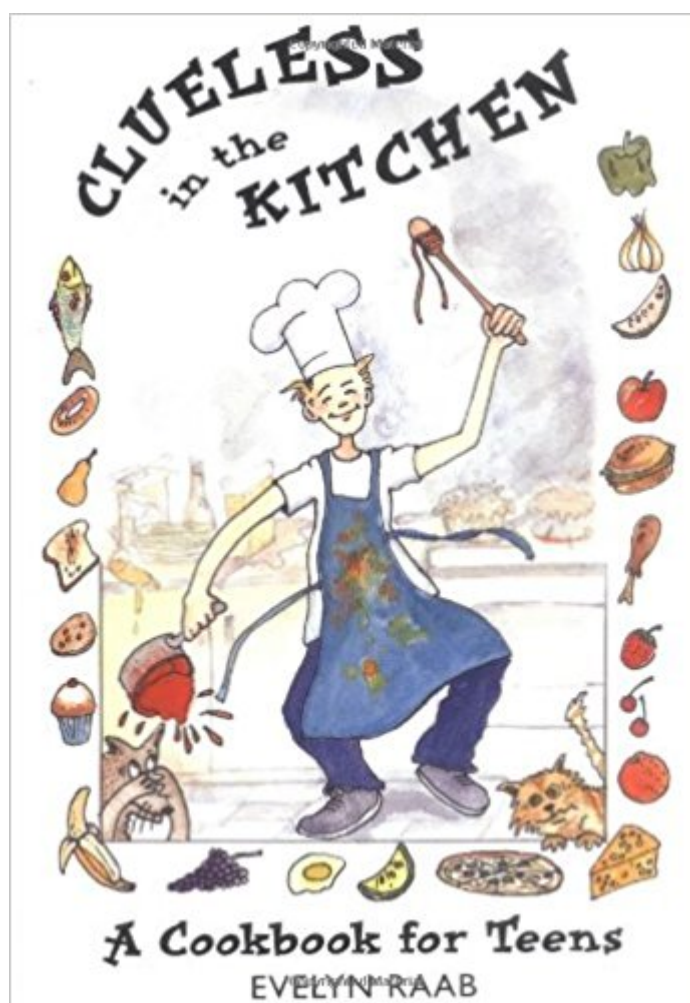


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# Clueless In The Kitchen: A Cookbook For Teens And Other Beginners (The Clueless Series)



## Synopsis

You're young, you're hungry, you're clueless. The kitchen looms before you like something from a bad horror film. There's food in there, but then what? It'll have to be cooked... or at least peeled. Probably both. It's enough to scare even the foolhardy, but then so is a diet of macaroni and cheese. And you can't afford to keep ordering pizza. Aaarghh! Relax! You're not alone. Author Evelyn Raab (mom to two teenage sons) understands that the kitchen is alien territory, and she is going to teach you everything you need to know to produce something deliciously edible out of actual ingredients -- in other words, cook -- and live to tell the tale. Incredibly thorough, never condescending, and with a dash of humor, *Clueless in the Kitchen* leads culinary neophytes through the entire range of kitchen experience -- from cleaning a stove and outfitting a first kitchen (cheaply), to unplugging a drain and identifying that stuff in the bulk-food bins. Two hundred easy-to-follow recipes show how to make all kinds of simple and scrumptious dishes for every meal and occasion, beginning with "Breakfast: A Cruel Joke" and ending with Snacks and Munchies." There's even a chapter devoted exclusively to the "Vehemently Vegetarian." And there's more! Each recipe is coded with an icon symbolizing vegetarian meals, cheap eats, couch potato, mom, or family food, food to impress, and snacks and munchies. And useful menu planners will help you tailor the perfect meal to every guest, whether that guest is your shallow but fun boy/girlfriend, your aunt Gladys, or (gasp!) your entire family. Whether you're living on your own for the very first time or you're just on your own for dinner, *Clueless in the Kitchen* will be the first and -- hopefully -- only guide you will ever need. You may never eat macaroni and cheese again!

## Book Information

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## Customer Reviews

Grade 7 Up-Take a large measure of good recipes, toss with a healthy dose of humor, and you'll have this accessible cookbook. Newly independent cooks will get all the basics, from buying equipment and groceries, to food-preparation techniques, cooking meals, and defrosting the refrigerator. Recipes are grouped by food type such as "Breakfast-A Cruel Joke" and "Primarily Pasta." Icons further identify each recipe as "Cheap Eats," "Vegetarian Stuff," "Couch Potato Food," "Dinner for the Family," or "Cooking to Impress." There's something for every taste, from hamburgers and pizza to shrimp scampi and almond torte. Both English and metric measurements are given. A conversion chart, glossary, menu ideas, and a good index are included. Raab's informal and chatty style will appeal to teens, but the lack of nutritional information and the liberal use of butter will disappoint health-conscious readers. Joan Scobey's *The Fannie Farmer Junior Cookbook* (Little, Brown, 1993) has fewer recipes with less variety, but is somewhat easier to follow and aimed at a slightly younger audience. A welcome and useful addition for cooking collections. Paula A. Kiely, Milwaukee Public Library, WI Copyright 1998 Reed Business Information, Inc.

Gr. 8<sup>+</sup>-12. Young adults who like to cook or would like to learn more about cooking will appreciate the abundant information and recipes here. Not that much of the fare is necessarily super quick to prepare or particularly unusual--there are lots of good traditional dishes, along with the less "mom and pop" breakfast burritos, focaccia bread, couscous, "unfettered fritattas," and other sophisticated items. The author makes a strong case for fresh over convenience and processed food and explains many cooking and kitchen basics. Recipe chapters are arranged according to breakfast foods, side dishes, meat, pasta, vegetarian items, eggs, fish, baked goods, dessert, and snacks. A final section of suggested menus designed for particular guests or occasions ("Artsy vegetarian girlfriend/boyfriend," "Your best friend is depressed") rounds out the book, along with an ample index, glossary, and handy metric conversion table. Although *Clueless* may try too hard to be hip in tone and at times seems to be addressed to an older audience not living at home, its basic food message is sensible and the recipes are appealing. Anne O'Malley

I give this cookbook to everyone who tells me that they wish they knew how to cook- I use so many

of the recipes still, and refer to the basics it taught me all the time. The food is consistently delicious and everyone I know who has used it loves it. I especially love the menu planning suggestions in the back!

This is a great book for anyone but especially for teenagers. I used this book in my Family and Consumer Science classroom, and we loved the easy to make great tasting recipes. I gave copies of this book for graduation last year to all the students I had in class and they loved it. This book is fun, easy to read and full of practical tips and yummy recipes that teach kids they can make the classics they love from scratch!

This a great cookbook for a teen or ANYONE who is new to the kitchen. There is a nice variety of recipes to choose from and my less than enthusiastic 13 year old son is doing well with it so far. With some coaxing, he's taken his turn at making dinner for the family a few times and it was delicious!

This has been my favorite cookbook since I first checked it out from the library at age 11. I have purchased many copies of it for family and friends who are just moving out on their own. There are how-to sections that explain how to shop, troubleshoot appliances, cut veggies, etc. for those who really need a basic guide, yet the cookbook also has excellent recipes that have become household favorites (the bananas flambé, fettucine with asparagus, and almond torte with mocha whipped cream icing are 3 of my favorites) Over the years, I've tweaked recipes and added my own to substitute for the less successful ones. I am happy to see that several recipes (like the brownies) were updated in this version, but the integrity of the cookbook still remains. I'm looking forward to trying out some of the new recipes that this version has to offer!

The second copy I've bought. The best kitchen 411 on the market. It's also full of hints and shortcuts with an adorable sense of humor. Aimed at pre-teen and up, it is also good for any adult. The "Chocolate Cake Not From A Box" is worth the price of the book alone. Found this book at my daughter's 4th grade book fair and it was tops on her packing list for college years later. I finally missed it so much I looked up and ordered my own copy. I recommend covering the book in clear contact paper because it comes in paperback. I also ordered the authors' clueless vegetarian cook book and it looks like an easy read. I'm not vegetarian, but just wanted to expand my palette from my mid-western upbringing.

This item was purchased as a Christmas gift for a young friend. I was very pleased with it, as I'm sure she will be. She is a beginner cook and this book is extremely informative. I was very happy with it, also.

This is the best cookbook I own. I have made quite a few of the recipes in it. They are easy to make and teach you a little about cooking anyway you like as well. The words are easy to digest. I would recommend it for anyone who might not feel like a whiz in the kitchen.

That's exactly what this book does! It lays everything out easy and simple for the reader. I got this for my girlfriend who, for lack of better words, is afraid of the kitchen. She new the basics - how to make soup and boil some water. But I love cooking so I want to get her more involved in the kitchen with me, and I have been deemed a "bad teacher" ha. This This book not only has great and simple recipes, it actually TEACHES you about the kitchen. There are pages of measurements and utensils. Even though the title says "Teenagers", this book is great for any ages trying to get started in the kitchen. My favorite part, besides the recipes, are the safety tips. Being from a culinary background, I know how important food safety is. I recommend this for EVERYONE!

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