

¡Yo también cocino!

I Cook Too!



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When we cook, we enter a magical world of tastes and smells, textures and colours that lead us to appreciate and enjoy food. It's a wonderful experience that nobody, whatever their age, should miss out on.

In this book you'll learn:

- To take your first, basic steps in the kitchen.
- Basic advice on the preparation and conservation of food.
- To overcome your fears and experiment in the kitchen.
- To enjoy cooking

In I Cook Too! Chef and teacher Eulalia Fargas, uses clear, simple step by step instructions for healthy, balanced recipes, in an accessible, fun and inviting way. As well as developing creativity, we learn to make healthy and tasty everyday food that will surprise our family and friends.

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