



FOOD FOR THOUGHT CULINARY WORKSHOPS FOR TEENS

Join us for our one of a kind, hands on culinary workshops in a restaurant kitchen environment with chef instructors Wayne from Food For Thought and Maureen from Bestlife Culinary.

We will cover the basic kitchen skills, hygiene, international cuisine and end with Chopped: Cayman Style.

A week not to be missed for any teen who has a passion for food and cooking!



8:30am to 12:30pm ~ \$275 for the week
Open to teenagers ages 13-17 years old.
Includes lunch, apron, recipes and all supplies.

EXTRA WEEK ADDED!!

WEEK 3: JULY 30 – AUGUST 3

Monday – Breakfast Champions: How to make the perfect eggs, stuffed French toast with berry sauce, hearty breakfast skillet

Tuesday- Backyard BBQ: BBQ Ribs, perfect potato salad, home made garlic bread, Chili Con Carne

Weds – Mexican Cantina: Guacamole, Pico and Queso sauces from scratch, slow cooked chicken tacos, ultimate nachos

Thursday – Spanish Tapas: Patatas Bravas with Romesco sauce, Beef Empanadas, Spanish Shrimp, Churros with Chocolate sauce

Friday - Chopped