

Book shares lunch around the world

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we share here.

towels to drain. Sprinkle with salt. (Serve with sour cream or yogurt for dipping.)

“Everybody Eats Lunch” (Glitterati Inc., \$16), a new book for kids ages 4 to 11, takes a mid-day-meal trip through five countries. Author and cooking instructor Cricket Azima rounds up kids from Mexico, Brazil, Jamaica, Japan and South Africa. Each shares how to say “lunch” in his or her native language, what time of day it is eaten and whether it is eaten at home with family or at school with friends. Nelly from Jamaica explains in English that his lunch is enjoyed with friends at school at 2 p.m.

As in each of the five little chapters, Nelly shares his Jamaican menu and recipes, including fried plantains, which

Fried plantains

Serves 4

1 tablespoon vegetable oil

2 plantains, peeled and cut into 1/2-inch-thick slices

1/4 teaspoon salt

1. In a medium frying pan, heat oil over medium-high heat. Add plantain slices and cook until golden brown, about 2 minutes per side.

2. Transfer to paper