



**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 12th until Friday 16th 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 23rd 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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includes lunch, apron, recipes and all supplies take home any remaining food items for family to try!

week 4: Monday 16th August until Friday 20th 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.