



Schedule of Recipes*

Week 1: “A Cooks Tour”

**Menus are subject to change*

Monday- “The Americas”

Techniques of the day: *Orientation to the kitchen/ Knife Skills*. Louisiana Cajun Blackened Chicken, Brazilian Feijoda stew, Caribbean Coconut Rice, Florida Citrus Salad, Creamed Spinach and Pineapple Upside-down Cake.

Tuesday- “European Tour”

Techniques of the day: Russian style Beef Stroganoff, Creamy Cauliflower Au Gratin, “Vichyssoise- a French classic soup with a cold twist”, Italian style Gorgonzola Salad, savory Five Cheese Lasagna and decadent English Trifle.

Wednesday- “Mediterranean and North Africa”

Techniques of the day: Classic Greek style Moussaka Casserole, Greek Salad, Spanish Paella with Valencia Rice, Moroccan style Tagine with Cous Cous, and Baklava with Pistachios.

Thursday- “Asia Wok and Roll”

Techniques of the day: Japanese style Gyoza “Pot Stickers”, Sushi and sushi rolls, Chinese style Vegetable Fried Rice, spicy Orange Chicken, and Thai Style Rice Pudding.

Friday- “Cuisine Showcase”

Join us for a very special lunch catered by our campers and staff, with a selection of the recipes they learned to prepare this week!



Schedule of Recipes*

Week 2: “A Baker’s Dozen, Sweet and Savory”

**Menus are subject to change*

Monday- France

Techniques of the day: *Orientation to the kitchen/ Knife Skills*. Sweet and Savory Crepes and Eclairs, Chocolate and Cheese Soufflés, Pate’ Sucre Tart.

Tuesday- Mediterranean

Techniques of the day: Pizza and Calzone, Greek Spanakopita (Spinach Pie with Feta cheese) Italian Vanilla Panna Cotta, Spanish Quesada and Ricotta Doughnuts.

Wednesday-UK

Techniques of the day: Chicken Tikka Pot Pie, Beef Wellington in Puff Pastry, Eaton Mess (An English dessert classic!), Sticky Toffee Pudding, Berry Scones.

Thursday- Latin Flavors

Techniques of the day: Empanadas with Beef and Guava, Corn Arepas, Pan Cubano Bread, Caramel Flan, “Tres Leche” (Three Milks) Cake.

Friday- “Cuisine Showcase”

Join us for a very special lunch catered by our campers and staff, with a selection of the recipes they learned to prepare this week!