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Opening extract from
Cooking Up a Storm
The Teen Survival Cookbook

Written by
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cooking up a storm



Sam Stern

and Susan Stern, who got him started



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Brilliant breakfasts



Getting up can be a real pain (particularly on a school day) but there are compensations. **Breakfast!**

This is the meal that gets me up and then sets me up for the day. Even if I don't think I want it, the smell of the bacon gets those juices going. Sometimes it's got to be something pretty damn quick – Dad's barking at me to get my teeth done – have I got my books, my sports gear? I'm late again. But I still want something tasty and nutritious. I love **toast**. With just about anything on it. **Eggs** done any way. A **juicy hot grapefruit** for a cold day. A **yogurt and fruit mix**. Maybe a **smoothie**.

Holidays and weekends – it's a whole different story (and a bit of a lie-in with any luck) so there's more time to put something special together. **Pancakes**, **drop scones**, a post-sleepover **fry-up**, or maybe my all time favourite **tomato bruschetta**. Get some cool cooking done and ditch the sackfuls of cereals.



For 1

Ingredients

1–2 eggs at room temperature
Salt

Eat with: Vegemite and butter on toast soldiers.

For 1

Ingredients

1 fresh egg
Buttered toast
Salt and black pepper

Eggs

When we had chickens at the bottom of the garden we'd eat their eggs. Free-range organic birds produce eggs with a rich orange yolk and an amazing taste. Now the birds have gone we have to buy them. When you buy them, make sure they're fresh. Eggs make a great breakfast food – boiled, poached, scrambled, fried. They build muscle, so get cooking them if you're into your sport. The protein in them is great for your brain. Enjoy them in your favourite fast way. Or maybe save yourself for a holiday or weekend omelette.

Boiled egg

A cracking start to the day (I know uni students who can't do it).

Method

1. Bring a small saucepan two-thirds full of water to the boil. Add a little salt. Use a spoon to lower the eggs into the pan.
2. Bring back to the boil. Set the timer for 4 minutes (soft) or 5 minutes (medium). Or 6 minutes if eggs straight from fridge.

Perfect poached egg

You can buy a poacher for this but you don't need it. Rely on a steady hand and a bit of science!

Method

1. Two-thirds fill a small saucepan or frying pan with water. Add a pinch of salt and bring to the boil.
2. Turn the heat down a smidge. Crack the egg into a cup.
3. Use a wooden spoon to stir the water, creating a whirlpool

effect. Slip the egg down into the centre of the whirling water (this keeps the egg white together in a neat shape).

4. Simmer gently for 3–4 minutes until the white is set.
5. When the egg is done, lift it out gently with a slotted spoon (or fish slice if cooking in a frying pan). Drain well.
6. Set on buttered toast and add a twist of black pepper.

Scrambled eggs

Making perfect scrambled eggs is like getting to the next level on a tricky PS2 game. You need a good eye and well-fast reflexes. Cook the eggs for too long and they end up dry and clumpy. Stop the exact second before they're ready – they'll be softer and sweeter.

Method

1. Crack the eggs into a bowl. Beat well with a fork. Season.
2. Melt the butter in a small saucepan on low heat. Tip in eggs and stir like mad with a wooden spoon for 1–2 minutes as they cook, making sure the egg doesn't stick to the pan.
3. Take off the heat while the eggs are still soft. Keep stirring for a few seconds. Chuck onto your toast. Eat now.

VARIATION

Put dressed salad leaves on a toasted English muffin. Perch a poached egg and crisp bacon rasher on top for a great brunch.

For 1

Ingredients

2 eggs
Knob of butter
Buttered toast
Salt and black pepper

Eat with: Grilled tomatoes, mushrooms and bacon on the side.



VARIATION

At STEP 3, toss in any of the following: grated cheese, chopped parsley, chives or tarragon, finely diced tomato and a pinch of sugar, diced cooked ham, crumbled crisp bacon, diced fried chorizo sausage, diced smoked salmon.