



## 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 \$275 for the week**  
**Open to teenagers ages 13-17 years old.**  
**Includes lunch, apron, recipes and all supplies.**

### WEEK 1: JULY 9-13

**Monday – Italian Nights: Made from scratch pasta and classic sauces – including gnocchi, ravioli, Caesar salad**

**Tuesday- Rollin': Sushi 101, Vietnamese spring rolls with Thai peanut dipping sauce, sweet and tangy cucumber salad**

**Weds – Going Greek: Chicken Gyros, meatballs homemade with tzatziki, spanakopita, lemon garlic roasted potatoes**

**Thursday – Sweet Treats: Mango crumble, chocolate mousse cups, Sweet Plantain Foster with ice cream and home made caramel sauce**

**Friday - Chopped**

### Week 2: JULY 16-20

**Monday – Burger Bash: Beef, veggie and BBQ chicken sliders, home cut fries, making your own condiments: relish, ketchup, BBQ sauce**

**Tuesday – Japanese Street Food: yakitori chicken skewers, yakisoba noodles, gyoza**

**Wednesday – A night in Italy: Pizza from scratch, ham and pea risotto, bruschetta**

**Thursday – Gateway to India: Mild Indian dishes including butter chicken, home made naan, chutneys, samosas**

**Friday – Chopped**