book Bundle 3 Manuscripts Expert Strategies on Real Estate Investing, Finding and Generating Leads, Funding, Proven Methods for Investing in Real Estate Real Estate: 25 Best Strategies for Real Estate Investing, Home Buying and Flipping Houses (Real Estate, Real Estate Investing, home buying, flipping houses, ... income, investing, entrepreneurship) Real Estate: 30 Best Strategies to Prosper in Real Estate - Real Estate Investing, Financing & Cash Flow (Real Estate Investing, Flipping Houses, Brokers, Foreclosure) Encyclopedia of Junk Food and Fast Food Fast & Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes Fast and Fresh Baby Food Cookbook: 120 Ridiculously Simple and Naturally Wholesome Baby Food Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)