



KIDS/TEEN SUMMER 2023 CAMPS

GET YOUR YOUNG CHEF COOKING THIS SUMMER!

Registration is now open for kids' and teens' summer cooking camps! These programs provide an opportunity for budding chefs to get comfortable and have fun in the kitchen, working with recipes geared for their age group. All camps take place at our Lincoln Square location and do not need to be taken sequentially.

KIDS CAMPS

Mini Camp: Baking & Pastry

July 5 - 7
9am-11:30am
\$350

Day 1: Quick Breads and Short Pastry

- Mini Lemon Pound Cakes with Vanilla Glaze
- Banana Bread Muffins with Chocolate Frosting
- Chocolate Chip Scones

Day 2: French Pastry

- Cream Puffs with Pastry Cream
- Chocolate Mousse
- Cinnamon-Sugar Palmier Cookies

Day 3: Fruit Desserts

- Apple-Oatmeal Cookies
- Mixed Berry Pavlova with Whipped Cream
- Individual Peach Cobblers

Baking and Pastry

July 24 - 28
9am-11:30am
& 1pm-3:30pm
\$550

Day 1: Quick Breads and Short Pastry

- Mini Lemon Pound Cakes with Vanilla Glaze
- Banana Bread Muffins with Chocolate Frosting
- Chocolate Chip Scones

Day 2: French Pastry

- Cream Puffs with Pastry Cream
- Chocolate Mousse
- Cinnamon-Sugar Palmier Cookies

Day 3: Cookies and Bars

- Smore's Chocolate Chip Cookies
- Lemon Bars with Oat Crumble
- Carrot Cake Whoopie Pies with Cream Cheese Frosting

Day 4: Cakes

- Strawberry Cupcakes with Strawberry Buttercream
- Chocolate Flourless Cake with Raspberry Sauce
- Individual Vanilla Layer Cakes with Vanilla Frosting and Sprinkles

Day 5: Fruit Desserts

- Apple-Oatmeal Cookies
- Mixed Berry Pavlova with Whipped Cream
- Individual Peach Cobbler



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KIDS CAMPS

Global Cuisine

June 12 - 16
and
August 21 - 25
9am-11:30am
\$550

Day 1: Mexico

- Guacamole with Homemade Tortilla Chips
- Chicken Enchiladas with Roasted Salsa Roja
- Individual Tres Leches Cake with Strawberries

Day 2: Italy

- Caesar Salad with Homemade Croutons
- Individual Neapolitan Pizzas
- Summer Berry Crostata with Gelato

Day 3: France

- Croque Monsieur (Ham and Gruyere Cheese Griddled Sandwich)

Day 3 France cont.

- Roasted Potatoes with Creamy Herb Dipping Sauce
- Lemon Pot de Crème with Raspberries

Day 4: Japan

- Steamed Pork Dumplings with Soy Dipping Sauce
- Homemade Ramen Noodles with Miso-Soy Broth
- Matcha-Sesame Cookies

Day 5: Spain

- Bacon-Wrapped Dates
- Black Bean and Cheese Empanadas
- Baked Goat Cheese in Tomato Sauce with Grilled Bread
- Arroz con Leche (Rice Pudding with Cinnamon and Vanilla)

TEEN CAMPS

Mini Camp: Gluten-Free & Vegetarian

July 5 - 7
1:30pm-4:30pm
\$400

Day 1: Breakfast

- Cinnamon Rolls with Cream Cheese Frosting
- Pumpkin and Brown Sugar Muffins
- Buckwheat Pancakes with Blueberry Sauce
- Tempeh and Potato Breakfast Bowls with Scrambled Eggs

Day 2: Lunch

- Potato-Leek Soup with Roasted Poblano
- Quinoa, Avocado, Chickpea and Cucumber Salad with Feta Vinaigrette
- Chewy Chocolate Brownie Cookies
- Pomegranate Oolong Iced tea



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TEEN CAMPS

3-Day Mini Camp: Gluten-Free & Vegetarian (continued)

Day 3: Dinner

- Gluten Free Pizza with Homemade Tomato Sauce
- Grilled Vegetable Antipasto Salad with Pesto Drizzle
- Crispy Fried Cauliflower Fritters
- Flourless Chocolate Cake
- Italian Cream Soda with Blackberry Syrup

Baking & Pastry

July 10 - 14
9am - 12pm & 1:30pm
- 4:30pm

August 7 - 11
9am - 12pm & 1:30pm
- 4:30pm
\$650

Day 1: Quick Breads and Short Pastry

- Cinnamon Roll Coffee Cake with Streusel Topping
- Lemon-Blueberry Scones with Lemon Glaze
- Peach-Vanilla Bars
- Sesame-Garlic Bread Sticks
- Homemade Pie Dough

Day 2: French Pastry Techniques

- Crêpes Suzette
- Eclairs with Pastry Cream and Chocolate Sauce
- Tart Normande Aux Pommes (Apple Custard Tart)

Day 3: Dough Day

- Cinnamon-Sugar Babka
- Zeppole (Ricotta-Lemon Fritters)
- Cream Cheese and Fruit Danishes with Puff Pastry
- Focaccia with Pesto and Oven-Dried Tomatoes

Day 4: Chocolate Desserts

- Chocolate Ganache Tart
- Chocolate-Toffee Cookies
- Chocolate Crème Brûlée
- White Chocolate Blondies

Day 5: Fruit Desserts

- Passion Fruit Cupcakes with Curd Filling and Coconut Frosting
- Pavlova with Strawberries and Cream
- Banana 'Nilla Pudding
- Summer Berry Crostata



TEEN BOOT CAMPS 2023

In these week-long Boot Camp, teens ages 12 to 16 will learn essential cooking techniques and receive kitchen wisdom from our chefs that will stay with them for a lifetime. Students will become proficient at making sauces, knife skills, meat and vegetable cookery, working with seasonal produce, making dough and baking. Additionally, they will understand the how's and why's of cooking, preparing them for a future of confidence in the kitchen.

Kitchen Concepts 1

June 26 - June 30 and July 31 - August 4

9am - 3pm

\$1350

Day 1: Breakfast and Brunch

- Knife Skills Lesson
- Over Easy Eggs with Oven-Roasted Breakfast Potatoes, Peppers and Onions
- Minty-Melon Fruit Salad
- Eggs Benedict with Homemade English Muffins, Poached Eggs and Hollandaise
- Apple and Fennel Turkey Breakfast Sausage
- Homemade Granola-Yogurt Parfaits with Dried Cherries and Chocolate
- Apple Turnovers with Puff Pastry and Vanilla Glaze

Day 2: American Basics

- Spinach-Artichoke Dip with Roasted Garlic Crostini
- Cobb Salad with Grilled Chicken and Homemade Ranch Dressing
- Creamy Tomato Soup with Garlic-Herb Croutons
- Black Bean Burgers with Avocado Aioli
- Carrot and Parsnip "Fries"
- Raspberry Swirl Vanilla Cheesecake Bars with Graham Crust
- Lemon Cake with Warm Blueberry Sauce

Day 3: Vegetarian Italian

- Artichoke and Roasted Red Pepper Antipasto
- Fresh Fettuccine Primavera with Pesto
- Grilled Eggplant and Zucchini Involtini with Roasted Tomato Sauce
- Risotto with Mushrooms and Wilted Kale
- Ricotta Gnocchi with Parmesan Cream
- Zabaglione with Macerated Stone Fruit



TEEN BOOT CAMPS 2023

Teen Boot Camp 1 Kitchen Concepts is not a prerequisite for Teen Boot Camp 2 International Adventure.

Kitchen Concepts 1 (continued)

Day 4: Outdoor Grilling

- Quinoa Grain Bowls with Chickpeas, Grilled Summer Vegetables, Grilled Avocados and Lemon-Herb Vinaigrette
- Grilled Flatbread with Roasted Garlic, Tomatoes and Mozzarella
- Grilled Beef and Veggie Skewers with Yogurt-Tahini Sauce
- Grilled Shrimp Tacos with Grilled Pineapple Salsa and Lime Sour Cream
- Grilled Corn Salad with Charred Jalapeños, Lime and Queso Fresco
- Wood Fired Chocolate-Toffee Brownies with Homemade Vanilla Ice Cream

Day 5: Southern Comfort

- Watermelon, Tomato and Mint Salad
- Shrimp and Andouille Sausage Gumbo with Steamed Rice
- Blackened Fish with Cajun-Creole Spice Blend
- Cheesy Grits
- Buttermilk Biscuits with Honey-Orange Compound Butter
- Nashville Hot Chicken with Skillet Mac-n-Cheese
- Banana Pudding with 'Nilla Wafers

International Adventure Teen Boot Camp 2

July 17 - July 21 and August 14 - August 18

9am - 3pm

\$1350

Day 1: Spain

- Baked Goat Cheese with Tomato Sauce
- Tortilla Espanola with Aioli
- Bacon-Wrapped Dates
- Fresh Tomato, Cucumber and Herb Gazpacho
- Shrimp and Chorizo Paella
- Churros with Cinnamon Sugar



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Teen Boot Camp 1 Kitchen Concepts is not a prerequisite for Teen Boot Camp 2 International Adventure.

International Adventure 2 (continued)

Day 2: India

- Red Lentil Dal with Raita
- Samosas with Coconut-Cilantro Chutney
- Chickpea-Sweet Potato Fritters
- Chicken Tikka Masala with Basmati Rice
- Saag Paneer (Sautéed Spinach with Fresh Cheese)
- Whole Wheat Chapati
- Mango Lassi

Day 3: Greece

- Spanakopita Pie
- Greek Villagers Salad with Feta Vinaigrette and Grilled Shrimp Skewers
- Avgolemono (Chicken Soup with Lemon and Orzo)
- Pastitsio (Greek Lasagna with Tomato Sauce and Béchamel)
- Gyros-Style Meatballs with Homemade Pita and Tzatziki Sauce
- Roasted Potato Wedges with Lemon and Feta
- Orange Semolina Cake with Whipped Cream

Day 4: Latin

- Chicken Tortilla Soup and Quesadillas with Homemade Flour Tortillas
- Mexican Shrimp Cocktail with Avocados and Homemade Corn Tortilla Chips
- Caribbean-Spiced Fish Wrapped in Banana Leaves
- Elotes (Mexican Street Corn)
- Tostones (Fried Plantains)
- Rice and Black Beans
- Tropical Fruit Empanadas with Vanilla-Lime Glaze
- Guava Bars with Shortcake Crust

Day 5: Asia

- Shrimp Pot Stickers with Carrot-Ginger Salad
- Steamed Chicken Buns with Hoisin Dipping Sauce
- Homemade Ramen Noodles with Miso-Soy Broth
- Orange Chicken with Steamed Rice
- Thai Drunken Noodles with Ground Beef, Green Peppers and Tomatoes
- Stir Fried Baby Bok Choy, Bamboo Shoots and Mushrooms with Steamed Rice
- Mochi with Strawberry Ice Cream