



THE HAPPY COOK

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Gearing Up For The Summer

Even if the economic forces have triggered a change in your family vacation plans, it is altogether possible to have a great summer in spite of it all. Make a list of everyone's ideas for fun, get a feel for the direction it takes, and then go from there. With young children who are out of school, the time is right for their education to continue, this time in the kitchen, while learning about what other children eat all over the world.

Take for example "Everybody Eats Lunch," created and written by Cricket Azima, food editor for KIWI magazine as well as a dynamic professional chef who specializes in cooking for and with children. Shaped like a big blue lunch box, this engaging cookbook puts a great global culinary adventure in front of your kids with children from around the world. Perfect for kids in the 4-11 age group, this interactive cookbook explores different cultures and the ethnic lunch foods typically eaten by today's children as it takes them on a lunch-time journey through five countries — Brazil, Japan, Mexico, South Africa, Jamaica and Mexico. Each two-page section is devoted to one of these countries and features colorful puzzle-type removal images of the food to examine and explore. A recipe is underneath each food image for that international dish.

In Brazil, for instance, a little boy introduces himself as Javier who lives in Brazil. He also gives the name of Brazil's language as well as the word for lunch, what time he eats it and where. On the facing page are three food images including a banana, a Bauru sandwich and a plate of rice and beans, with recipes for the last two items.

I spoke with Cricket Azima last week and she hopes this book will produce a positive relationship between children and food. "My goal in creating 'Everybody Eats Lunch' is it will help children build healthy eating habits for life. While practicing basic cooking skills, children also learn and enhance other traditional disciplines, such as reading, math, science, social science, nutrition, plus history and geography. In addition, I believe children strengthen their motor skills, self-esteem and socialization while learning about food," explained Cricket. ("Everybody Eats Lunch" by Cricket Azima, Glitterati Inc., \$16, paper over board hardcover.)

Brazil: Oi! My name is Javier. I live in Brazil. Lunch in Portuguese, the language of Brazil, is called "almoco" (ow-mo-so). I eat lunch at home with my family at 12:30 p.m.

Bauru Sandwich



4 French rolls

¼ pound roast beef, thinly sliced

1 large pickle, sliced

1 tomato, sliced

4 slices Gouda cheese

1. Slice rolls in half and layer each with roast beef, pickles, tomatoes and cheese.

2. If desired, melt cheese onto half the roll prior to assembling.
Serves 4.

Rice and Beans

1/4 pound bacon, diced

1 onion, diced

1 15.5-ounce can pinto or red beans, drained and rinsed

2 cloves garlic, minced

3 bay leaves

2 cups rice

4 cups water

Salt and pepper, to taste

In large saucepan, cook bacon and onion over medium-high heat until browned, about 8 minutes.

Stir in beans, garlic, bay leaves, rice and water and bring to boil. Reduce heat, cover and simmer for 20 minutes, or until rice is cooked.

Add salt and pepper to taste and serve. Serves 4

Eat your banana for dessert.

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