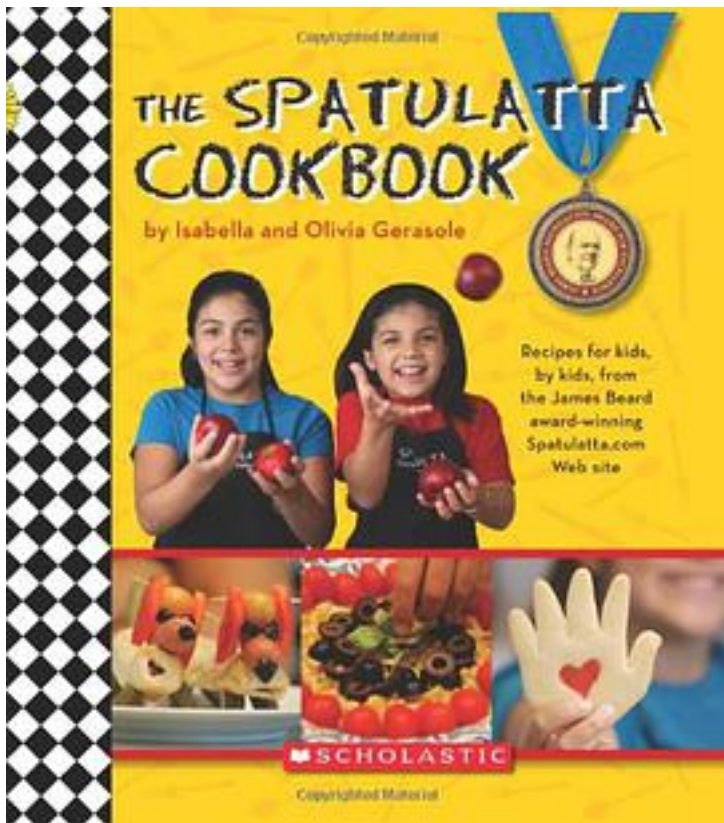


The Spatulatta Cookbook



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This fabulous cookbook for kids features Isabella and Olivia Gerasole, the adorable and charming hosts on www.spatulatta.com. A cooking for kids website that recently won a 2006 James Beard Award, which is the equivalent of an Oscar in the culinary world. Their kid-friendly recipes range from basic "Mom's the Star Toast" to a peek into various ethnic cuisines like "Yumbo Gumbo." The cookbook is arranged by season and also includes special sections devoted to snacks and vegetarian recipes along with

easy-to-follow basic cooking skills and weights and measures.

Chef Jorge’ s Guacamole “Our friend, Chef Jorge uses a molcajete —the bowl-like thing called a mortar in English—and a tejolote —the round-bottomed rock used for grinding known in English as a pestle. They are both made of volcanic rock but you can use a bowl and wooden spoon instead.” —Belle Makes 1-1/2 cups guacamole You’ ll need: 1 tablespoon finely chopped garlic 2 tablespoons finely chopped white onion 1 tablespoon finely chopped jalapeño chile pepper 1 large ripe avocado (the Haas variety is the best) 1 teaspoon freshly squeezed lime juice Dash of salt 1 tablespoon chopped ripe tomato 1 tablespoon chopped fresh cilantro Tortillas or corn chips for serving Equipment: Measuring cups and spoons Medium bowl (about 3 quarts) Large wooden spoon for stirring Butter knife 1. Put the garlic, onion, and jalapeño in the bowl and use the wooden spoon to stir them together. 2. Have an adult help cut the avocado vertically in half, from the narrow end to the wide end; remove the large seed or pit. 3. Hold one avocado half in your hand and use the butter knife to cut through the flesh of the avocado into long strips, making sure not to cut through the skin. Cut the avocado flesh in the other direction to make cubes. Turn the avocado inside out, then drop the cubes into the bowl with the garlic-onion mixture. Repeat with the other avocado half. 4. Add the lime juice to the bowl. Mash the avocado with the wooden spoon until it’ s creamy but still a little lumpy. Add the salt, chopped tomato, and cilantro and mix to combine. 5. Serve the guacamole with tortilla or corn chips, or use it in tacos.

Tuscan Bean Dip “Papa makes this for every party and everyone loves it. We use the leftovers on Italian panini (sandwiches) instead of mayo. This recipe definitely keeps the vampires away, if you know what I mean.” —Belle Makes 2 cups of dip You’ ll need: 1 can (15.5 ounces) cannellini beans 1/4 cup extra virgin olive oil 3 garlic cloves, peeled Veggies, chips, and crackers for serving Equipment: Measuring cup Can opener Food processor Rubber spatula Serving bowl 1. Open the can of beans with the can opener. 2. Pour the beans into the bowl of the food processor, then add the olive oil and garlic. Process until the mixture is smooth. 3. Have an adult remove the blade in the food processor. Now, use the rubber spatula to scrape the mixture into the serving bowl. Serve with your favorite veggies, chips, or crackers. Yum!

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