



**MY LITTLE  
SOUS-CHEF**

THE FIRST TANDEM COOKBOOK FOR KIDS AND GROWNUPS TO COOK TOGETHER!

My Little Sous Chef is available in hardback from [mylittlesouschef.com](http://mylittlesouschef.com) priced £22.

**ABOUT THE AUTHORS**

**Caterina Falqul** studied Foreign Languages in Milan and then moved to London to attend an MA in publishing. Caterina now works in a publishing house in London and writes a bilingual blog about her experience in the UK called Bilinguismi.

**Francesca Grassi** is an interior designer with experience in graphic design. She studied Interior Design at Politecnico University in Milan and after working in a multidisciplinary studio in Italy for five years moved to London. In London Francesca set up the design company Ink Inch Design.

**Laura Pantaleone** studied Product Design at NABA in Milan and then moved to London where she gained experience in graphic and product design. Laura collaborated with 3D printing company MyMiniFactory and worked as a freelancer on various projects. She now works full time for Ink Inch Designed which she co-founded with Francesca.

**NEW BOOK** First tandem cookbook for parents and children to cook beautiful meals together

MY LITTLE SOUS CHEF INTRODUCES KIDS TO THE MAGIC OF COOKING, WHILE TEACHING TEAMWORK, NUMERACY AND HEALTHY EATING HABITS

My Little Sous Chef is a brand-new concept in cookbooks. Two books in one, it is cleverly designed to enable parents and children to cook together and create, delicious, healthy meals the whole family can enjoy.

The adults and children's cookbooks include the same delicious recipes and work seamlessly together. The "grown up" one contains all the detailed ingredients, instructions and photography you'd expect in a great recipe book, while the kids' version contains fun, illustrated simplified steps that children can do to help make each dish. Plus, the children's version is laminated and easy to wipe clean, so perfect for surviving sticky fingers!

The tasks for children are designed to be simple and hazard free - but also as varied as possible, so they can enjoy different tasks and learn important food preparation skills along the way. The book is perfect for primary school age children, but because the recipe books cross over so well, there's ample scope for confident children to take on more complex tasks from the adult books as they learn and master new culinary skills.

Cooking with children is an invaluable experience for the whole family and a great way to introduce children to different tastes, textures and ingredients in food. It's especially helpful for picky eaters, who are more likely to want to taste their own creations.

This unique book is written by three London-based Italian women, who when reminiscing about their fond memories of learning to cook with their mothers and grandmothers in Italy, realised there wasn't a book that really supported this idea. They crowdfunded and set about creating a tandem cook book, that not only encourages parents and children having fun with food together, but also supports great lessons like numeracy, instruction following and nutrition. All while making healthy and extremely tasty family meals.

**Recipes include:**

- Aubergine sarnies
- Bean tacos
- Spinach ravioli
- Stuffed tomatoes
- Vegetarian Lasagne
- Chocolate brownies



**EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE:**

Laura, Francseca and Caterina are passionate about food and family. They are experienced and engaging speakers, and available for interview, expert comment and guest articles.



5 top tips for cooking with children

Spring recipes you can enjoy making with your children



5 benefits of cooking with children

"Like Mama used to make" - the importance of passing on family recipes



Have a brilliant idea? Top tips on successful crowdfunding

All food photography taken by filmmaker and photographer **Magda Rezene**