

# KIDS' & TEENS' CAMPS summer 2019

The  
Chopping  
Block

Registration is now open for kids' and teens' summer cooking camps! These programs provide an opportunity for budding chefs to get comfortable and have fun in the kitchen, working with recipes geared for their age group. All camps take place at our Lincoln Square location (except for Teen Boot Camp which is at the Mart) and do not need to be taken sequentially.

Easy online enrollment at [thechoppingblock.com](http://thechoppingblock.com)

## Kids' Camps

LINCOLN SQUARE

Kids 7 to 11 years old have their choice of three different four-day Kids' Camps, featuring hands-on cooking and lots of eating! We will focus on following recipes, working cleanly and safely in the kitchen, and exploring new foods.

### A Trip Around the Globe — \$250

June 10-13 | July 8-11 | August 19-22 2-4PM  
July 29-August 1 2:30-4:30PM

- Day 1 | Greece:** Spanakopita; Homemade Gyros with Pita Bread and Tzatziki Sauce; Greek Donuts with Lemon-Honey Syrup  
**Day 2 | Thailand:** Mango and Cucumber Spring Rolls; Chicken Satay with Hoisin Sauce; Tofu Pad Thai; Bananas with Coconut Milk and Chocolate Sauce  
**Day 3 | Italy:** Artichoke and Red Pepper Antipasto with Pesto Vinaigrette; Homemade Spaghetti and Meatballs; Ricotta and Chocolate-Filled Cannoli  
**Day 4 | France:** Croque Monsieur (Griddled Ham and Cheese Sandwich) with Mornay Sauce; French Green Bean and Potato Salad with Garlic Aioli; Chocolate Mousse

### Summer in the City — \$250

June 17-20 | July 15-18 | August 26-29 2:30-4:30PM  
August 5-8 2-4PM

- Day 1 | Pack a Picnic:** Grilled Steak Wraps with Roasted Peppers and Fresh Herb Aioli; Pasta Primavera; Lemon Bars  
**Day 2 | Fun at the Fair:** Nachos with Homemade Cheese Sauce; BBQ Chicken Wings with Homemade Ranch Dipping Sauce; Funnel Cakes with Powdered Sugar  
**Day 3 | A Day at the Beach:** Strawberry Salsa with Tortilla Chips; Oven "Fried" Chicken; Grilled Corn Salad with Tomatoes, Cucumbers and Queso Fresco; Blondies  
**Day 4 | Backyard BBQ:** BLT Burgers; Creamy Cabbage Slaw; Roasted Sweet Potato Fries; Seasonal Fruit Crisp

### Breakfast to Bedtime — \$250

June 17-20 | August 26-29 2:30-4:30PM  
July 15-18 2-4PM

- Day 1 | Breakfast:** Watermelon and Fresh Berry Fruit Salad; Breakfast Tacos with Black Beans, Tomatoes and Chihuahua Cheese; Roasted Potatoes with Chorizo; Chocolate-Banana Muffins  
**Day 2 | Lunch:** Fresh Tomato Soup; Grilled Cheese with Smoked Gouda and Roasted Peppers; Caesar Pasta Salad  
**Day 3 | Dinner:** Antipasto Salad with Salami, Provolone and Chickpeas; Spinach-Ricotta Gnocchi with Three Cheese Sauce; Ricotta-Lemon Cookies with Powdered Sugar Glaze  
**Day 4 | Dessert:** Chocolate Pudding with Vanilla Whipped Cream; Oatmeal Cream Pies with Cream Cheese Filling; Seasonal Fruit Cobbler; Chocolate Chip Bar Cookies

## Teens' Camps

LINCOLN SQUARE

A five-day mini camp for kids age 12 to 16 to experience, hands-on, cooking simple yet sophisticated menus that they can recreate at home. They will learn the basics of knife skills, menu planning, and organizing prep work. We wrap up the week with a team cooking competition!

### American Regional — \$350

10AM-12:30PM

June 10-14 | July 22-26 | August 19-23

- Day 1 | Tex Mex:** Loaded Nachos with Chorizo, Pico de Gallo and Homemade Cheese Sauce; Grilled Steak Fajitas with Peppers, Onions and Guacamole; Refried Beans  
**Day 2 | New Orleans:** Shrimp and Andouille Sausage Etouffee; Cornbread Muffins with Honey Butter; Beignets  
**Day 3 | Hawaii:** Mango and Veggie Spring Rolls; Grilled Huli Huli (Pineapple and Soy) Chicken with Spam Fried Rice; Coconut Cupcakes with Pineapple Frosting  
**Day 4 | Midwest:** Chicago Deep Dish Pizza; Cincinnati Chili (Homemade Chili Served Over Spaghetti); Brownie Sundaes  
**Day 5 | Team Competition!**

### Baking and Pastry — \$350

10AM-1PM

June 17-21 | June 24-28 | July 15-19 |  
July 29-August 2 | August 12-16 | August 26-30

- Day 1 | Quick Breads:** Quick Breads: Individual Lemon Meringue Pies with Homemade Pie Dough; Buttermilk Biscuits; Blueberry Muffins with Streusel Topping  
**Day 2 | French Pastry Techniques:** Cream Puffs with Pastry Cream and Chocolate Ganache Glaze; Crème Brûlée. Note: Yeast doughs will be made on this day in preparation for day 3  
**Day 3 | Yeast Dough and Fritters:** Yeast Dough and Fritters: Berry Bombs (Jam-Filled Raised Donuts with Strawberry Glaze); Apple Fritters; Homemade Everything Bagels  
**Day 4 | Cakes and Cookies:** Jelly Roll Cake with Fresh Fruit and Cream; Individual Devil's Food Cake; Lemon Macarons with White Chocolate-Lemon Ganache  
**Day 5 | Frosting, Filling, Cake Assembly and Decorating:** Chocolate Buttercream; Cookies 'n' Cream Frosting; Assemble, Fill, Frost and Decorate Devil's Food Cake

### Global Journey — \$350

10AM-12:30PM

July 8-12 | August 5-8

- Day 1 | Indian:** Mango Lassi; Aloo Paratha (Potato-Stuffed Griddle Bread); Chicken Tikka Masala; Spiced Rice  
**Day 2 | Italy:** Summer Vegetable Crostini; Italian Sausage-Filled Homemade Tortellini with Pesto Cream Sauce; Tiramisu  
**Day 3 | South American:** Chicken Empanadas; Grill Flank Steak with Chimichurri Sauce; Cumin-Roasted Potatoes; Alfajores (Dulce de Leche Cookie Sandwiches)  
**Day 4 | Japan:** Steamed Edamame; Homemade Sushi Including Maki and California Rolls; Ginger Pot de Crème  
**Day 5 | Team Competition**

## Teen Boot Camp — \$950

MERCHANDISE MART | 9AM-3PM

June 24-28 | July 22-26 | August 5-9

Is your teen ready to take their culinary skills to the next level? In this five-day Boot Camp, the Chopping Block's seasoned chefs will teach teens, ages 12 to 16, essential cooking techniques and share kitchen wisdom that will stay with them for a lifetime. Students will become proficient at making sauces, knife skills, meat and vegetable cookery, making dough and baking. Additionally, they will understand the hows and whys of cooking, preparing them for a future of confidence in the kitchen.

- Day 1 | Breakfast and Brunch:** Knife Skills Lesson; Build-Your-Own Omelets; Eggs Benedict (Poached Eggs with Hollandaise Sauce); Over-Easy Eggs with Crispy Home Fries; Blueberry-Buttermilk Pancakes; Biscuits with Sausage Gravy; Banana-Chocolate Chip Muffins; Homemade Bagels with Herb Cream Cheese  
**Day 2 | Lunch:** Neapolitan Pizzas with Assorted Toppings; Fresh Cream of Tomato Soup; Crispy Chicken, Bacon and Avocado Sandwich with Aioli; Grilled Vegetable Pasta Primavera with Pesto and Feta; Falafel with Hummus, Tomatoes and Cucumbers; Teriyaki Shrimp Stir Fry with Steamed Rice  
**Day 3 | Dinner:** BLT Sliders with Oven Roasted Sweet Potatoes; Fried Chicken Thighs with Homemade Macaroni and Cheese; Miso-Glazed Salmon with Sesame Broccoli; Homemade Fettuccine with Tomato, Roasted Garlic Cream and Carbonara Sauces; Chickpea and Vegetable Curry with Cucumber-Yogurt Sauce; Grilled Steak Burritos with Tomatillo Salsa, Guacamole, Rice and Beans  
**Day 4 | Baking and Pastry:** Multigrain Loaf; Cinnamon Rolls; Eclairs (Custard Filled and Chocolate Glazed Pastries); Chocolate-Zucchini Bread; Vanilla Layer Cake with Chocolate Buttercream Frosting; Flan  
**Day 5 | Snacks and Party Food!** Fried Cheese Curds with Homemade Ranch Dressing; Crab Cakes with Remoulade; Deviled Eggs; BBQ Pulled Pork Sliders with Carolina Mustard Sauce; Spinach-Artichoke Dip with Homemade Pita Chips; Korean Chicken Wings; Loaded Nachos with Homemade Cheese Sauce; Chocolate Chip Popcorn Balls; Red Velvet Cupcakes with Cream Cheese Frosting