



CREATIVE COOKS

Sample Activities & Recipes

General Activities Offered During Each Session

- Individual apron and cookbook design.
- Review of kitchen safety expectations and protocols.
- Introduction to kitchen equipment, utensils and tools, including industrial-sized dishwashers, mixers, stoves and ovens.
- Practice of essential culinary skills and learning the fundamentals of cooking.
- Experiencing new foods while gaining team work expertise in a super fun environment.
- Stirring-up creativity each and every day, and a love of cooking.

Culinary Passport

July 10 - 21

Grab your passport and come travel the world of food! This summer our Creative Cooks at Park will embark on a world tour of the seven continents. Campers will sharpen their world geography skills and will create recipes and crafts unique to each region. Check out some of the potential food adventures we'll have a crack at outlined below:

- Cooking will begin in **South America** where students will create **Fried plantains** (platanos fritos), a quintessential South American delight; **Empanadas**, crispy, half-moon shaped pastry with a hot, savory filling of cheese, meat, or vegetables, and Brazilian **Brigadeiros**, delicious chocolate truffles.
- It will get a little chilly in **Antarctica**, the coldest, driest, and windiest of the continents. Therefore, the creation of comfort foods will be the number one priority.
- Our recipes will get a bit fancier as we promenade into **Europe**. Students will learn how to make mouthwatering French **crepes** and **croissants**; rustic Italian **pizza**; and **Spanakopita**, a popular Greek spinach pie.
- While in **Asia**, campers will assemble savory dishes such as **sushi**, **egg rolls**, **dumplings** and **fried chicken**.
- **Africa** has a range of climates and growing conditions so the ingredients for African cuisine are extremely diverse. Regardless of the variety, **shish kebabs** with **jollof rice**, **Moroccan chicken** and juicy **watermelon** will provide students with an enchanting taste of Africa.
- In **Australia**, we will have a g'day (good day) preparing classic dishes such as **meat pies**, recipes containing the countries beloved **avocado**, and ultra-chocolatay Homemade **Tim Tams**.
- Our final day will bring us back to **North America**, specifically Boston, the heartland of the world!! On this special day (or two), campers will decide what tummy yummys come

out of the kitchen. Maybe **Massachusetts-born chocolate chip cookies**, **Boston cream pie** or just a good old tasty **New England burger** and **dog** on the grill.

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Sample Recipes and Activities

| APPROXIMATE TIME FRAMES | ACTIVITIES |
|--------------------------------|--|
| 8:30 – 9:00 am | <ul style="list-style-type: none"> ▪ Arrival ▪ Craft free time |
| 9:00 – 10:30 am | <ul style="list-style-type: none"> ▪ Gather ingredients for daily recipes and begin initial preparation for the main recipes of the day ▪ Snack will be served during preparation activities ▪ Craft free time during downtime |
| 10:30 – 11:00 am | <ul style="list-style-type: none"> ▪ Outdoor time and games |
| 11:00 – 12:15 pm | <ul style="list-style-type: none"> ▪ Completion of main recipes and clean-up |
| 12:15 – 1:00 pm | <ul style="list-style-type: none"> ▪ Lunch |
| 1:00 – 2:00 pm | <ul style="list-style-type: none"> ▪ Packaging of take home goodies. ▪ Craft free time |
| 2:00 – 2:20 pm | <ul style="list-style-type: none"> ▪ Gather belongings from the kitchen and change for the pool and enjoy carefree swim time |
| 2:20 – 3:00 pm | <ul style="list-style-type: none"> ▪ Enjoy carefree swim time |
| 3:00 - 3:15 pm | <ul style="list-style-type: none"> ▪ Gather belongings and take home goodies, and head to carpool |