



FOOD FOR THOUGHT: 2025 Summer Culinary Camps for teens

Join us for a one of a kind, hands on culinary workshop camp!

Based in a restaurant environment with award winning chef instructors from Food for Thought Caterers culinary team.

Open to teenagers ages 11 -17 years old (limited to 10 teens per camp)

Campers will learn basic kitchen skills, hygiene and international cuisines and finish the week with a high energy fun filled team cook off, our very own "Chopped".

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

8.30am to 1.00pm: \$400 per week

Location: Food for Thought, Cayman Business Park, George Town

Email: info@foodforthought.ky

Includes: snacks & drinks, a knife, an apron, recipes and all supplies,

Plus, take home any remaining food items for your family to try!

Camp 1	Mon 30 th June – Fri 4 th July (Note there is NO CAMP the week of 7 th -11 th July)
Camp 2	Mon 14 th – Fri 18 th July
Camp 3	Mon 21 st – Fri 25 th July
Camp 4	Mon 28 th July – Fri 1 st August
Camp 5	Mon 4 th – Fri 8 th August
Camp 6	Mon 11 th – Fri 15 th August

Each day our chef instructors will demonstrate a different skill and cooking method so campers can use their skills to make dinner for their family at the end of each week.

MONDAY-- COMFORT FOODS: HOW TO MAKE HOME MADE SAUSAGE ROLLS, ENGLISH STYLE FISH & CHIPS, DIFFERENT BURGERS, STICKY TOFFEE PUDDING WITH TOFFEE SAUCE

TUESDAY--STREET FOODS: MAKE YOUR OWN SPRING ROLLS, VEGGIE SAMOSAS, LAMB KOFTAS, ONION BHAIJS, DIPPING SAUCES & A FRUITY DESSERT SPRING ROLL/FITTERS

WEDNESDAY-- TASTE OF ITALY: MAKE YOUR OWN GNOCCHI, BRUSHETTA, LASAGNE, BUILD YOUR OWN PIZZAS, PLUS, TIRAMISU OR PANNA COTTA.

THURSDAY-- BAKES & CAKES: MAKE YOUR OWN FRUIT NAPOLEON & TURNOVERS, CHOCOLATE CHIP COOKIES, SWISS ROLL PLUS MAKE & DECORATE CUPCAKES

FRIDAY-- CHOPPED WITH A MYSTERY BASKET: LET'S SEE WHAT YOU HAVE LEARNED? WHICH TEAM WILL WIN OUR CHOPPED TROPHY?