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Written by

Stefan Gates

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KIT
2 strong, watertight sealable freezer bags

INGREDIENTS
200ml cream
20g caster sugar
20g strawberry jam
50g salt
Ice – 2 x handfuls

GASTROTRUMPS 001

FLY EGGS

THE STUFF: FLY EGGS
COUNTRY: MEXICO



THE STATS

Taste: Salty	2/10
Smell: Swampy	2/10
Texture: They crunch on the tongue	7/10
Looks: Like creamy sand	5/10
Gruesomeness: Deeply unsettling!	10/10
Adventure level Oddly quite easy to scoff	8/10
Nutritional value: Loads of protein	8/10

Value £ per kilo: 25
Highly prized.

SALMON IN A BISCUIT TIN

Ever invited your mates over for a sneaky ice-cream freezer-raid, only to discover that your even sneakier Mum and Dad scoffed the whole lot the night before? Parents can be so selfish sometimes, can't they? Well never fear, my intrepid gastronomic friend, because I have the solution to all your

METHOD

1 Open up one of the freezerbags and pour in the cream, caster sugar and strawberry jam (but NOT the salt!).

2 Seal it REALLY TIGHTLY and set it aside.

3 In the other bag, add the salt and 2 handfuls of ice, as well as the REALLY TIGHTLY sealed bag full of the creamy mixture.

4 Now gently SHAKE! Tumble it, rumble it, shake, rattle and roll it. Don't throw or kick it, otherwise the REALLY TIGHTLY sealed bag inside will burst open and you'll get 'orribly salty ice cream! As the salt and ice mix, the temperature will quickly drop, and it'll start to chill your creamy mixture. After a minute or two you should feel the mixture beginning to harden.

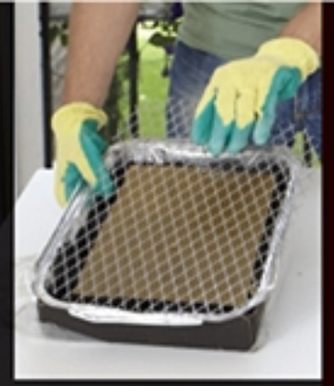


5 When it feels as though it's frozen good and firm, open up the outer bag and take out the inner bag. Rinse it under the tap to get rid of all the salt, then open up and dig in.

MICROFACT

APPLES CONTAIN CYANIDE. BUT NOT A LOT. IT'S MAINLY IN THEIR PIPS AND YOU'D NEED TO EAT TRUCKLOADS TO REALLY POISON YOURSELF.









UNLIKELY FACT TO FIND IN A COOKBOOK NO.1

Endothermic reactions are notoriously difficult to explain. But here goes: When you add salt to ice, a reaction happens that makes the melting temperature of the ice lower. As you mix them, however, this reaction needs heat, so it draws heat away from anything near it – the nearest thing being the cream you're making. That's why it forces the cream to chill so much that it freezes.
You can lower the freezing point of water to -21.1 C, but it must contain 23.3% salt by weight. That's a lot of salt! This is a dead simple recipe for making strawberry ice cream but you can adapt it for pretty much any flavour you fancy by adding different jam, chocolate sauce or maybe something new like marmite! Just don't let your folks have any – the cheeky ice-cream-thieving monkeys.