



Asian Persuasion

Overview

The rich diversity of Asian food creates the backdrop for a week-long program that teaches participants to prepare traditional regional entrees that are tasty and nutritious. As always there will be a focus on seasonal ingredients. By the end of the week, participants will have covered basic food preparation, reading recipes, cooking, and cleanup.

Course

The course is divided into five classes. The classes are optimized for three hours and typically are taught over a 5 day week as part of summer camp. The classes are:

1. **Kitchen Safety – Knife Skills**

Students learn about typical knives used in the kitchen; particular focus on paring and chef knives. Students also learn how to safely handle knives to slice and dice produce and other ingredient products. Primary menu includes Southeast Asian Wraps and dipping sauces.

2. **Poaching & Blanching Technique**

Students learn basics of poaching chicken and blanching vegetables. Participants prepare Japanese style chicken and soba noodles.

3. **Shopping 101**

Students learn basics of shopping. Students prepare lettuce wraps, a hot and sour soup.

4. **Table Etiquette & Soup To Nuts**

Students learn about differences in courses between Asian and American cultures that lead to a discussion of courses. Students learn the basics of table etiquette; such as setting the table, course order, passing and serving. Simple examples of use of color and seating order in China will be introduced. They will prepare a simple three course seasonal meal.

5. **Stir Fry - Celebration**

Students celebrate the completion of class and prepare stir fry meal with steamed rice.



Where & When

When:

August 3-7, 2009, from 9am-12pm

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

Ages 7-12

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

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