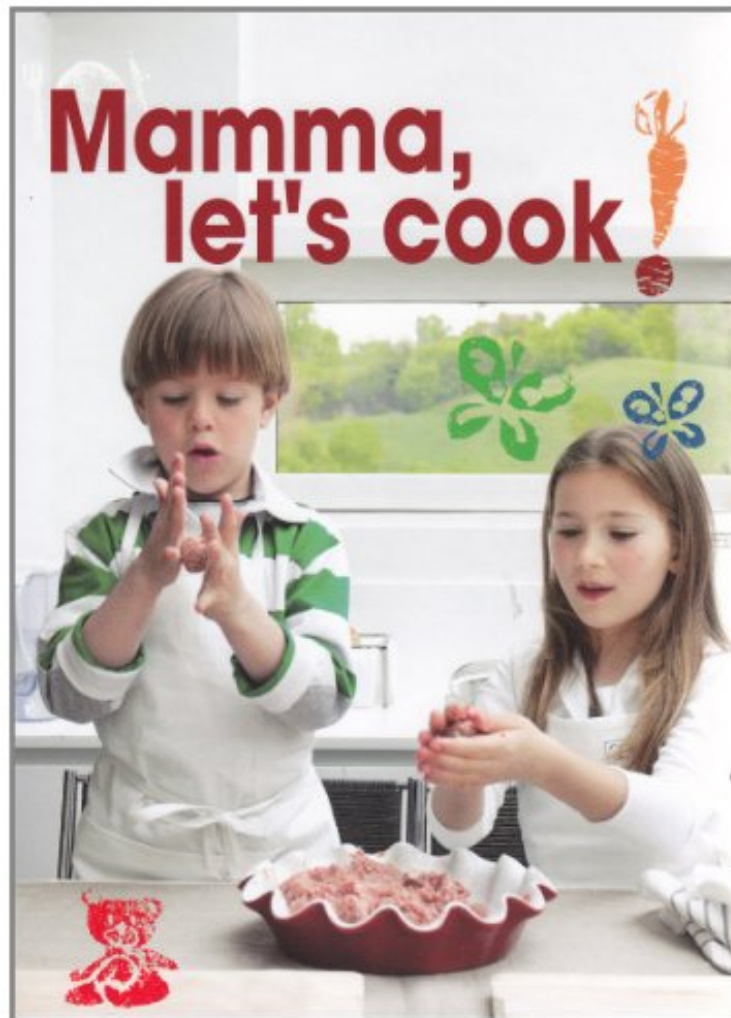


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Mamma, Let's Cook

Maria Castellano, Stefano Scata
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Maria Castellano, Stefano Scata : Mamma, Let's Cook before purchasing it in order to gage whether or not it would be worth my time, and all praised Mamma, Let's Cook:

Have you ever thought of enlisting the aid of your children in the kitchen? If suitably stimulated, even the youngest children can help mom and dad prepare simple and tasty recipes! Maria Castellano will take you by the hand to accompany adults and children alike on a journey to discover Italy's unique recipes. Pasta, pizzas, fruit, vegetables, meat and fish: only the best of Italian cookery, in many delicious recipes! Their glories are magnified by the photographs by Stefano Scata and the illustrations by Monica Parussolo.All the dishes have been tested for children,

whose palates have been considered in selecting the most natural ingredients, in the conviction that Italian cuisine is a lifestyle to be cultivated from childhood. Most of the recipes can be made together with children, who will not only enjoy crushing, mixing, and tasting, but will also learn how to measure ingredients, coordinate the various stages, and improve their reading, concentration, and memory skills. They will learn to become familiar with kitchen utensils (and use them safely), basic techniques, and cooking times. Eating dishes that they have prepared themselves will boost their self-confidence, gratify their palates, and make them respect the fundamental value of food in the life of every man and woman.