

YUMMY NORTHWEST

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SERVING IDAHO, MONTANA, OREGON, AND WASHINGTON

A little lovin'

This month the **Yummy Northwest** staff shared the love with children in the kitchen.

Gina Lozier, The Growing Gardener, helped her niece make brownies. "We had a great time together. It made me appreciate that cooking with kids is really quality time together. It was fun, educational, and all around nourishing."

There are many cookbooks for children, but the very best instruction comes from someone who will patiently show a child how to crack an egg or explain why bread rises. But even if the teacher can't explain how it all works, the truly essential ingredients in the process are laughter and love.

Sophia

Three-and-a-half-year-old Sophia loves to cook. Because her Nonna lives in Kirkland, Wash., and Sophia lives in Dallas, Tex., they can't get together very often. But recently, wearing the same apron Nonna wore as a child, Sophia helped make Holiday Biscotti (www.foodnetwork.com/recipes/giada-de-laurentiis/holiday-biscotti-recipe2/index.html).



Sophia is already an experienced cook. She's taken classes to learn to make



Cooking with Kids

Pictured here is two-year-old Claire waiting for someone to give her a brownie.

Her sister Lauren made them following the illustrated directions in "Picture Yourself Cooking with Your Kids," by Beth Sheresh.

Their Aunt Gina highly praised the book: "The photos in the book are very effective for enticing kids and adults. You get a better idea of what you're in for, and they show really how easy it all is.

"I recommend this book for anyone who wants to spend quality time with a child. Cooking is a wonderful thing to do."

Seattle-area author Beth Sheresh wrote the cookbook to share her love of cooking with children: "I want the littlest chefs to feel like they can make a dish that looks like the picture in the book. . . . If I could have one wish for the book, it is that parents and children cook a dish that teaches them something, nourishes their bodies, and builds a connection with each other."

Halloween treats as well as cheeseburger casserole and fruit salad.

At home Sophia has made things like waffles, apple turnovers, and ice cream. She gathers the utensils, bowls, measuring cups, and the ingredients she can reach. She helps measure, pour, and mix and does most other things that don't involve appliances or heat.



Photos of Sophia by Erica Lone

The biscotti were a big hit at New Year's Eve dinner, and her proud Nonna said, "Looks like she'll be ready for her own cooking show soon!"

Lauren

Seven-year-old Lauren, of Bellevue, Wash., was very excited about cooking with her Aunt Gina.

Lauren has had cooking classes at school, and once made cranberry bread, so Crazy Nutty Brownies (in "Picture Yourself Cooking with Your Kids"; see middle column, this page) seemed like a good recipe to try.

While Aunt Gina chopped and melted chocolate and butter, Lauren made pithy observations, such as "butter makes it better" that she learned from her grandfather.

"If I had some of the tools for kids that the author recommended," said Aunt Gina, "Lauren could have helped a little more with the prep work. Lauren did most of the stirring and cracked all the eggs. She was very good at this."



This brownie recipe called for the addition of chocolate chips, cranberries, and pecans. Lauren was skeptical about the latter two ingredients mixed in with the chocolate, but since she was willing to try them, she discovered she liked the combination.



Photos of Lauren and Claire by Gina Lozier

All told, cooking with Aunt Gina was a lot of fun.

Emily and Paul

Emily, 8, and Paul, 11, of Big Timber, Mont., have done their share of cooking at home, making things like lasagna,



Triple Chocolate Cake

- 1 chocolate cake mix
- 1 (4-oz.) package instant chocolate pudding
- 1 cup chocolate chips
- 1 1/4 cups water
- 1/4 cup oil
- 2 eggs

Mix all ingredients with a fork until well blended. Pour batter into greased Bundt pan (or use a 9-by-13-inch pan). Bake at 350 degrees for 40–45 minutes or until the top springs back when touched. Cool in pan. If using a Bundt pan, turn onto a plate and sprinkle with powdered sugar. Slices are also good with a dab of whipped cream.

From "Big Timber Grade School: Our Favorite Recipes"

This unique cookbook incorporates the collected favorite recipes of the students and teachers of Big Timber Grade School in Big Timber, Mont. There are many dishes you won't find anywhere else.

Dale's Happy Sandwich is simple to assemble and guaranteed to make you smile as you bite into it. Or try Vanishing Oatmeal on those mornings when you just don't feel like eating.

This is a delightful addition to your cookbook collection. All proceeds go toward supporting school activities.

To order a copy for \$12, phone 406-932-6020.

pancakes, cookies, and pasties. They chose to make Triple Chocolate Cake for **Yummy Northwest** (see middle column, this page).

Mom turned on the oven, got out the ingredients, and helped hold the bowl while batter was poured into the pan, but Emily and Paul did everything else.



"Well, this was fun," said Emily while she watched the cake go into the oven.

The hardest part of making this cake is waiting for it to come out of the oven.

And the best part? Eating it!



Photos of Emily and Paul by Mary Rosewood

About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest and Montana.

Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at Yummy_Northwest@hotmail.com. View archives at yummynorthwest.com.