



**FOOD FOR THOUGHT  
SUMMER CULINARY WORKSHOP FOR TEENS**

*join us for our one of a kind, hands on culinary workshops in a restaurant environment with award winning chef instructors from food for thought caterers and gateway of India culinary team.*

*we will cover the basic kitchen skills, hygiene and international cuisines and finish with a high energy fun filled team cook off (chopped) at the end of the week.*

*a week not to be missed for any teen with a passion for cooking!*

8.30am to 12.30 pm 12 TEENS MAX PER CLASS- **\$275 for the week**

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

**includes lunch, apron, recipes and all supplies take home any remaining food items for family to try!**

**week 1: Monday July 12<sup>th</sup> until Friday 16<sup>th</sup> July**

**each day our chef instructors will demonstrate a different skill and cooking method so you can make dinner for mum and dad at the end of the week.**

**Monday-** - Elegant canapes: learn & serve some of Caymans finest bite size morsels, Learn to make coconut shrimp mini crab cakes lobster tempura and much more.

**Tuesday-** Taste of Italy: make your own pasta,putanesca sauce, tiramisu (Italian dessert) focaccia bread, sweet potato gnocchi, minestrone soup.

**Wednesday-** comfort foods: Ms. Rachel's mac & cheese, homemade sausage rolls from scratch, fruit scones & home made jam.

**Thursday-** - ELEGANT 3 COURSE MENU: let both teams of 6 cook for each other with Ingredients chosen by our chefs & servers, learn to dine & serve at our table setting whilst enjoying a 3 course lunch.

**Friday-** chopped with mystery basket: ingredients let's see what you learned?? which team will win our chopped trophy? lunch provided



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**week 2: Monday 19th July until Friday 23<sup>rd</sup> July 2021**

**each day our chef instructors will demonstrate a different skill and cooking method so you can make dinner for mum and dad at the end of the week.**

**Monday- A TASTE OF ENGLAND:** how to make Sheperds pie, English style Fish & Chips, Pear and Berry crumble.

**Tuesday- TASTE OF ASIA:** make your own Pork Pot stickers, Sweet & Sour Chicken, Roast Peking duck with plum sauce.

**Wednesday-CLASSICAL COOKING:** Learn how to make and serve French classic dishes of chicken & beef with soups sauces & gravies with elegant garnish and plating.

**Thursday- - ELEGANT 3 COURSE MENU:** let both teams of 6 cook for each other with Ingredients chosen by our chefs & servers, learn to dine & serve at our table setting whilst enjoying a 3 course lunch.

**Friday- chopped with mystery basket:** ingredients let's see what you learned?? which team will win our chopped trophy? lunch provided.



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**week 3: Monday 9th August until Friday 13th August 2021**

**each day our chef instructors will demonstrate a different skill and cooking method so you can make dinner for mum and dad at the end of the week.**

**Monday - - HOMEMADE BURGERS & FRESH MEATLOAF:** Make your own succulent juicy burger with relish & various toppings, grandmas' meatloaf with roast tomato sauce

**Tuesday - WOK & ROLL:** Learn Asian style cooking with veggie tofu stir fry Mongolian beef with Asian Veggies, Thai Coconut Curry.

**Wednesday - TASTE OF MEXICO:** Learn how to make guacamole & Pico de Gallo, chicken fajitas and our favorite lion fish tacos!

**Thursday - ELEGANT 3 COURSE MENU:** let both teams of 6 cook for each other with Ingredients chosen by our chefs & servers, learn to dine & serve at our table setting whilst enjoying a 3 course lunch.

**Friday - CHOPPED WITH MYSTERY BASKET:** ingredients let's see what you learned?? which team will win our chopped trophy? lunch provided.



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**week 4: Monday 16<sup>th</sup> August until Friday 20<sup>th</sup> August our final week!!**

**each day our chef instructors will demonstrate a different skill and cooking method so you can make dinner for mum and dad at the end of the week.**

**Monday-** Elegant canapes: learn & serve some of Caymans finest bite size morsels, Learn to make coconut shrimp mini crab cakes lobster tempura and much more.

**Tuesday-** Bubbas BBQ: slow roasted ribs with house made BBQ sauce mini jerk burger sliders fresh potato salad, coleslaw.

**Wednesday-** Good old fashioned desserts: sticky toffee pudding & caramel sauce bread pudding Chocolate mousse.

**Thursday- - ELEGANT 3 COURSE MENU:** let both teams of 6 cook for each other with Ingredients chosen by our chefs & servers, learn to dine & serve at our table setting whilst enjoying a 3 course lunch.

**Friday-** chopped with mystery basket: ingredients let's see what you learned?? which team will win our chopped trophy? lunch provided.