



OCTOBER BREAK FOOD FOR THOUGHT CULINARY WORKSHOPS FOR TEENS

Join us for this of a kind, hands on culinary workshop 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, made from scratch sauces 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.

OCTOBER 22 – 26

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

Tuesday – Bakery: Making fresh breads, working with premade doughs and creating sweet and savory pastry goodies from scratch

Wednesday – Comfort Food: Shepard's pie, Mac and Cheese with bacon bits, Philly Cheesesteak Sandwiches

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

Friday – Chopped with Calzones for lunch