



## FOOD FOR THOUGHT CULINARY WORKSHOPS FOR TEENS

Join us for our one of a kind, hands on culinary workshops in a restaurant kitchen environment with chef instructors Wayne from Food For Thought and Maureen from Bestlife Culinary.

We will cover the basic kitchen skills, hygiene, international cuisine and end with Chopped: Cayman Style.

A week not to be missed for any teen who has a passion for food and cooking!



**8:30am to 12:30pm ~ \$55 per class or \$220 per week**

**Open to teenagers ages 13-17 years old.**

**Includes lunch, apron, recipes and all supplies.**

### **WEEK 1: APRIL 15 – 18 (No class Good Friday April 19<sup>th</sup>)**

**Monday – Italian Nights: Make your own pasta, Breaded Chicken Piccata, Lasagna roll ups, tiramisu**

**Tuesday – Bakery: Making fresh breads and doughs, creating sweet and savory goodies from scratch**

**Wednesday-Chopped with made from scratch Calzones for lunch**

**Thursday – Gateway to India: Mild Indian dishes including home made naan, paneer cheese, samosas and other Gateway of India specialties**

### **Week 2: APRIL 23 - 26 (No class Easter Monday April 22<sup>nd</sup>)**

**Tuesday – Farm to Table: Highlighting Cayman's amazing produce and ingredients making a variety of dishes including fish tacos, fritters, west Indian curry and home made sprouts**

**Wednesday – Comfort Foods: Shepard's Pie with Gravy, Ultimate Mac & Cheese, Ice Cream Sandwiches**

**Thursday – Dim Sum: A variety of Japanese favorites including gyoza, stuffed buns, sushi and more**

**Friday – Chopped with spaghetti and home made meatballs & garlic bread for Lunch**