



BUDDING MaSTIR CHEF AFTER-SCHOOL COOKING CLASSES

Let your children release their inner masterchef!

We're whipping up some fresh and tasty content for your budding kid chef this season by focusing on 3 super fun COOL-inary themes in our after-school cooking class sessions:

- **FUN-da-mentals:** In our first class, your kid chef will develop confidence in the kitchen by learning the **FUN-da-mentals:** *measuring, mixing, mashing, blending, and more!* These skills set the foundation for cooking and baking, and students will learn these skills while creating a delicious sweet treat with a nutritious twist!
- **Kitchen Tools PhD:** In subsequent classes, students will move on to earning their **Kitchen Tools PhD!** Recipes provide tons of engaging and tactile learning for kids to perfect their dicing, slicing, mincing, grating, folding and chopping with a wide variety of kitchen tools, from graters and immersion blenders to whisks, wooden spoons and kid-safe kitchen knives. These kitchen tools help develop and hone fine motor skills as kid chefs prepare savory recipes together with their peers.
- **COOL-inary Confidence:** Students will also learn to *"Cook Off the Cuff"* for several classes and develop their **COOL-inary Confidence** with fun & flexible recipes that let them choose the vegetables, herbs, and spices from a bundle of colorful and tasty options. Each hands-on, real-world class will encourage your young chef to engage all of their 5 senses while expressing their own unique culinary creativity, trying new foods, and thinking about how each component will contribute to their own tasty recipe masterpiece in the end!

Our professional chef instructors guide kid chefs by providing safe, entertaining, hands-on learning throughout the class, but it's the kid chefs who do the prepping and the cooking! Our class sessions are a BLAST for all ages!

When kids get to touch the ingredients and have a hand in creating their food, they're much more willing to try new foods.

We provide all of the tools, ingredients and instruction needed to cook up a delicious, healthy and hearty after-school snack each week. Our online recipe collection is included as well for loads of future family cooking fun at home!

www.stickyfingerscooking.com/recipes

Recipes for FALL Semester Class Sessions 2019

Sticky Fingers Cooking is 100% nut free. We CAN and WILL accommodate ANY and ALL food allergies

- ★ **End of Summer Surprise Oatmeal Cookie Sandwich Bites + N'ice cream filling + Raisin "Caramel" Shazam Shakes** - A *FUN-da-mentals Class*
- ★ **Back-to-School Peachy Panzanella + Fresh Tomatoes + Bellissima Basil Vinaigrette + Blended Basil Peach-ade** - A *Kitchen Tools PhD Class*
- ★ **Supreme Sour Cream Cardamom Pear Cupcakes + Indian Sweetly Spiced Glaze + Chilled Chai Pear Lassi** - A *FUN-da-mentals Class*

- ★ **Kid Chef Choice Zany Stuffed Fresh Spring Rolls + Crispy Crazy Potstickers + Soy Ginger Drizzle + Ginger Hibiscus Punch - A COOL-inary Confidence Class**
- ★ **Amanda's Muy Bueno Black Bean Cakes + Groovy Green Savory Sauce + Cuban Lime Sparklers - A Kitchen Tools PhD Class**
- ★ **Assorted Kid-In-Vented Fruity and Vegetable Salsas + Jazzed Up Savory Chips + Surprisingly Sweet Chips + Sunshine Smoothies - A COOL-inary Confidence Class**
- ★ **Italian Pint-sized Poppyseed Cakes + Incredibly Creamy Ricotta Frosting + Fruity Italian Punch - A FUN-da-mentals Class**
- ★ **Lemon Carrot Polenta Zeppole + Quick Lemon Glaze + Candied Lemon Carrots + Iced Italian Lemon Lattes - A FUN-da-mentals Class**
- ★ **Marvelously Mediterranean Cheesy Stuffed Mushroom Parcels + Frothy Mint Lemonade - A Kitchen Tools PhD Class**
- ★ **Kid-Created Sweet and Savory Middle Eastern Hummus + Bite Sized Fruit/Veggie/Bread Dippers + Cinnamon Milk Tea - A COOL-inary Confidence Class**
- ★ **Yankee Doodle Rainbow Macaroni Salad + Charred Green Onion Honey Dressing + Fabulous Frosted Orange Julius - A Kitchen Tools PhD Class**
- ★ **Halloween Sneaky Snickerdoodle Pumpkin Flapjacks + Creative Kid Add-Ins + Grapey Eyeball Compote + Mad Scientist Grape Soda A COOL-inary Confidence Class**
- ★ **"Pain Perdu" Thankful French Toast Sticks + Sticky Cranberry Syrup + Bubbly Cranberry Soda - A FUN-da-mentals Class**
- ★ **Thanksgiving Apple Cranberry Tarte Tatin Cups + French Vanilla Creme + Vanilla Cinnamon Kid-Lattes - A FUN-da-mentals Class**
- ★ **Kid-Innovative Totally Tasty Tostadas + Speedy Skillet Refried Beans + Mexican Chili Limeade - A COOL-inary Confidence Class**
- ★ **Lulu's Lucky Lo Mein Noodles + Chinese Sweet Soy Splash + Green Tea Smoothies - A Kitchen Tools PhD Class**
- ★ **Kid-Tastic Creative Calzone Challenge + Saucy Tomato Dip + Kid-Made Italian Sodas - A COOL-inary Confidence Class**
- ★ **Portuguese Choco-licious Rosemary Custard Mini Tortes + Cozy Rosemary Chocolate Caliente - A FUN-da-mentals Class**
- ★ **Festive Chocolate Orange Pancakes + Salted Orange Rosemary Compote + Chocolate Whipped Cream + Rosemary Orange Seltzer - A FUN-da-mentals Class**
- ★ **Cheeky Chickpea Puttanesca + Crazy-Delicious Crispy Polenta Cakes + Awesome Italian Ice - A Kitchen Tools PhD Class**
- ★ **"Make-n-Take" Healthy Holiday Family Granola + Yummy Yogurt Whip + Kid-Designed Un-smoothies - A COOL-inary Confidence Class**