



[\*The Teen Kitchen\*](#), by Emily Allen and Lyla Allen, copyright © 2019. Photographs copyright © 2019 by Justin Walker. Published by Ten Speed Press, a division of Penguin Random House, LLC. All rights reserved.

**Our Summary:**

“The Kitchen Twins,” Emily and Lyla Allen received their first aprons and chef’s hats at the age of three. On that same day, with the help of their grandmother, they stepped into the kitchen ready-for-business and thus began their future and passion for cooking. [\*The Teen Kitchen\*](#) is their collaborative collection of simple and creative recipes that has something for everyone. Whether you are new to cooking, or a seasoned pro, this cookbook offers you new tips and twists using healthy, fresh ingredients. Their enthusiastic approach to cooking is

inspiring as they walk you step-by-step through each recipe and offer you *Twin Tips* along the way. Their recipes are designed to meet anyone’s needs, whether gluten-free, dairy-free, or vegetarian. Each recipe is thoughtful, creative, and invites us all into the kitchen with a fresh perspective, spirit for success, and above all else, an attitude for fun!

**What you need to know:**

**Get it:** [\*The Teen Kitchen: Recipes We Love to Cook\*](#) by Emily and Lyla Allen. Copyright © 2019. Photographs by Justin Walker © 2019. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, May 14, 2019, Paperback \$19.99 ([Amazon \\$13.38](#); [Kindle \\$11.99](#))

**See it:** 192 colorful and inviting pages make up this unique paperback cookbook. The 7 chapters are succinct and orderly beginning with The Kitchen Twin’s advice on *kitchen basics*. The other chapters include natural recipes for, *breakfasts, snacks, soup, salads and sides, entrees, desserts*, and finally a toast with non-alcoholic , *drinks and smoothies*. Each recipe includes serving amounts, prep and cook times, and even freezer times when necessary. There are several photographs of finished recipes throughout the book as well as fun photos of The Kitchen Twins enjoying, “the day in the life of their food.”

**Make it:** More than 75 recipes ranging from simple to sophisticated. Ingredient options are offered with most recipes presenting something for everyone. There is a section in the cookbook that gives us a “behind the scenes narrative” as to the way The Kitchen Twins invent their own recipes! It is both inspirational and simplistic-giving us that “aha” moment- like, “why didn’t I think of that?”

**Cherie’s Review:**

As C.S. Lewis said, “You are never too old to set another goal or to dream a new dream.” And leave it to The Kitchen Twins, Emily and Lyla Allen, to teach this old dog some interesting new tricks. They are only in high school, but they have been cooking for years and know how to teach both beginning cooks and chefs alike something new and fresh. [\*The Teen Kitchen\*](#) cookbook combines Emily and Lyla’s love of cooking, with their enthusiasm for life! They want everyone to have fun preparing their delicious and healthy recipes with efficiency and simplicity.



Share the food, share the fun, and share your stories with them is what these teens live for! They have an incredible and successful social media following and know exactly how to use it. As you page through [The Teen Kitchen](#) its apparent why. They are animated, energized, competitive, and obviously have fun telling their stories of successes and failures in the kitchen. They want everyone, teens and adults alike, to enjoy cooking as much as they do- without fear or hesitation. They have great suggestions on how to connect, cook and eat with friends. Like having a food crawl or starting a foodie club or hosting your own Chopped party, (yes, they competed on Chopped Junior!). They even have great tips on how to photograph your food for social media, they call it, “Taking Fab Food Photos” – something I really need to brush up on!

What strikes me most about [The Teen Kitchen](#) is that at first glance, I dismissed it. I thought I would recommend it only to those who were young and new to cooking. I was wrong, and I am happy to admit it. As you dive further into each chapter, the enthusiastic and clear voices of Emily and Lyla emerge. Their humor and wit immediately connect you to what they are saying about each recipe. They are twins yes, but they don’t always agree, have the same tastes or feel the same way about food. How honest is that? Their recipes have *Twin Tips, Options, Variations and Notes* that will help you create dishes that meet your own tastes and needs. *Creamy Polenta with Eggs and Bacon* offers a vegetarian option as well as *Twin Tips* on cleaning and storing fresh herbs. *Make-Your-Own Wild Rice Bowls* satisfies everyone on any given week night with their *Ingredient Options*.

Never underestimate The Kitchen Twins and their understanding of unique and delicious flavor combinations. Working in their parent’s natural food and beverage company they were able to experiment with unusual combinations and textures, which led them to invent their own recipes. Their easy recipe for *Asian Slaw Lettuce Cups* combines sweet, salty, citrusy, creamy, and crunchy deliciousness all in one bite, (even though they say not to stuff it in your mouth all at once.) The tasty dressing for this recipe contains miso, which they describe in brilliant detail. *Pumpkin Wonton Raviolis* is a sophisticated recipe that is also packed with flavor! The filling uses pumpkin, ricotta, nutmeg, and cinnamon, while the sauce combines walnuts, maple syrup and shallots. Their use of wonton wrappers makes the assembly simple and the presentation elegant enough for your next dinner party.

Keeping an open mind and never stop learning has always been my mantra. I have been reminded of this as I reviewed, [The Teen Kitchen: Recipes We Love to Cook](#). The Kitchen Twins write a creative, smart, and inspiring cookbook filled with advice and anecdotes that keep you smiling, and delicious, healthy, fresh recipes that keep you, your family and friends, happy in the kitchen and around the dinner table!

**Recipes to cook from** [The Teen Kitchen: Recipes We Love to Cook](#) copyright © 2019 by Emily Allen and Lyla Allen. Reprinted with permission by Ten Speed Press, a division of Penguin Random House, LLC. All rights reserved.

[Carrot Cake Pancakes \(with homemade apple sauce\)](#)

[Cheesy Panko Crisps](#)

[Chocolate Cranberry Almond Bars](#)

© Copyright 2019 Now That’s A Mouthful. All Rights Reserved.

*\*Product prices and availability are accurate as of the first date of publication on our site and are subject to change. Any price and availability information on Amazon.com at the time of purchase will apply to the purchase.*