



Little Lasagne Sisters



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First Published (2019)
Cook with Me Ltd
astolfistudio.co.uk/cook-with-me

ISBN 978-1-9160772-1-8 (Hardback)

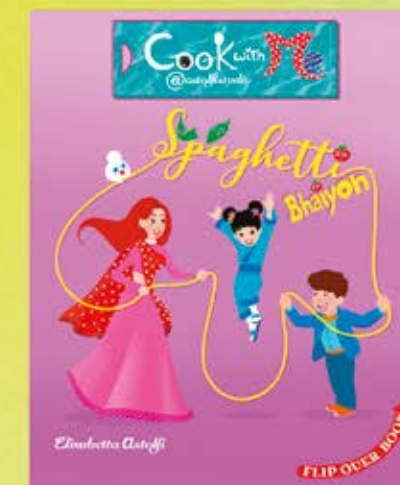
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Text and Graphic Design by: Elisabetta Astolfi
Illustration by: Maria Giulia Locatelli

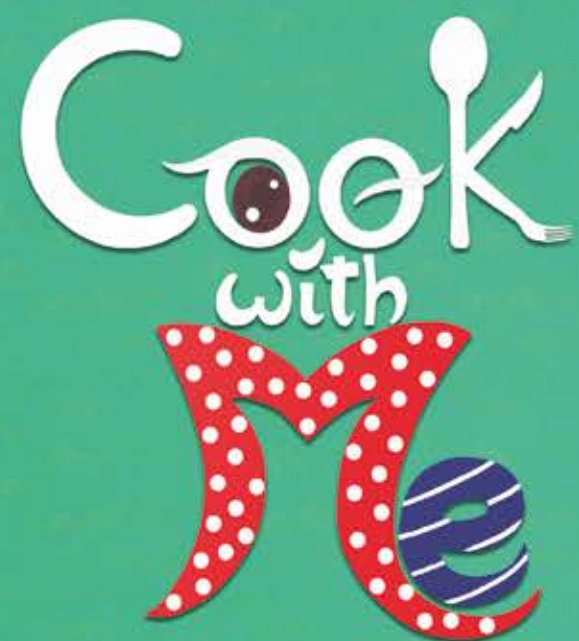
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More in the series





A Project to Promote Children's Wellbeing and Sustainability

Dedicated to my son Gilbi: the Gourmet

3

Greetings to you, my awesome Reader!
Let us now get ready to enjoy together the next exciting activities during our flip over adventure!

1

Let's travel in time and space so that we can trace the intriguing **origin** of the recipe

???

A woman with long red hair, wearing a purple dress with a red polka-dot apron, is jumping over a horizontal timeline. On the timeline, a knight in a blue cape and yellow helmet is on the left, and a chef in a green hat and purple pants is on the right, holding a stack of cakes. Three large blue question marks are placed on the timeline between the knight and the chef.

2

Let's **prepare** and **bake** the actual **Lasagne**
Then it won't be long before we can eat it!

A young girl with blonde hair, wearing a purple shirt and blue skirt, is pushing a large, multi-layered lasagne on a purple tray. The lasagne is topped with red sauce, white cheese, and green herbs.

3

Let's flip the book over and learn about a **healthy diet** with the help of **Mr Sugar**

A purple sugar molecule with various atoms (C, H, O) is shown on the left. On the right, there is a plate of healthy food including a banana, an apple, a kiwi, a carrot, a glass of milk, and a carton of juice. The plate is labeled 'Healthy food'.

Little Lasagne Sisters



Starring



Dear Little Chefs,

We begin our new culinary adventure by looking
into the history of **Lasagne**.



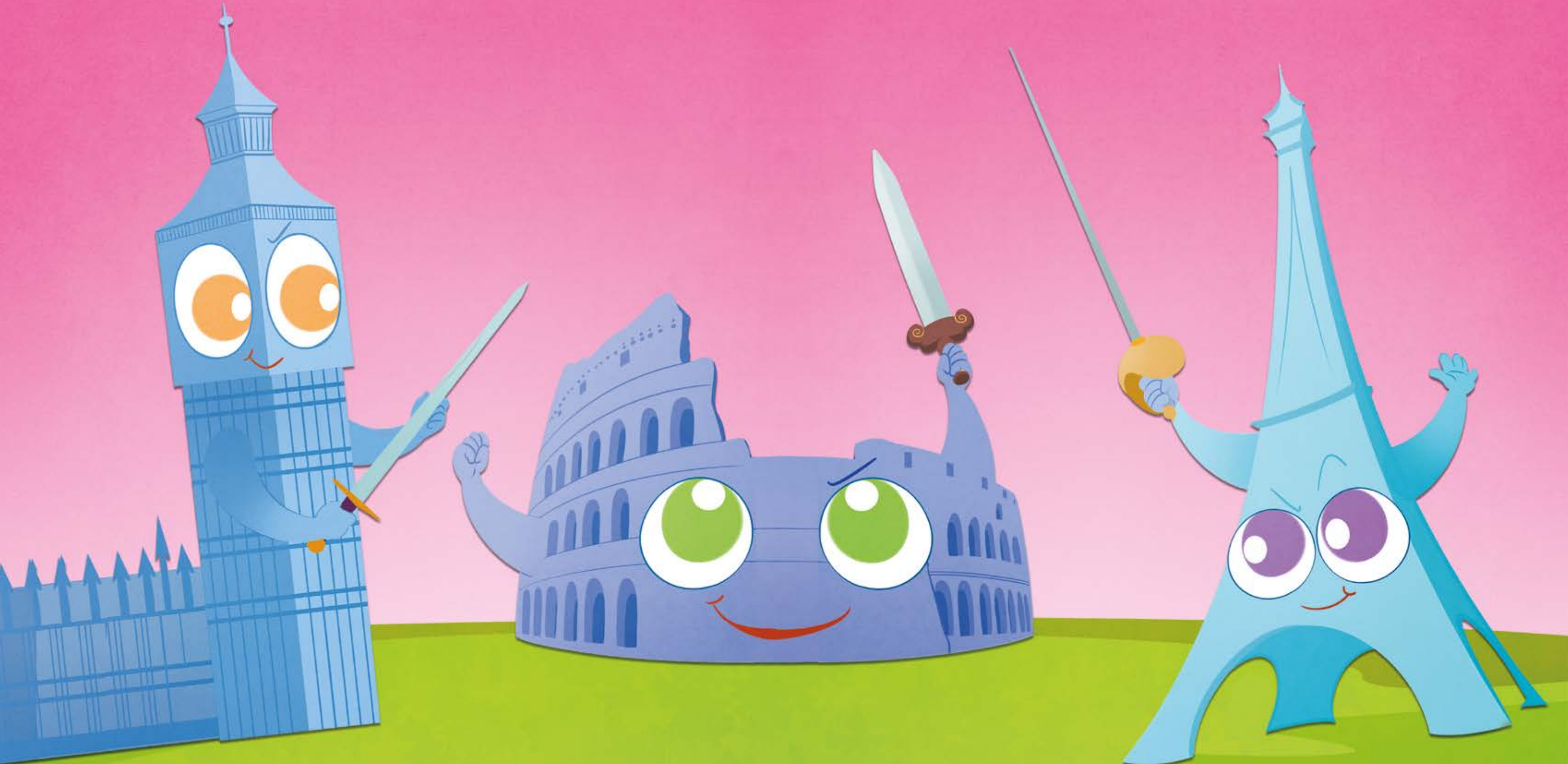
I have discovered that **Lasagne** did not originate from Italy, as we would expect: the story is more tangled and fascinating ... as we have unearthed in one of our amazing gourmet travels, the 'Queen Pizza Margherita' episode!

Please visit her book! She will be more than happy to meet you and tell you about her very ancient origins! I beg your pardon for *jumping* from one recipe to another one: it's always thrilling when we cook together.



The paternity of the first **Lasagne's**

recipe has been debated for centuries!



Do you know that skinless chicken breast is one of the leanest sources of meat protein? Madame 'Hen Coccodè' will tell you all in another recipe ... look out for it. We are given all these healthy nutrients by the most natural source that ever existed: Mother Nature.

Remember to never trust processed food: it is not good for you nor for the environment !



We start our amazing masterpiece with a beautiful spoonful of the meat sauce spread over the base of a baking dish, previously rubbed with oil. Then one layer of our lovely **Lasagne** sheets is flying to reach the landing area. Now it is my turn: I'm adding a lovely layer of Béchamel sauce. Your turn now: scatter over some grated parmesan..

Our proficient aeroplane will deploy again some of the meat sauce. Your turn now: scatter over some grated parmesan. We repeat this enjoyable routine until all the ingredients have been used and we finish off with a last layer of **Lasagne**, my final addition of Béchamel and your last masterful final addition of grated parmesan.





Mr Sugar



Starring



The Crusader



The Arab



Emperor Darius
of Persia



Cristopher Colombus



Elisabetta

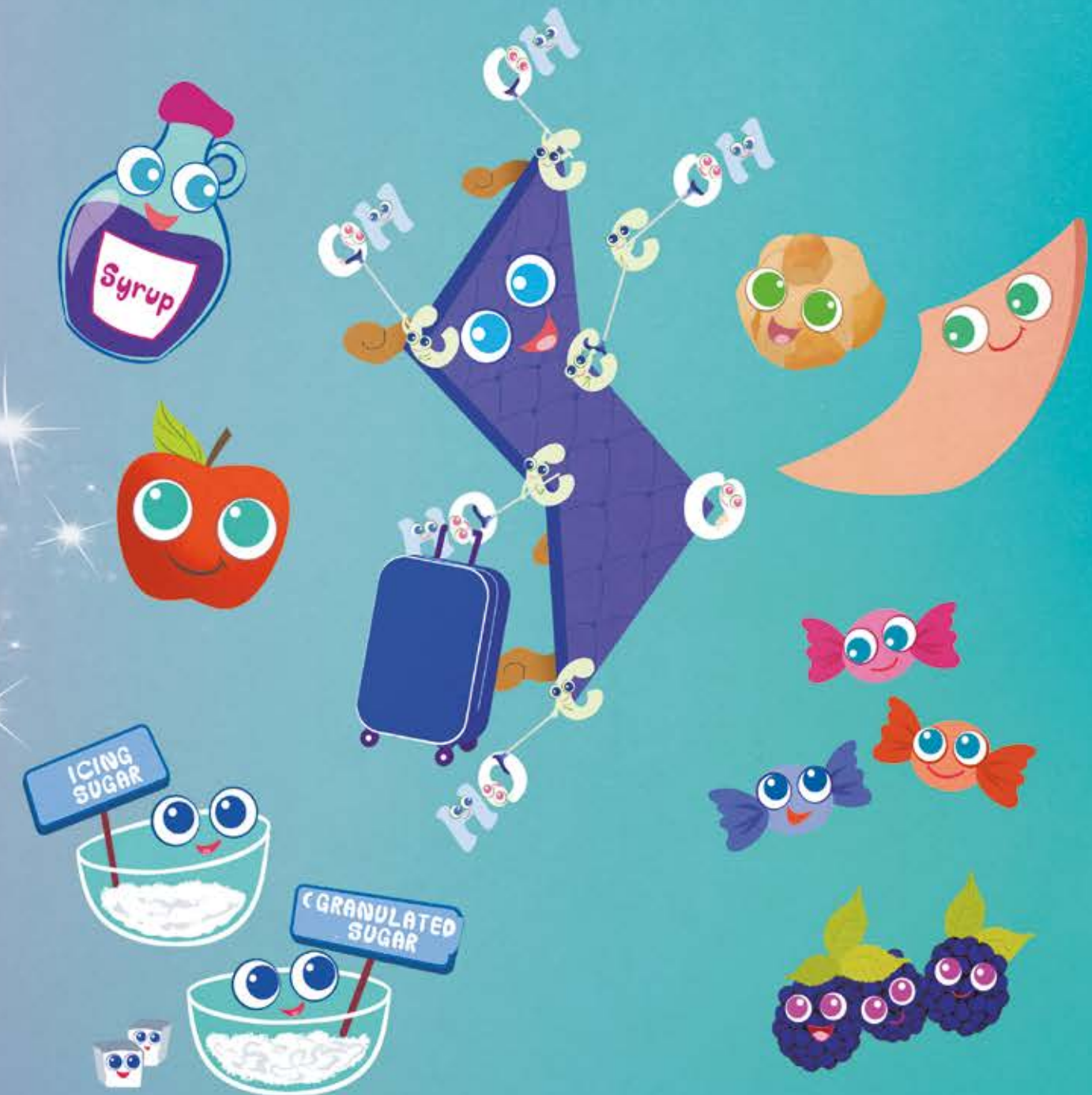


Queen Bee



Mademoiselle
Green Plant

Dear Little Chefs,
My name is Mr Sugar.
I'm part of the big family of Carbohydrates; I will tell you
about my travels and introduce you to some of my relatives.



India

I travelled all the way from
Polynesia to India where, in
the year 510 BC, the Emperor
Darius of Persia found me!

He kept me closely guarded and
exported me for a rich profit.

Pacific
Ocean

In the year 1492, Mr Sugar travelled on the Santa Maria with **Christopher Columbus** and reached the beautiful climate of the Caribbean islands where he now lives; he also lives in other lands with temperate climates. We have to thank the 'insight' of the Arabs who appreciated the importance of our sweet Mr Sugar and introduced him to us!



Mr Sugar has been called 'the reed which gives honey without bees' and the **Queen Bee** with all her sisters are still puzzled by his existence.

