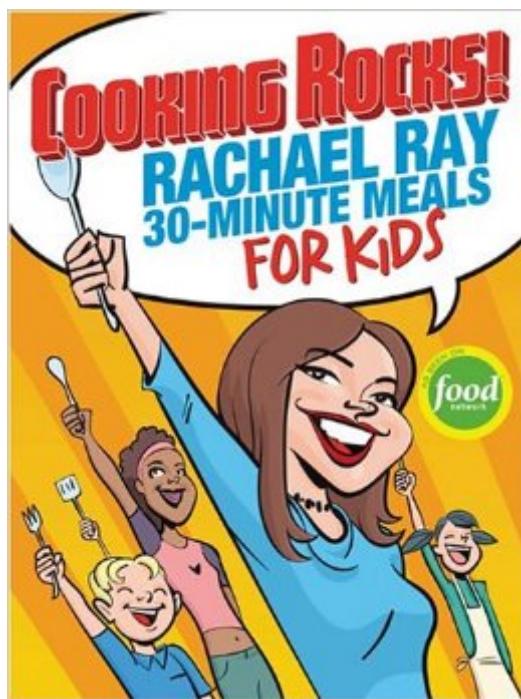


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# Cooking Rocks! Rachael Ray 30-Minute Meals For Kids



## **Synopsis**

Kids rock! says Rachael, and it seems the feeling is mutual. Young people number among her biggest fans. For them she has created a fabulous collection of age-specific recipes with a high cool factor.

## **Book Information**

Spiral-bound: 192 pages

Publisher: Lake Isle Press (September 20, 2004)

Language: English

ISBN-10: 1891105159

ISBN-13: 978-1891105159

Product Dimensions: 7.2 x 1.1 x 9.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ  See all reviewsÂ  (126 customer reviews)

Best Sellers Rank: #69,749 in Books (See Top 100 in Books) #12 inÂ  Books > Teens > Hobbies & Games > Cooking #303 inÂ  Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## **Customer Reviews**

I love this book! My kids love this book, and my husband loves the results. I have four little boys, 10, 8, 5 and seven months. Obviously the baby is too young to help out just yet, but the older three couldn't wait to get home and pick out a recipe from the respective chapters in the book. ( 4-6, 7-11 and 12 and up) They have each made a meal from the book and we not only had a healthy and tasty meal to eat, but we had a blast making it. We also have Emeril's books and a few Cooking with Mickey books. In Emeril's books the one thing I have noticed is the amount of time it can take to make some of the recipes. On a Saturday, I would think nothing of preparing a four course meal that takes three or four hours, but my kids don't have the patience for that yet. The Mickey books, although they are some of my favorites, are rather complex. Rachel Ray's book is simple and yet fun for the beginning cook. The results while not immediate, are tasty and don't require a lot of patience to reproduce. If you have kids and they show ANY interest at all in cooking or just helping you out...I highly recommend this book.

Makes cooking with kids really enjoyable!!! I bought this cookbook for my six year old daughter as soon as it came out. We both love it!!! Mostly, we have been making the recipes in the 7-12 section,

but all sections contain recipes that will appeal to everyone's palate. I have been planning one Cooking Rocks dinner into my weekly menu, and that is my daughter's night to cook (with my help, of course). Last night she and her 7 year old friend made the Mexican Rice bowl dinner- they had a lot of fun and ate a HUGE amount- probably because THEY made it, or as Rachael says, they had a sense of ownership of it. (One tip though- as with any cookbook, you may want to cut back on some of the butter, oil and salt used in some of the recipes. A few of them are a little salty or oily for my taste) This book provides a good foundation in cooking and healthy eating in the future. It teaches the basic methods in cooking, and introduces your child to different fresh herbs and healthy veggies, such as cilantro and arugula. In a world where many young adults don't know how to cook, Rachael does our kids a big service by teaching them how to cook restaurant-quality meals at home. The spiral-bound format makes it easy to use, and you can't beat the price!

OK, so I'll admit it, I can be a little overprotective. Were my kids ever shocked when I announced that THEY were making dinner. My daughters (5 & 7) had a great time, and were very proud of their meal. They are looking forward to trying more, and my oldest has made a grocery list for all the recipes she wants to make. One thing, I can't imagine anyone eating the portion sizes as they are listed. My kids made the "Pasta and Trees" in the 4-6 section. It calls for 1lb of pasta and says it makes 4 servings. We cut it down to 1/2 lb., and had more than enough for 2 adults and 3 kids (7, 5, & 2). Use common sense, but if you use the amounts listed for pasta, be prepared to have leftovers.

I like Rachel's books and cooking; I use many of them. However, I bought the Kids book in hopes of encouraging my girls to cook. First off, their are too many treats and sweets -- not what I was looking for. Additionally, there were no photos of the end products -- which is what makes a good cookbook. Seeing Rachel pour corn flakes on a child's head may be cute, but doesn't help the youngster "see" what the end product is.

I own 30 minute recipes, more 30 minute recipes and this book. It WAS intended to be for my son (who is an avid reader and loves Rachael Ray's cooking show). Instead, it's our whole family's favorite Rachael Ray cookbook. I don't even use the other ones. She incorporates humor and stories and great pictures along with \*real\* recipes that families will eat together. I have to say her 5 minute fudge is now MY 5 minute fudge. I detested trying to make fudge before (anyone have fudge that wouldn't \*set\*?) and this is great! I would recommend this cookbook to anyone. You don't need to have kids either:)

This cookbook has amazing recipes that are fun for kids & parents! It is split up in sections according to kids' ages. I only have 2 complaints:1. There are no pictures of the finished product to see what it should look like.2. Some of the recipes need more detail. Use marshmallows, okay, which size??? Just little things like that so you then have to experiment.

I bought this for my Granddaughter's 5th birthday. I just had to look through it before I gave it to her and I loved it. She called me so excited when she received it and told me all the things she was planning to cook with her Mom. She has since called me back to tell me how everything turned out...what a hit with us all! Her mother is thrilled since she is taking an interest in helping with dinner..even the clean up! So far they have loved everything they tried and they have made a list of things they want to try. My nephew has requested a copy of his own for his birthday and I think I'll have to order a copy for myself. What a great cookbook for kids and their families! Spend some time together and learn some new skills..even practice some reading and math..but don't tell them about that part!

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