
Cook with Me
@astolfistudio
promote children's wellbeing and sustainability
Little Lasagne Sisters
Learn
Meet with Science
Travel
2020
146BC
Elisabetta Astolfi
Mr Sugar



A Project to Promote Children's Wellbeing and Sustainability

Dedicated to my sons Gilbi, the gourmet and Albi, the scientist



Greetings to you, my awesome Reader!
Let us now get ready to enjoy together the next
3 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





2

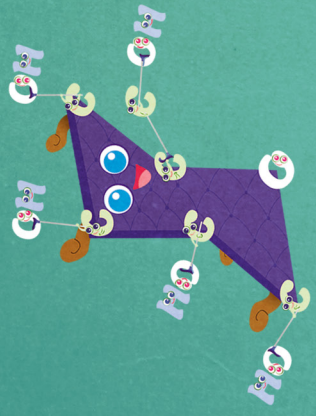


Let's **prepare** and **bake** the actual

Lasagne

Then it won't be long before we can eat it!

3



Let's lean about a **healthy diet**
with the help of

Mr Sugar



Cook with Me



Starring



Mr Ragu'

The British



Mr Rolling Pin

The Roman



Frau Pasta Machine

The Greek



Miss Béchamel

The French



Little LaSagne Sisters

The Italian

Elisabetta

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!



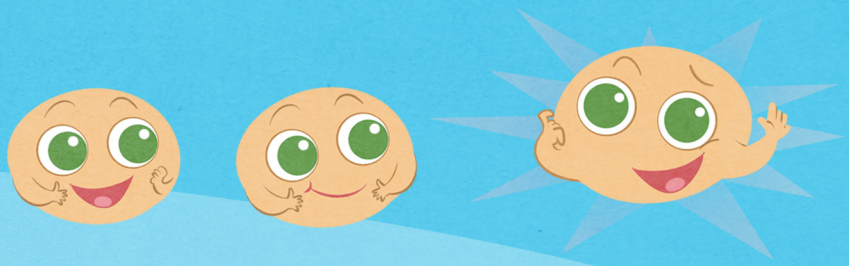
Please visit her book! She will be more than happy to meet you and tell you about her very ancient origins! I beg your pardon for *jumping* from one recipe to another one: it's always thrilling when we cook together.



We take out our lovely chilled ball from the fridge and once again we have a choice. In this recipe we roll out the dough with our cute **Mr. Rolling Pin**. Look out for 'Little Spaghetti Brothers' as they meet **Frau Pasta Machine**.
Then follow the other procedure with her!



We start dividing the dough into three portions of the same size.
They do not have to be identical, don't worry.
We choose one portion of dough ... the lucky one?



Mr. Rolling Pin's procedure:
using our beloved
Mr. Rolling Pin we
flatten the chosen
ball several times.



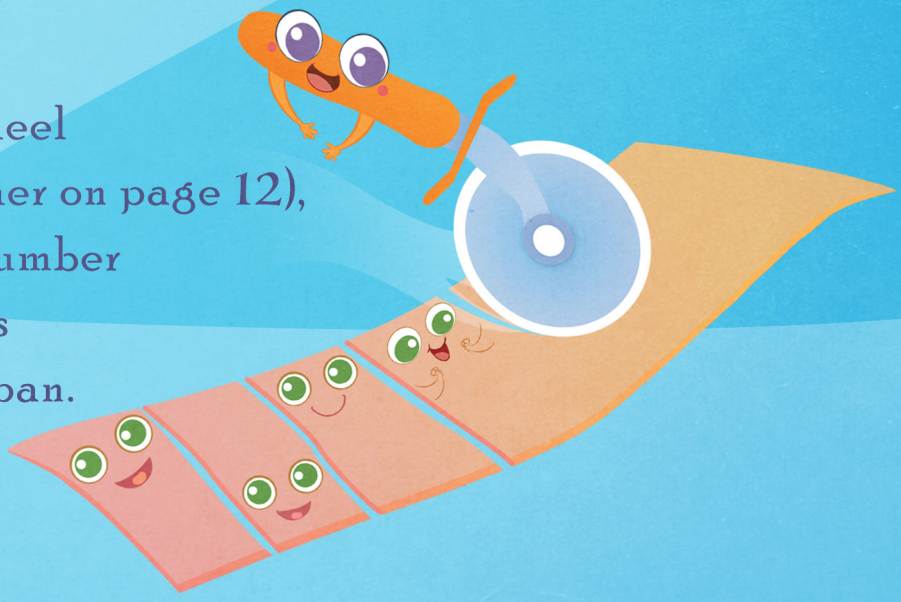


We then turn the dough
90 degrees. Are you
familiar with geometry?
That is a right angle.

Keep rolling and turning
it till it reaches a thickness
of roughly one millimetre.



Using our Pastry Wheel
(we've already met her on page 12),
we cut a sufficient number
of rectangular sheets
to cover our baking pan.



We are now ready to prepare our **Lasagne** dressing.
We assemble all the ingredients for the meat
sauce and what better than a 'get together'
in the farm where all our healthy
ingredients are available?



Here is our healthy ingredients' list:

- 350 g tinned plum tomatoes
- 200 g minced chicken
- 200 g minced beef
- 2 tablespoons of olive oil
- 1 sprig of rosemary
- 2 sprigs of thyme
- 1 stick of celery
- 1 garlic clove
- 1 bay leave
- 1/2 an onion
- 1/2 a carrot
- 70 g milk



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.

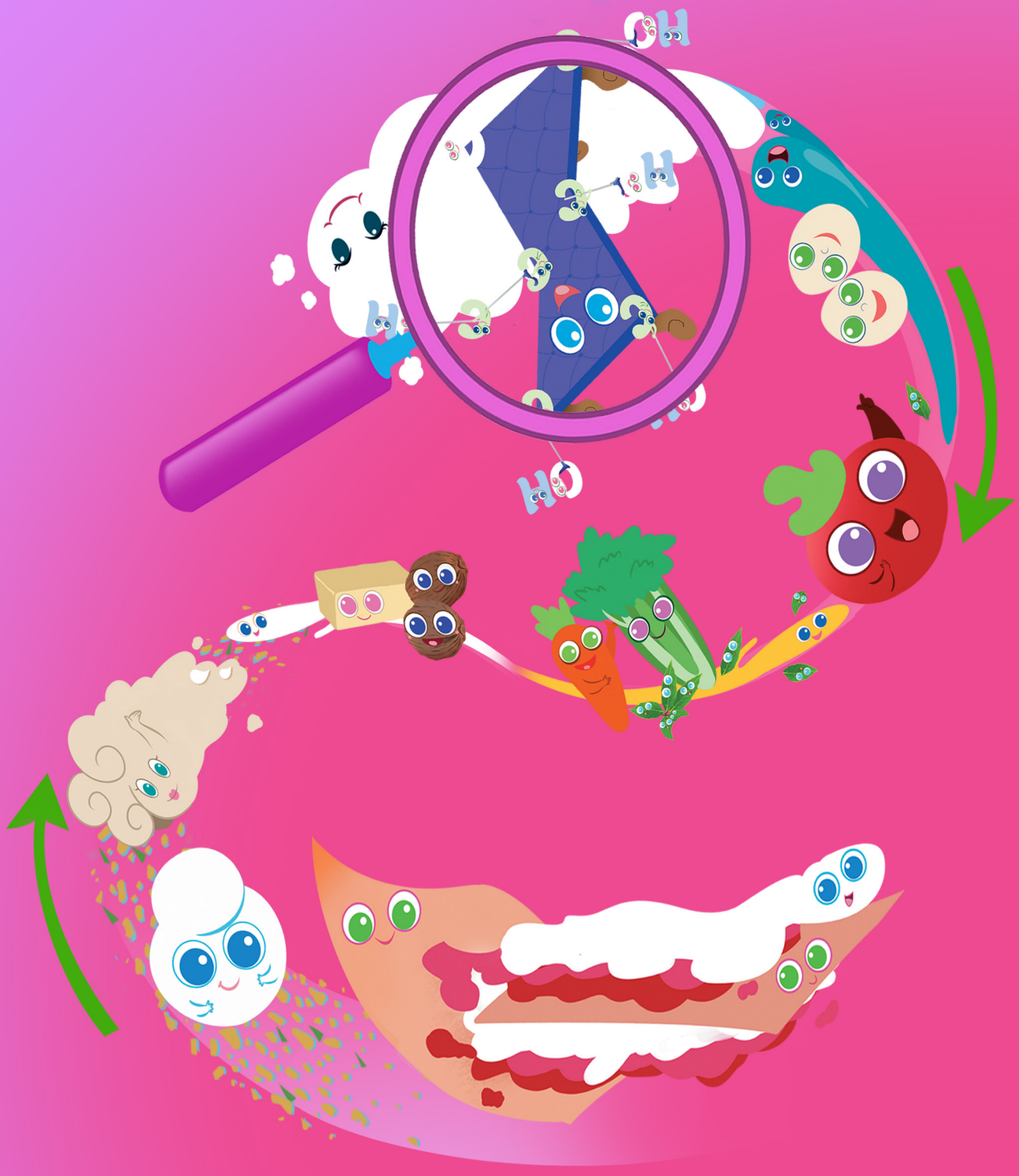


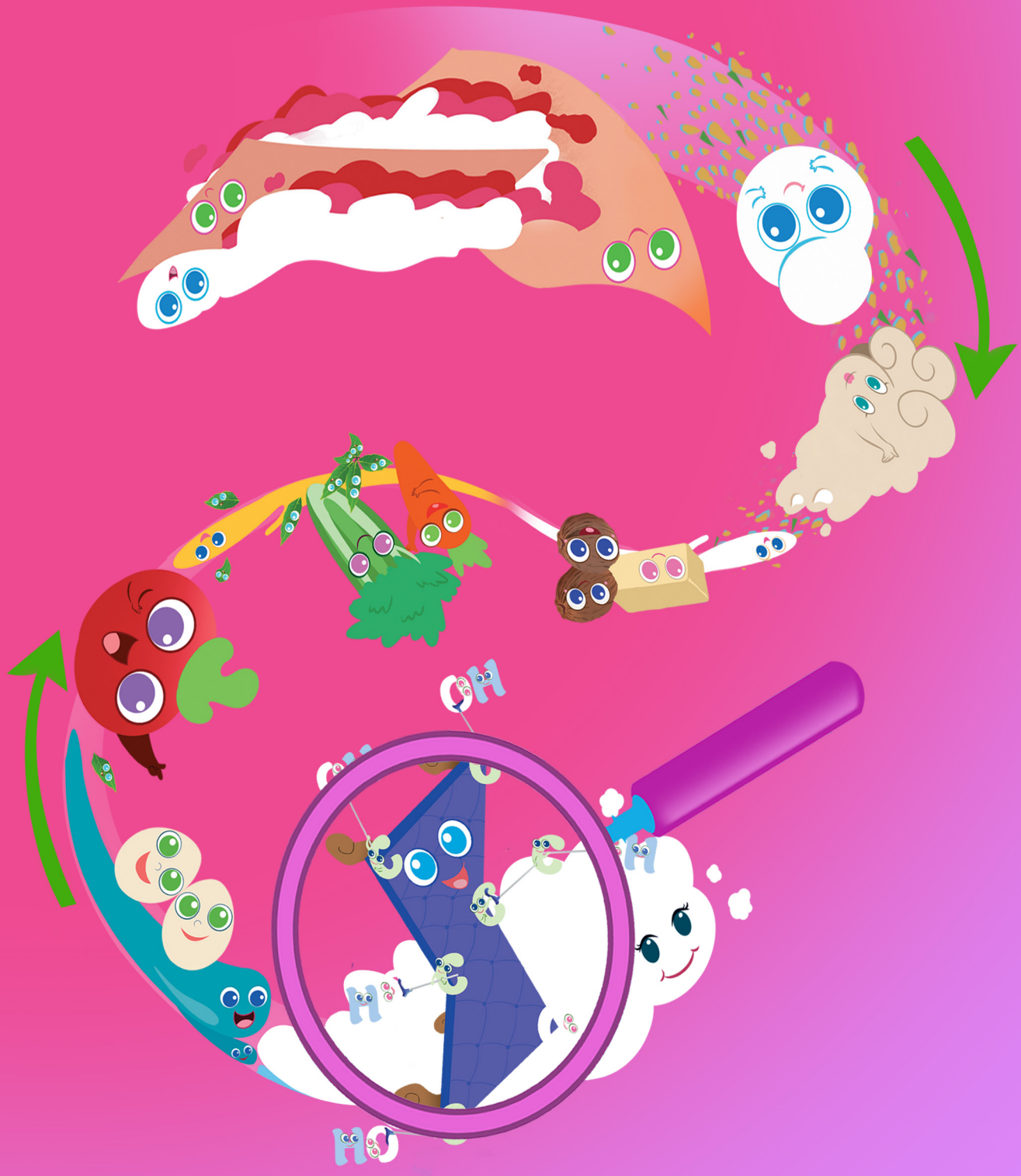
Remember to never trust processed food: it is not good for you nor for the environment!



Ready to go into the oven where the **Lasagne** will have to bake for 30 minutes covered with foil. Remove the foil and cook for other 10 minutes until the top is crispy and tanned.






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Meet with Science
Mr Sugar
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Starring



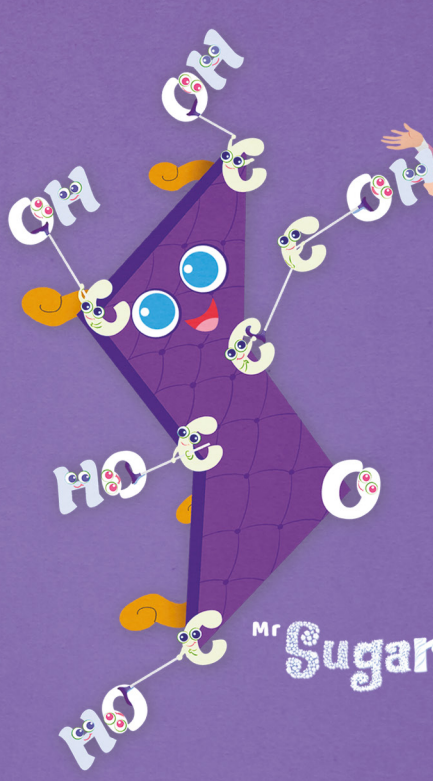
The Arab



Emperor Darius of Persia



The Crusader



Mr Sugar



Elisabetta



Cristopher Colombus



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.





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

I'm delighted that we have learned so much together, especially about the importance of a healthy body, which leads to a healthy mind. Now I leave you to enjoy cooking. I'm looking forward to cooking together again!

See you soon!





Hello, I'm Elisabetta, mother of two lovely children, Albi and Gilbi who are the chief executers and testers for 'nearly' all the recipes.
I have taught cookery classes in London's primary schools for 7 years and I have always tried to convey a positive energy and enthusiasm to the children I have taught, and to their parents and teachers as well.
My background is both as a pharmacologist and as a Cordon Bleu Haute Cuisine Diploma qualified chef.

My books are born out of my expertise and as a result of so much enthusiastic feedback: I am now delighted to share my project with you.
The series 'Cook with Me' has an educational aim: a magical trip through the world of flavours, knowledge, history and science gradually building up a basic knowledge of nutrients. This leads children to develop a balanced relationship with food in a way they can engage with and relate to. It is structured as two books in one: in each volume we learn the historical origin of a delicious recipe. We then make it together ... and then comes the surprise A path positioned at the end of the recipe brings the child towards a funny turn of 'events': the child can turn the book upside-down to discover the science behind the recipe! We greet a 'special guest': a nutritional element who tells us their story. This 'special guest' tells the children all about their role in food, thus teaching them the importance of a healthy and balanced diet. Everything is dressed with a lot of fun, because cooking is fun as well as educational!

The book has been illustrated by Maria Giulia Locatelli.
She has worked as a graphic advert designer and has several years of experience as an illustrator and web designer.

A special thank to Oksana Wenger for her knowledgeable and dedicated proof reading.

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

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

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More in the series

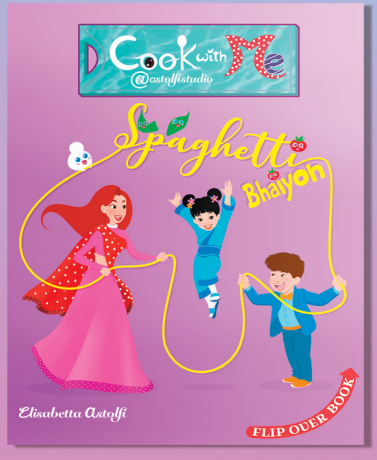




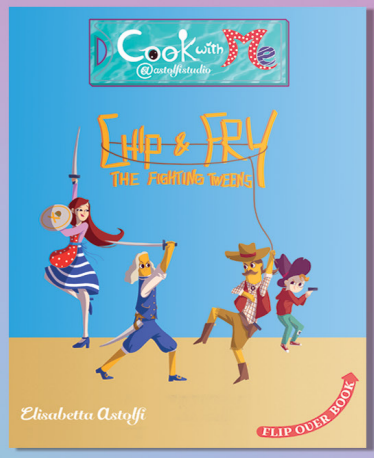






















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