

Shortlisted
THE PEOPLE'S
BOOK PRIZE™

Cook with **M**
@astolfistudio

promote
children's wellbeing
and sustainability

Little Lasagne Sisters

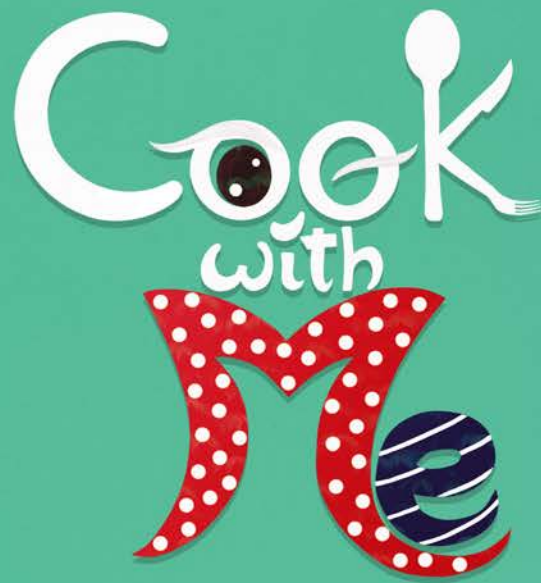
Learn

Met with Science

Mr
Sugar

Travel
2021
1880

Elisabetta Astolfi

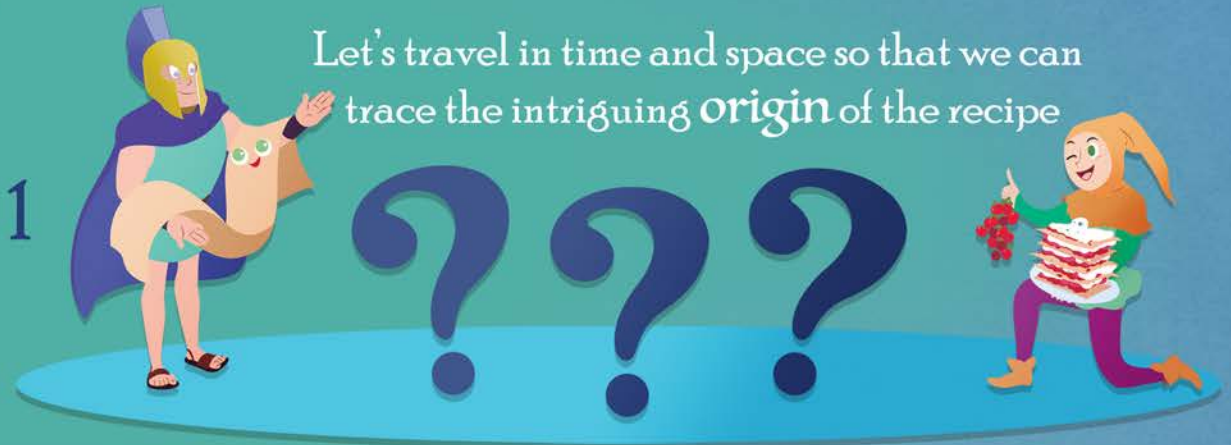


A Project to Promote
Children's Wellbeing
and Sustainability

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



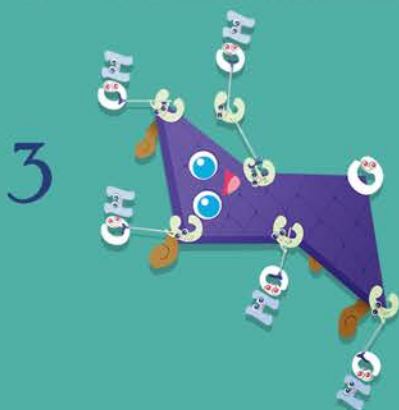
Greetings to you, my awesome Reader!
Let us now get ready to enjoy together the next
3 exciting activities during our flip over adventure!



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

Lasagne

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



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

Mr Sugar

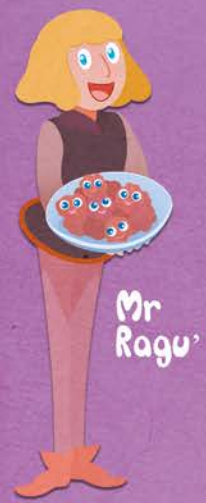




Little Lasagne Sisters



Starring



The British



The Roman



The Greek



The French



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.

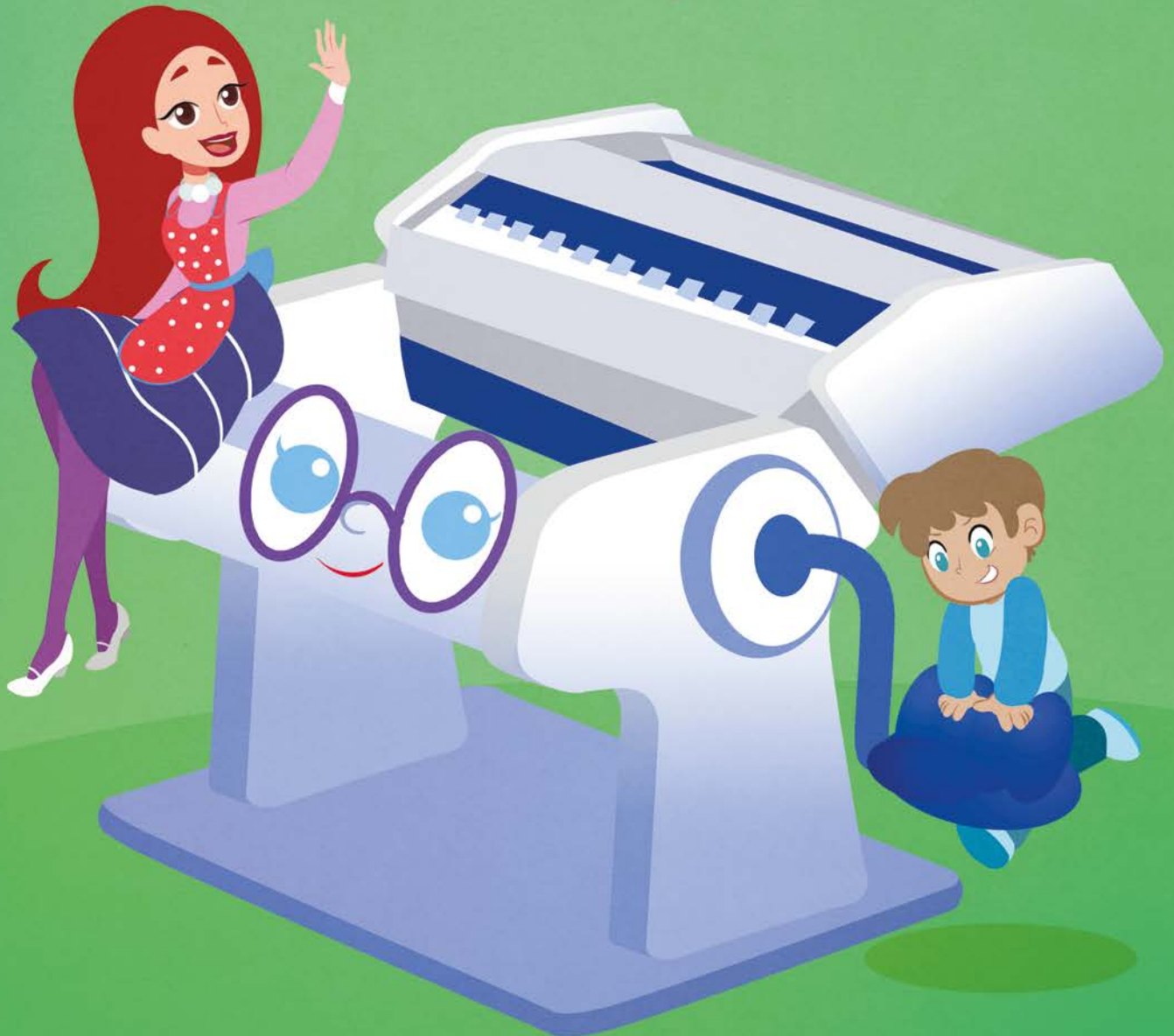


In 1880, I found another reference book, an Italian cookbook, that featured tomato sauce: these are the mouthwatering **Lasagne** that we all enjoy nowadays!

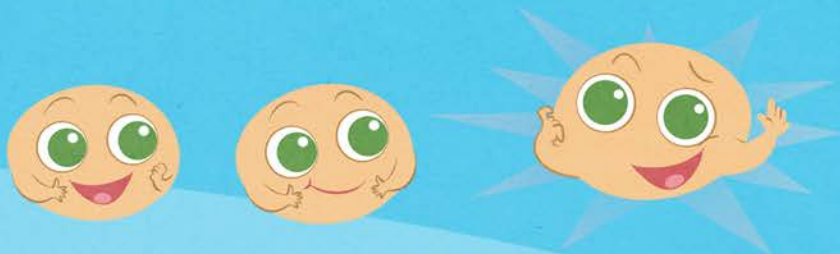


We take out our lovely chilled ball from the fridge and once again we have a choice. In this recipe we roll out the dough with our cute **Mr. Rolling Pin**. Look out for 'Little Spaghetti Brothers' as they meet **Frau Pasta Machine**.

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.

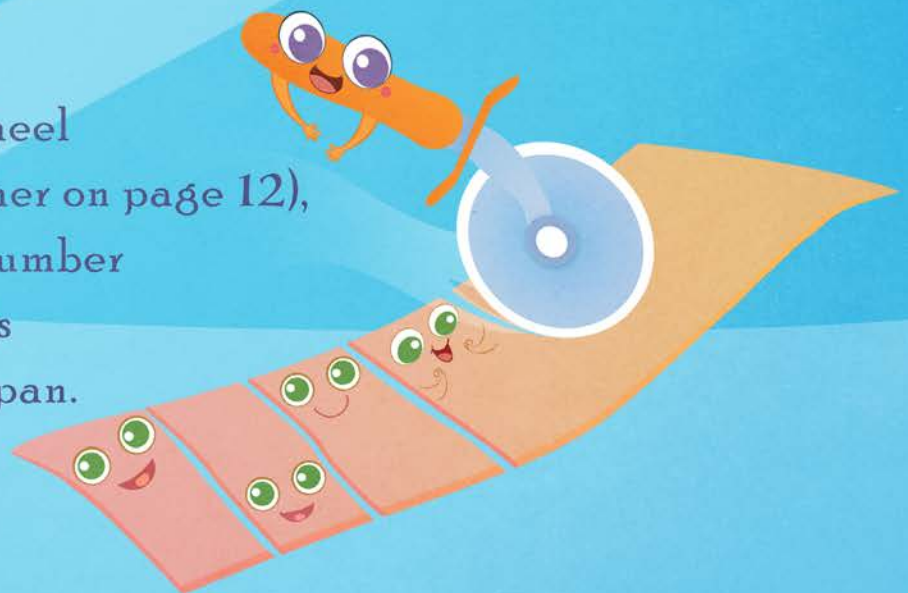


We then turn the dough
90 degrees. Are you
familiar with geometry?
That is a right angle.

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.



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.







Meet with Science

Mr
Sugar



Starring



The Crusader



The Arab



Emperor Darius
of Persia



Cristopher Columbus



Elisabetta

Mr Sugar



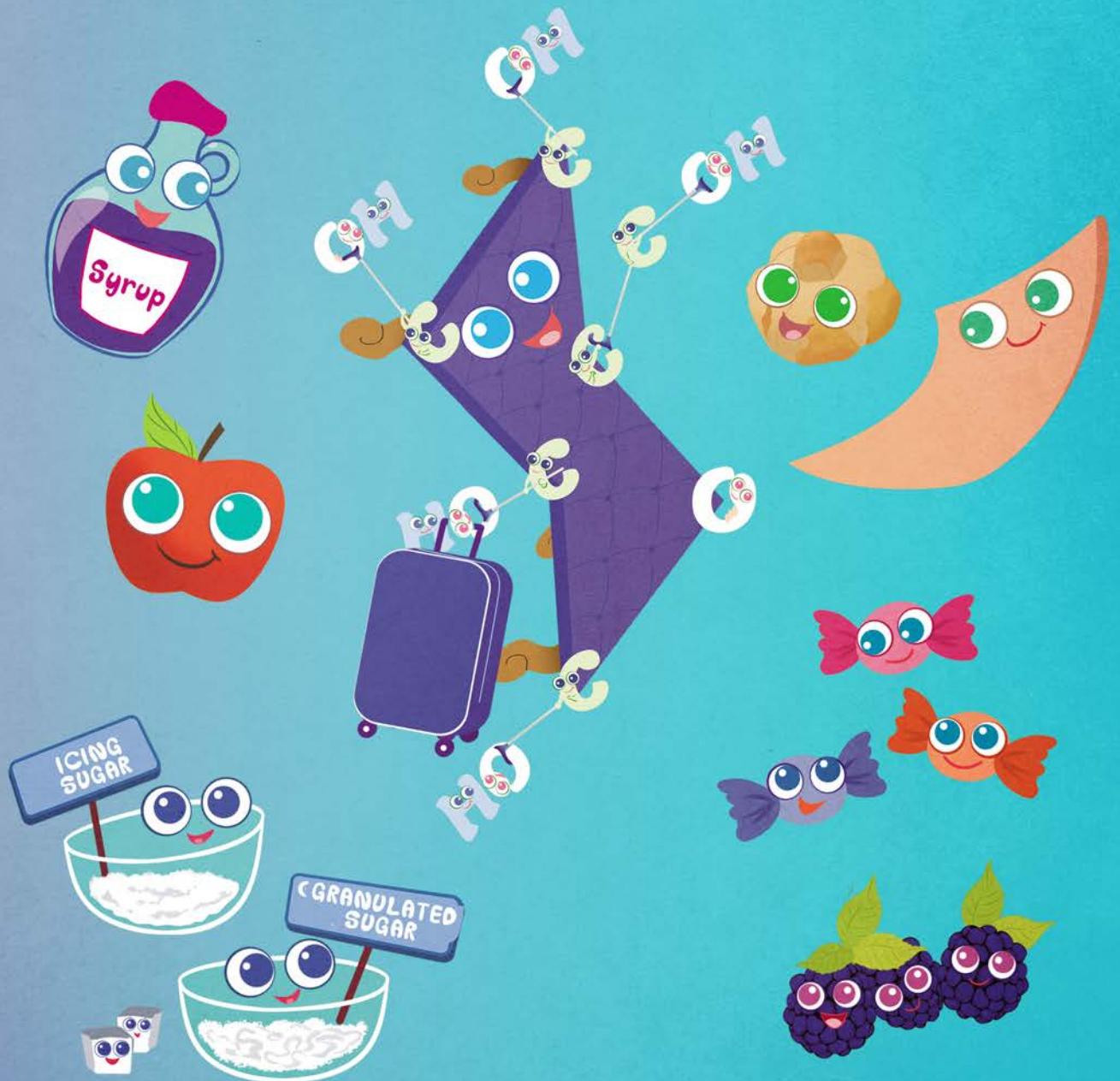
Queen Bee

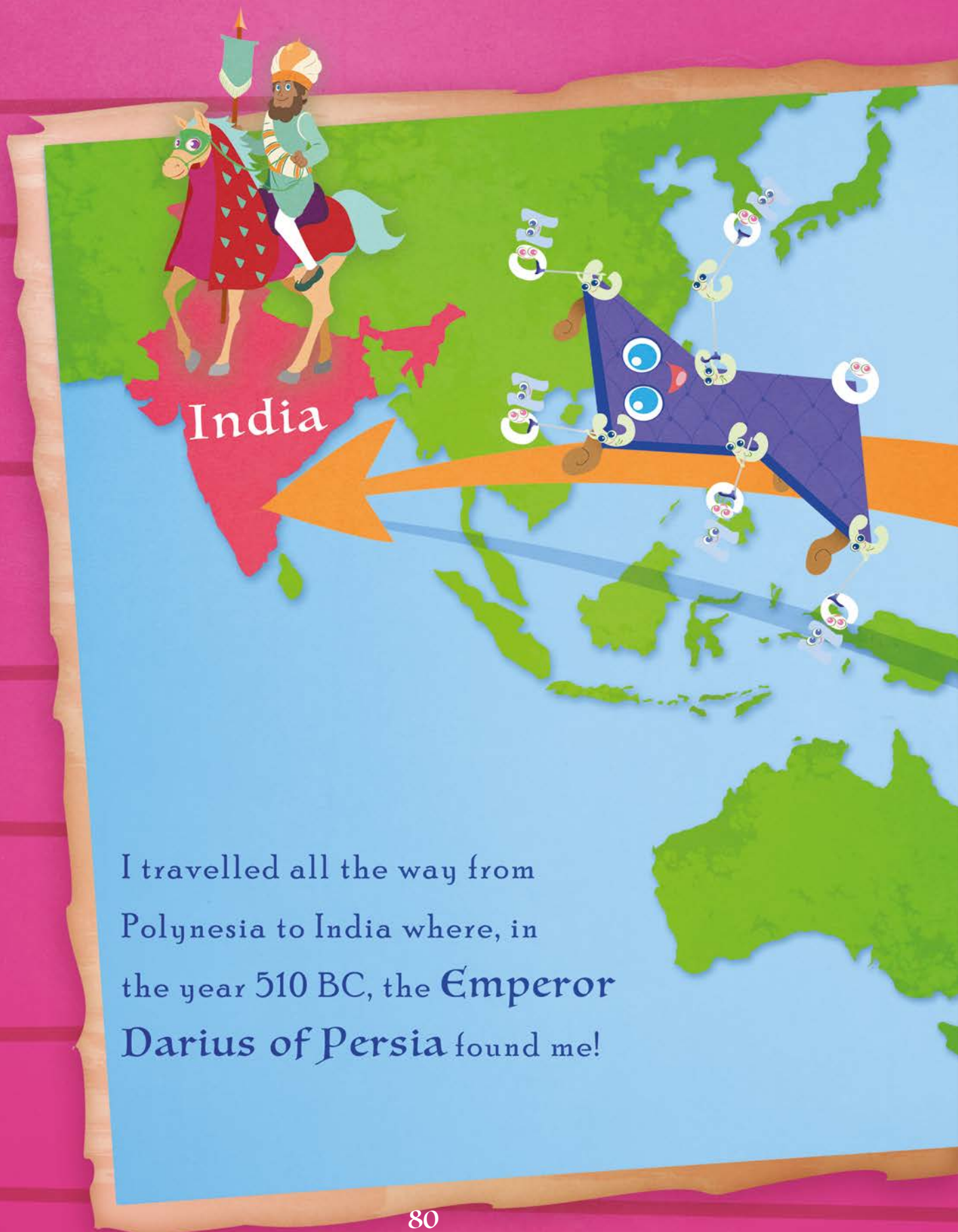


Mademoiselle
Green Plant

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, my name is Elisabetta. I am the mother of two lovely children, Albi and Gilbi, who are the chief chefs and testers for almost all my recipes.

For seven years, I taught cookery classes in London's primary schools. I always conveyed positive energy and enthusiasm to the children, their parents, and teachers too.

A pharmacologist by training and a Cordon Bleu Haute Cuisine Diploma qualified chef.

My books are borne out of my expertise. Having enjoyed positive feedback with my recipes and approach to cooking, I am now ready and delighted to share my project with you.

The series 'Cook with Me' has an educational aim: a magical trip through the world of flavours to help my readers gradually build up a basic knowledge of nutrients by understanding the history and science of ingredients. This familiarity helps children engage with and understand food. And so, over time, they develop a healthier relationship with it.

Structured as two books in one, each volume teaches the historical origin of a delicious recipe. In **Little Lasagne Sisters** we travel from Ancient Greece, through the Roman Empire to modern days! My readers are encouraged to make each recipe as if they were cooking with me. Then comes the surprise, at the end of the recipe, a whirling 'path' leads the child to turn the book upside-down and discover the science behind the recipe. We greet a 'special guest': a nutritional element, **Mr Sugar** on this occasion, tells his story and his role in food, thereby teaching the child the importance of a healthy balanced diet. The trip through the recipe is spiced up with a lot of fun because cooking is both entertaining and 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.



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Illustration by: Maria Giulia Locatelli

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