JACKIE CAMERON SCHOOL OF FOOD & WINE

TEENS! LEARN TO COOK WITH JACKIE CAMERON

Level One

Date:	**27th June – 1st July 2016**
Duration:	Mon - Friday
Times:	7.30am – 4pm (Friday 4.30pm)
Included:	Lunch (eat what is cooked during the morning) /Jackie Cameron Apron / Recipe booklet of all course recipes / Autographed photo with Jackie Cameron / Level One Completion certificate
Cost:	R 1800 *Full payment is required prior to the 22nd June to guarantee your booking.*

Enquiries & Bookings
please email Jackie Cameron on jackie@jackiecameron.co.za

PROGRAMME BASIC OUTLINE

Monday, 27th June

- Meet and greet, break the ice.
- A full day out with suppliers around the Midlands.
- Suppliers Jackie has dealt with for over 10 years.
- Understanding why grow-your-own and know your farmer, fork-to-plate is so important.

Tuesday, 28th June

- Jackie Cameron School of Food & Wine tour.
- Basic knife skills, kitchen hygiene talk, food safety and first aid.
- Lunch – stir fry, students practise knife skills and cook their own lunch.
- Learn how to season with soya rather than salt, and pick up basic cooking skills for fresh simple cooking.

Wednesday, 29th June

- **Come hungry today!!** Simple breakfasts that don't cost an arm and a leg. Make your own breakfast: scones, full English breakfast, how to plate fruit beautifully, home-made muesli…
- Late Light lunch - cooked by the students all together.
- Photos taken of each student with Jackie Cameron today – handed out with your certificate in the Friday ceremony.

Thursday, 30th June

- WEBER THURSDAY - a kitchen is not just within a building!
- How to light a braai, basic little course on braaing -all food cooked and served by the students.

Friday, 1st July

- Easy healthy meals for all day eating.
- Level One Completion Certificate Ceremony @ 4.00 – 4.30pm
    - Teens celebrate completion together
    - Parents pick up at 430pm