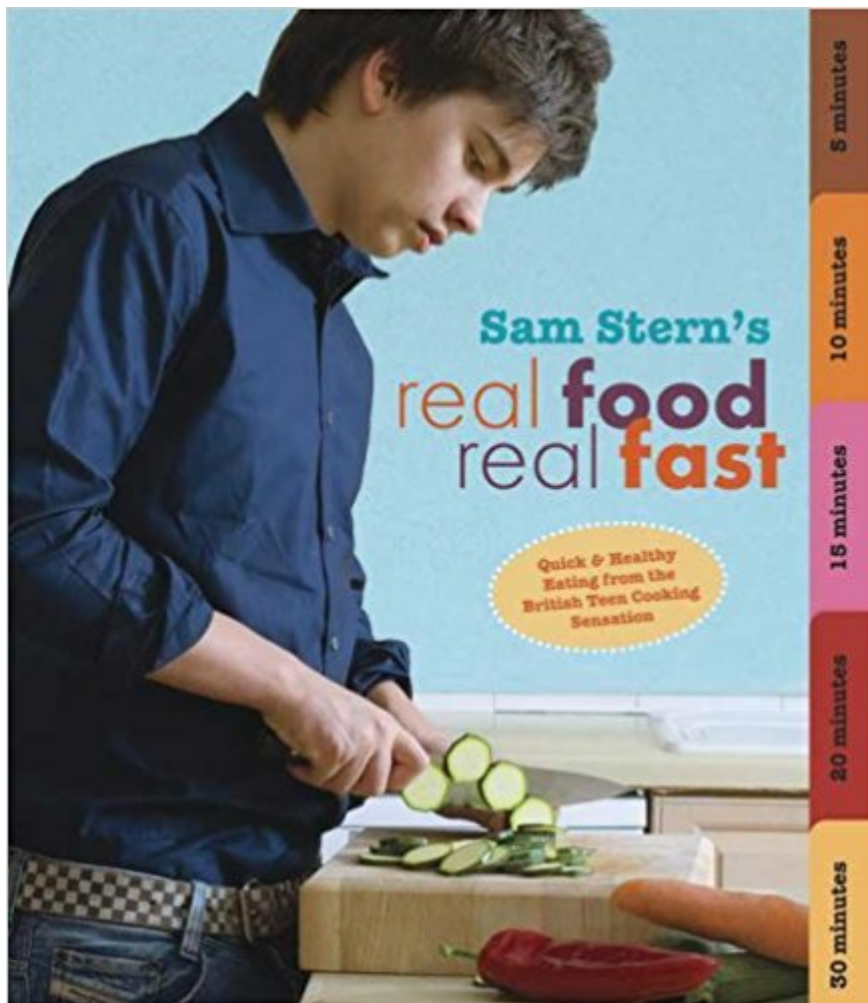


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# Real Food, Real Fast



## Synopsis

Teen celebrity cooking sensation Sam Stern reinvents the term "fast food" — thanks to these quick-and-tasty recipes that entice kids to cook for themselves. British teen Sam Stern is a great cook, and he's on a mission to get everyone else doing it. Now that his *COOKING UP A STORM* has stirred up a storm of attention, he'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 — and the help of his friends — 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

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

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## Customer Reviews

Grade 6 Up — 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. —Sara Rofofsky Marcus, *Yeshiva Har Torah*, Little Neck, NY Copyright © 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 d'ouvres: 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), sautéed 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, tostadas, quesadillas), risottos, chicken Kiev, salmon fish cakes, cassoulet, cheese soufflés, 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 beef, 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.

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