

Growing Gourmet Culinary Camp

Growing Gourmet



Welcome to ECI's Growing Gourmet Culinary Camp

- Your child's culinary adventure begins with an introduction to their own café. Students will become familiarized with every aspect of a working kitchen. By the end of class they will be cutting, dicing, mincing and mixing. Education and kitchen safety is a priority and our primary focus, but FUN is our goal!
- Each morning breakfast will be available (Monday ECI staff will prepare breakfast for the students – Bacon, eggs, fruit, cereal, bagels...etc.). Tuesday kids will make pancakes (plain, blueberry and strawberry) Wednesday is French toast and Thursday students will be making waffles.
- Join us for a "different" kind of camp where lessons learned will not soon be forgotten.

Monday Kitchen Safety	Tuesday From Start to Finish	Wednesday Soups, Sauces and a Pot of Gravy "Tomato Sauce"	Thursday What's for Dinner?
<ul style="list-style-type: none"> ▪ Proper Food Handling ▪ Table Setting ▪ Etiquette ▪ Knife Safety ▪ Proper Handling of Kitchen Appliances 	<ul style="list-style-type: none"> ▪ Homemade Banana Pancakes ▪ Cream Cheese Pound Cake ▪ Chocolate Covered Strawberries ▪ Here we will learn the art of baking and why it is a science. 	<ul style="list-style-type: none"> ▪ Learn basics for soups and sauces and how to change them up. 	<ul style="list-style-type: none"> ▪ Penne Pasta with our Italian Pot of Gravy ▪ Roasted Chicken with a Roasted Garlic Onion Gravy ▪ Roasted Red Rosemary Potatoes ▪ Baby Carrots

Four Day Program Four Options

Jr. Chef Program (1st – 4th grade)
June 12 - June 15 ~ 9 AM to Noon
July 17 - July 20 ~ 9 AM to Noon

Sr. Chef Program (5th – 8th grade)
June 12 - June 15 ~ 2 PM to 5 PM
July 17 - July 20 ~ 2 PM to 5 PM

Costs for Program include:
\$150 for classes
\$30 for materials
\$180 Total







Location:
St. John Paul II Catholic School
1400 Parkway Plaza
Houston, TX 77077



Parents, interested in having your child join ECI for a summer camp of food, fun, and learning? Go to ecimanagementgroup.com/growinggourmet to find out more and to sign-up for classes!

Growing Gourmet Culinary Camp

Young chefs will learn basics in:

-  Kitchen Safety
-  Proper Food Handling
-  Etiquette
-  Food Preparation
-  Cooking and Baking Techniques
-  Presentation

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Fun – Informative – Hands On Four days to learn the trade



We review rules and kitchen safety first! Practice spreading, rolling, pouring, peeling, tearing, tossing, stirring, and adding ingredients.

Kids get to wash vegetables, stir dough, pour ingredients, gather ingredients, grease pans, open packages, peel eggs, oranges, and bananas, crush chips & crackers for toppings, and learn how to properly set a table!

Programs for different Age Groups

- Junior Chef Program
- Senior Chef Program

Jr. Chef Program Grades 1st – 4th



Now kids get to learn more creativity! Three balanced meals, learning to use stove and oven with caution.

Getting to know cultural foods. Knife safety, microwave safety, using an electric mixer, blender, other kitchen appliances. How to tell when noodles, cakes and cookies are done, how to double a recipe or "half" it.

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Sr. Chef Program Grades 5th – 8th



Sauces, creams, soups. Always working on etiquette. Time for our young culinary masters to show their parents what they have learned!

Principles of reading, math, science and manners will be applied on a regular basis. There are so many recipes we will be doing, too many to list! But here is a sampling: Homemade butter and bread, Pretzels, Manicotti, Fish Tacos, Baked Chicken, Shepherd's Pie and the list can go on!