



All American

Overview

This program will focus on typical American fare throughout the U.S. regions. The course will include typical nutritional information, and serving sizes based on the Federal guidelines. Participants will learn to prepare traditional entrees that are tasty and nutritious. As always, there will be a focus on seasonal ingredients so participants create salads and prepare fruit most days.

Course

By the end of the week, participants will have covered basic food preparation, reading recipes, cooking, and cleanup. The camp also incorporates food safety, knife safety, shopping concepts, and setting a table. Participants learn cooking techniques and terminology such as browning, sauteing, making a roux, baking a fruit crisp, preparing noodles and much more.

The course is divided into 5 days over one week as part of summer camp program. The classes are:

1. Colonial Daze

Students will learn basic cooking techniques using traditional recipes influenced by the early American colonies. Participants prepare a traditional menu that would be found in the Williamsburg Colonial town.

2. Pacific Rim

Participants will prepare a menu influenced by Asian American heritage.

3. Rage-n Cajun

Participants will learn the simplicity of Cajun style cooking. Students prepare a traditional Jambalaya and pralines.

4. Picnic

Participants learn how to make sandwiches and salads for an outdoor picnic menu. Students learn the importance of temperature and food selection.

5. Southwestern Fiesta - Celebration

Students celebrate the completion of class and prepare traditional southwestern style menu.



Where & When

When:

June 22-26, 2009, 9am-12pm, ages 7-12

July 20-24, 2009, 2pm-5pm, ages 13-18

Where:

Immanuel Lutheran Kitchen
1910 Santa Clara
Alameda, CA 94501

[Click here for directions.](#)

Call (510) 522-2909 or email registrar@chef-k.com.

Need to Know

Participants should wear comfortable closed-toed shoes such as sneakers. Please bring a cap.

The Youth Camp ages 7-12 is in conjunction with Boy Scouts of America Learning for Life Program. Teen Camp is in conjunction with Venturing Boy Scouts of America, 1714 Everett St. P.O. Box 2246 Alameda, CA 94501.