There’s nothing more exciting for a child than to be connected to a good book. An added bonus is a good book with an accompanying recipe. Not only is the reader given a supplemental hands-on experience that guarantees almost immediate satisfaction, but an appropriate accompanying recipe in a book can reinforce and cement the story’s theme. Additionally, the recipe provides yet another opportunity for a parent and child to connect by creating something in a joint effort. Abstract concepts and words can then take on a literal meaning for children. For example, one reads so often of potato latkes and applesauce, but what are latkes and how does applesauce come about? Aside from recipe books for children, there are picture books and novels for children and young adults which contain recipes.

The recent picture book, *Cook-a-doodle-doo!* by Janet Stevens and Susan Stevens Crummell tells the story of the Rooster who heads for the recipe book of his great-grandmother, Little Red Hen, when the urge for creative cooking takes hold of him. He is pleasantly surprised to note that LRH's baking repertoire included not only the bread, for which she is noted, but also a strawberry shortcake which sounds so good (on the printed page), that he invites his friends to help him recreate this family recipe. The story, accompanying illustrations, and baking how-to sidebars combine for a delightful reading experience. But the added bonus of an accompanying recipe makes *Cook-a-doodle-doo!* a picture book that will be picked up and experienced again and again.

In W.D. Valgardson’s picture book, *Winter Rescue*, illustrated by Ange Zhang, Thor, the protagonist, devours ponnukokur, a traditional Icelandic-Canadian dessert. But what are ponnukokur? An accompanying recipe solves the mystery. Ponnukokur are a variation of the American pancake and the European crepes. They contain sour cream, are sprinkled with brown sugar, and are rolled up into a tube shape. Use your fingers to eat this delicious treat. The book, originally published in Toronto under the title *Bat 6*, Virginia Euwer Wolff’s novel about post-World War II reactions among a group of sixth-grade girls who play an annual softball game features a Mrs. Rayfield who bakes a mouth-watering “Apple Spice Cake.” What a nice treat. The book, originally published in Toronto under the title *Bat 6*, Virginia Euwer Wolff’s novel about post-World War II reactions among a group of sixth-grade girls who play an annual softball game features a Mrs. Rayfield who bakes a mouth-watering “Apple Spice Cake.” What a nice treat.

In short, recipes in books for children can serve to bridge the abstract and the literal; story and recipe nurture the spirit and body.

The following links offer recipes similar to those found in the books mentioned here:

**Latkes:**
http://www.jcn18.com/holiday/hanukkah/recipe.htm

**Applesauce:**
http://www.augusthome.com/cooking/cuisine/RECIPES/applesauce.htm

**Strawberry Shortcake:**
http://www.recipe.com/whatcook/recipes/shortc.htm

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**A sampler of books and their recipes, for children and young adults**


Cows and pigs are supposed to eat grass, chickens are supposed to eat bird seeds. If chickens eat corn they get so fat they can’t even stand from being overweight which hurts their bones. They are given antibiotics so that the corn doesn’t get them sick. Transfer to paper lined platter and sprinkle with salt and pepper, to taste. Serve immediately. Work Cited. People say that fast food can shorten your life but making homemade recipes can replace the food you are craving for. By avoiding fast food restaurants, we can lessen the risks of having health problems like being overweight, poor growth, heart attacks, blood clots and strokes. I don’t want this to happen to anybody but this is why I am trying to bring up these issues that we are having today.

_The Looking Glass: new perspectives on children’s literature_

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