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**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.**