



Little Chef Camp

5-Day Instruction & Graduation Event

2016 Camp Details

The emphasis of our little chef camps is to instill real chef knowledge to the campers. Teaching the basics, but also how to expand on those basics. Take chances with food pairings and how to learn from mistakes. We guarantee your child will come home eager to explore the world of food!

We will start each day with a quick overview of our goals for the day. Then we go to the Parkdale Market to purchase our vegetables and chat with growers. We will visit the park daily. We will also have two outings to local restaurants to see how they do their morning prep.

At the end of the week, the Little Chefs will show all the skills we learned during the week at a very special reception: This year we have **partnered with Parkdale Food Centre** to have our Little Chefs come in and prepare a large lunch buffet for all the Food Centre's clients, as well as the parents. This will be a day to remember we are sure. The Little Chefs will be preparing food they learned during the week for a large number of guests.

Culinary Skills

Basic knife skills. Understanding a standardized recipe. Understanding basic terms. Sauce and soup techniques. Using a crock pot. Curing, roasting and grilling meats. Vegetable preparation and cooking. Cooking and hospitality for receiving groups of guests.

When: July 4th to 8th, 9 am to 3 pm daily
(Students can arrive as early as 8:30)

Where: 430 Parkdale Ave

Age Group: 9+ years old. Maximum of 10 students.

Registration: Includes: all ingredients, instructional material, lunches daily, and **2 guests** at the graduation event.
Reception is noon - 2 pm.

Form: Email the form to us: info@essencecatering.ca

Payment: \$360 + HST, by Interact E-Transfer, Cheque or Credit card.

Essence Catering Little Chef Camp 2016 Form

Student First & Last Name	Emergency Contact Name
Student Age	Emergency Phone Number
Parent First & Last Name	2 nd Phone Number
Address	Child Health Card Name
Phone Number	Child Health Card Number
Any allergies, medical conditions?	

Payment Due: \$360.00 plus HST (\$406.80). I will pay by: (Select one)

Interact E-Transfer (chef@essencecatering.ca) Cheque (Essence Catering) Please call me for credit card information

Kitchen attire each day:

Closed toe/heel shoes. No sandals.
 T-Shirts or tops with sleeves. No tank tops.
 Pants. No shorts or skirts.

To bring each day:

Water bottle
 Plastic Container for leftovers
 If available, a chef's knife.

Parental Consent

I hereby authorize the staff of Essence Catering to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release Jason Laurin & Essence Catering of any and all liability for any injuries or illnesses incurred while at camp. I have no knowledge of any physical impairment that would be affected by the student's participation in the program.

Photography & Media Consent

We kindly ask for your permission to take photographs or videos while our Little Chef Camp takes place. These photographs are an opportunity for us to showcase the benefits of attending our culinary camp. They may be used for current and/or future print and website advertising for Essence Catering and/or local media coverage.

I ALLOW my child to be photographed as described above. (Please circle or highlight)

I DO NOT ALLOW to be photographed as described above. (Please circle or highlight)

Parent or guardian signature:

Dated:
