



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 teamwork expertise in a super fun environment.
- Stirring-up creativity each and every day, and a love of cooking.

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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 Choice
9:00 am – 10:30 am	<ul style="list-style-type: none"> ▪ Overview of days menu ▪ Gather ingredients for daily recipes/ begin preparation for the main recipes of the day ▪ Cookbook project including menus/recipes/aprons
10:30 – 11:00 am	<ul style="list-style-type: none"> ▪ Snack/ Outdoor time and games
11:00 – 12:30 pm	<ul style="list-style-type: none"> ▪ Completion of main recipes/ ▪ reset kitchen space for cleanliness
12:30 – 1:00 pm	<ul style="list-style-type: none"> ▪ Lunch
1:00 – 2:00 pm	<ul style="list-style-type: none"> ▪ Review day prepare for next days menu/prep ▪ Cookbook project continues ▪ Reset kitchen cleanliness for end of day
2:00 – 2:20 pm	<ul style="list-style-type: none"> ▪ change for swim/transition to pool
2:20 – 3:00 pm	<ul style="list-style-type: none"> ▪ Free Swim
3:00-3:30 pm	<ul style="list-style-type: none"> ▪ Final meeting/ Transition to carpool

Foods of the World

July 9 – 20

Grab your passport and come travel the world of food! This summer our Creative Cooks at Park will embark on a world tour of five continents. Campers will sharpen their world geography skills and will create recipes and crafts unique to each region. Check out some of the potential culinary food adventure possibilities.. Each camper will make their own personalized cookbook and aprons with our summer menus and recipes.

North America

We begin in the USA here in Boston. First we will start with New England burger, baked beans, and hotdogs on the grill. Followed by some fun Massachusetts-born chocolate chip cookies, Chipwiches, and homemade Ice Cream.

South America

In South America, students will create Empanadas, crispy, half-moon shaped pastry with a hot, savory filling of cheese, meat, or vegetables, a quintessential South American delight; and Brazilian Brigadeiros, delicious chocolate truffles, a super fun project!

Europe

Lets promenade into Europe. Students may learn how to make mouthwatering French crepes and croissants, and quiches; followed by chocolate and cheese fondue, and rustic Italian pizzas with lots of cheese and fresh vegetables.

Asia

Off to Asia, where campers will assemble savory dishes such as sushi, egg rolls, dumplings and chicken fried rice. Indian Chicken Tikka masala with Naan bread and a scrumptious hummus.

Africa

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 jolloff rice, Moroccan chicken and juicy watermelon will provide students with an enchanting taste of Africa.

North American Road Trip

July 23 - August 3

East Coast

Inspired by our local flavors, we will embrace the foods from the sea and land! We will start with Chowders and a Maine baked potato bar with all the toppings and fixings. A Boston original paired with fresh fruits from our garden. As we head towards Philly for cheesesteaks and cakes, we might stop in The Big Apple for some pizza skills and slices.

Canada

Heading north..Poutine anyone? Who doesn't love cheese, potatoes, and gravy? Come and learn about the craze...Learn about their Nanaimo bar made with chocolate ganache, vanilla custard and crushed cookies. It's going to be a camper favorite.

West Coast

Learn all the craze with fresh Grain Bowls, fresh vegetables from our garden with noodles and rice. Don't forget our favorite Burrito Bar, whether it's veggie, beef, pork or cheese! You will learn all the skills to create your own perfect sticky rice and sushi on our trip to the West Coast.

Southwestern

Enchiladas and southern cooking may just be our favorite as we continue on our trip. Our summer BBQ favorites have us preparing chicken, corn bread, corn on the cob outside on the grill. We'll finish it off with a watermelon and a picnic. The rustic hearty food of the South will leave you wanting for more.

Mexico

Final stop. Let's celebrate with tacos, with fish, meat, and vegetarian varieties. Have you ever made homemade chips guacamole and salsa? We will explore the traditions and flavors from our neighbors down south. Posole, A traditional Mexican soup is served to celebrate life's blessings. It is made with fresh vegetables, chicken, pork or tofu. They will blend together to complete our soups. Ending on a sweet note and a camper favorite, our traditional churros will be second to none.

These are just a few possibilities of some of the many recipes we will be creating this summer. Come chef with us!