



## BUDDING MaSTIR CHEF AFTER-SCHOOL COOKING CLASSES | SPRING 2020

Let your children release their inner masterchef!

*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 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](http://www.stickyfingerscooking.com/recipes)

*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!

## Recipes for our Class Sessions | SPRING 2020

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

- ★ Chinese New Year Brilliant Banana Fritters + Lychee Syrup (or Mandarin Orange) + Lucky Lychee Banana Milkshakes - A *FUN-da-mentals Class*
- ★ Japanese Ginger Lucky Banana Rice Pudding + Fried Banana Bits + Ginger Green Tea Lattes - A *FUN-da-mentals Class*
- ★ Moroccan Dried Fruit Sweet Potato Tagine + Garlicky Couscous Crumbles + Warm Moroccan Spiced Apricot Tea - A *Kitchen Tools PhD Class*
- ★ Italian Surprise Bolognese Plant Pasta + Tasty "Tricolore" Radicchio Salad + Outrageous Orange Italian Ice - A *Kitchen Tools PhD Class*
- ★ Create-Your-Own Scones + Creative Whipped Cream + Assorted Mashed Winter Fruit Jams + Kid-Friendly Cappuccinos - A *Cool-inary Confidence Class*

- ★ **Valentine's Day Mini Mahogany Cakes + Cheery Cherry Chocolate Drizzle + Iced Cherry Love Spritzers** - *A FUN-da-mentals Class*
- ★ **Salted Chamomile Honey Beignet Bites + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz** - *A FUN-da-mentals Class*
- ★ **India's Turnip Tikka Masala + Street-style Hakka Noodles + Classic Indian Sweet Yogurt Lassi** - *A Kitchen Tools PhD Class*
- ★ **Crispy Korean "Pajeon" Kid-Made Pancakes + Umami Sweet-Sour Soy Sauce + Iced Ginger Cinnamon Punch** - *A Cool-inary Confidence Class*
- ★ **Fat Tuesday Colorful Cajun Jambalaya + Cozy Cornbread Muffins + Celebratory Sparkling Grapefruit Soda** - *A Kitchen Tools PhD Class*
- ★ **Springtime Citrus Cakelette Creations + Sweet-Tart Citrus Glazes + Citrus Peel Confetti + Easy Citrus-ade** - *A Cool-inary Confidence Class*
- ★ **Carrot Cake Pops on a Stick + Sweet Cream Drizzle + Carrot Confetti + Cheesecake Shakes** - *A FUN-da-mentals Class*
- ★ **Kid-Invented Fresh Vegetable Spring Rolls + Sweet Chili Dipping Sauce + Refresh Fresh Mint Tea** - *A Cool-inary Confidence Class*
- ★ **Fancy French Tomato Tartlettes + Totally Tomato Salad Nicoise + Fruity French Swizzles** - *A FUN-da-mentals Class*
- ★ **St Patty's Day Lucky Leek Potato Soup + Easy Irish Soda Bread Pops + Green Grape Muddlers** - *A Kitchen Tools PhD Class*
- ★ **Kid-Innovated Nigerian Baked "Chin Chin" Puffs + Yogurt Dipping Sauce + African Ginger "Malian" Sparklers** - *A Cool-inary Confidence Class*
- ★ **April Fools British No-Bake Berry "Fool" + Crumbly Butter Cookies + Imperfectly Proper British Tea** - *A FUN-da-mentals Class*
- ★ **Very Berry French Toast Cupcakes + Whipped Berry Yogurt + Creamy Berry Vanilla Smoothies** - *A FUN-da-mentals Class*
- ★ **Deep Dish Chicago-Style Kid-Created Pizzas + Quick Pickled "Giardiniera" Vegetable Salad + Luscious Lemon Frozen Scroppino** - *A Cool-inary Confidence Class*
- ★ **Awesome Austrian Cheesy Two-minute Squeeze Bottle "Spaetzle" + Caramelized Skillet Spring Vegetables + "Obi g'spritzt" Apple Sodas** - *A Kitchen Tools PhD Class*
- ★ **Skillet Strawberry Rhubarb Crisp + Brown Sugar Cream + Strawberry Rhubarb Dreamsicles** - *A Kitchen Tools PhD Class*
- ★ **Chesapeake Bay Awesome Artichoke Hearts of Palm "Crab" Cakes + Creamy Remoulade Sauce + Cranberry Party Punch** - *A Cool-inary Confidence Class*
- ★ **Mexican Cinco-de-Mayo Chocolate Tres Leches Cake + Dulce De Leche Caramel Sauce + Aztec Spiced Hot Cocoa** - *A FUN-da-mentals Class*
- ★ **Beautiful Blackberry Cinnamon Shortcakes + Honey Yogurt Icing + Smashed Blackberry Compote** - *A FUN-da-mentals Class*
- ★ **Speedy Spinach Cheese Tortellini + Quick Breadcrumbs Pesto + Iced Italiano Limon-chell-ade** - *A FUN-da-mentals Class*
- ★ **ATX Crispy Cauliflower Tex-Mex Tacos Al Pastor + Hot Pink Coconut Slaw + Agua de Pina Slush** - *A Kitchen Tools PhD Class*
- ★ **Middle Eastern Fattoush Toasted Bread Salad + Charred Spring Onion Dressing + Sparkling Levantine Apricot Soda** - *A Cool-inary Confidence Class*
- ★ **Luscious Lemon Ricotta Chai Muffins + Fluffy Ricotta Frosting + Sweet Lemon Dust + Springtime Chai Iced Tea** - *A FUN-da-mentals Class*
- ★ **Crazy Hawaiian Loco Moco + Crispy Tropical Veggie Burgers + Fearless Frozen Mango Fizzies** - *A Kitchen Tools PhD Class*