



**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.