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# Twist It Up: More Than 60 Delicious Recipes From An Inspiring Young Chef



## Synopsis

Inspiration resides in the kitchen for eleven-year-old Jack Witherspoon. And for good reason. When Jack was going through incredibly tough times battling leukemia for the second time he sought solace in the Food Network and decided his dream was to become a chef. Before long, Jack was creating his own recipes, cooking for cancer fundraisers, and even coining his own culinary catchphrase ( Twist it up! ) to characterize his individual spin on comfort food favorites like French toast, pesto pizza, shepherd s pie, meat loaf, cupcakes, and more. Clear, step-by-step instructions and sumptuous photographs will encourage cooks of all ages to whip up delicious recipes and make mouthwatering memories in the kitchen.

## Book Information

Hardcover: 152 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (95 customer reviews)

Best Sellers Rank: #72,460 in Books (See Top 100 in Books) #66 in [Books > Children's Books > Children's Cookbooks](#)

Age Range: 8 - 11 years

Grade Level: Preschool and up

## Customer Reviews

Nice cookbook, lots of cute pictures of Jack and his story of fighting and surviving cancer is uplifting. But is this this a cookbook for children? I wonder if the 5 star reviews are for Jack and his story, not so much for a cookbook for children. If I were reviewing just Jack's story I'd rate 5 stars too. If this was a gourmet cookbook for adults written by a gifted child chef I'd give it 5 stars. But this is a cookbook for children. I mean children, not knowledgeable experienced miniature chefs. Most of the recipes have a pretty long list of ingredients. For instance mac & cheese (page 41) has 13 ingredients including crumbled fresh goat cheese. Jack's perfect meat loaf (page 60) has 18 ingredients including 2 1/2 tablespoons chopped fresh flat-leaf parsley, 1 teaspoon Knorr Catdo de Tomate (that's how it's spelled in the book) soup base which I've never heard of or seen in a store.

Vegetable and barley soup (page 44) has 15 ingredients including 3 tablespoons minced fresh flat leaf parsley, 2 teaspoons minced fresh basil. Mexican style turkey strips (page 56) has 14 ingredients. Tomato & herb penne pasta (page 47) has 10 ingredients. That recipe also calls for chopped fresh basil, chopped fresh flat leaf parsley, chopped fresh thyme, chopped fresh oregano and freshly grated parmesan cheese. The "twist it up" note says "using fresh herbs is always best but if you don't have any on hand you can substitute dried herbs". But there's no mention of the amount of dried herbs to sub for chopped fresh. Many of the recipes call for chopped fresh herbs. White chicken chili calls for 17 ingredients including a jalapeno chile seeded and minced. Would a child know how to seed and mince a jalapeno?

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