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Cooking Up a Storm: The Teen Survival Cookbook

Sam Stern, Susan Stern

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What's cooking? An enthusiastic young chef shares his teen-tested tips and recipes for everything from breakfast to dinner, desserts to brain-boosting snacks.

A kid's gotta eat — and what better way to make sure that the food on your plate hits the spot than to make it yourself? Fourteen-year-old Sam Stern, with a bit of help from his mom, Susan, is more than happy to share dozens of his favorite recipes for all occasions. There are pancakes for breakfast and easy lunches like soup or salad to pack up for school. Quick meals like spaghetti or omelettes are best for busy school nights; for weekends there are serious dinners like homemade lasagna or whole roasted chicken. And don't forget fancy, mouth-watering desserts; addictive but healthy snacks; and even special menus and suggestions to help keep your brain awake during dreaded exam time. Especially geared toward teen readers is the lively running commentary from Sam, plus colorful photos of food preparation and the ultimate chef's reward: feasting with friends.

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