



JR. CHEF COOKING CAMP Summer Registration Now Open!

Weekly Sessions from
June 13 through August 5

*Does your child love to cook, eat, or play with their food?
Then Jr. Chef Cooking Camp is the perfect activity for them!*

This 5-day 'culinary boot camp' gives kids the basic skills they need to cook and builds their kitchen confidence so they can feed themselves and others! They'll practice these key concepts:

Seasonal Meal Preparation: 4 courses prepared daily featuring local and seasonal ingredients!

Knife Skills & Kitchen Sanitation: Focus is on safety, technique, precision and sanitation.

Cooking Techniques: From Mise En Place, to roasting, baking, sauteing and plating!

Big Picture: Nutrition basics, table settings, dining etiquette

2011 Summer Schedule:

June 13 - 17	Basic Camp
June 20 - 24	Basic Camp
June 27 - 1	Master's Camp*
July 11 - 15	Basic Camp
July 18 - 22	Basic / Advanced Camp
July 25 - 29	Basic
August 1 - 5	Advanced Camp*

* By invitation only

Fees (US) - 5 day session \$310 or complete your registration before May 1st for \$295

All sessions run 8:30am - 3pm Monday thru Thursday and until 2pm on Friday.

Location: Sacramento New Technology High School Kitchen, off Freeport Blvd., South Sacramento

Space is Limited

**Contact (916) 691-4323 or
www.jrchefcentral.com
to ensure your child's space today!**

