

A CAREER TASTING FOR

SUMMER CAMPERS



Summer Camp

Day One

Introductions- Welcome Bingo

Safety- attire, burns, slips, trips, falls,

Sanitation- handwashing, dishwashing

Knife Skills- knife identification, grip, bench scraper practice

Pizza Sauce- Knife Skills

Storage- chilling, labeling

Note: any extra onion or garlic should be saved for meatballs

Day Two

Revisit Sanitation, Safety

Introduce End of Week Activity, Select Teams (Canapes or finger sandwiches)

Prepare Mozzarella

Italian Sausage (or meatball) preparation

Teams meet to discuss ideas for table top design

Day Three

Prepare Pizza Dough

Prepare Buttercream Icing while dough proofs, mise for cupcakes (or cakes)

Prepare Pizzas (Eat)

Teams meet to discuss ideas for table top design, select recipes for canapes, finger sandwiches, and beverages.

Day Four

Prepare cupcakes

Practice Piping Skills while cupcakes bake and cool

Mise for Simple Canapes (assemble day five)

Day Five

Guest Service

Event Setup

Decorate Cupcakes

Canapes, Finger Sandwiches, Cupcakes, & Beverage Service at the tables (can invite staff)

Tabletop Event-

- Each develops a recipe for a beverage that represents their table. A small amount will be shared with the campers.
- Each team prepares a simple cold canapé and/or finger sandwich (including garnish) to share with all campers.
- They present their tables, and enjoy their sandwiches, canapés and cupcakes leaving appropriate time for cleanup
- Students can bring their own centerpieces if they wish for the table.

Recipe

Menu Item	Italian Meatballs		
Number of Portions	4	Portion Size	4 meatballs, halved
Cooking Method(s)	Browned, Baked		
Recipe Source	Melt-In-Your-Mouth Italian Meatballs Cookerru		

Ingredients	
Item	Amount
Italian Breadcrumbs	½ cup
Milk	2/3 cup
Ground Meat (beef, pork, poultry, or combination)	1 pound
Yellow Onion, Medium, Fine Dice	¼ each
Garlic, Minced	2 each
Egg, Beaten	1 each
Kosher Salt	1 teaspoon
Black Pepper	½ teaspoon
Parmesan Cheese	¼ cup
Parsley (fresh or dry)	1 Tablespoon fresh, or 1 teaspoon dry

Procedure
<ol style="list-style-type: none">1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper or a baking mat.2. In a large mixing bowl, add Italian breadcrumbs and milk. Combine well and set aside while preparing the other ingredients, for at least 5 minutes.3. Add ground beef, onion, garlic, egg, salt, black pepper, parmesan cheese, and parsley to the breadcrumb mixture, and mix with your hands until just combined. Do not overmix.4. Portion onto the prepared baking sheet (using a cookie or ice cream scoop will make it easier). Wet your hands with water and roll meatballs into 2" diameter balls.5. Bake for about 18-20 minutes, or until the meatballs have reached an internal temperature of 165°F (74°C).

Recipe

Menu Item	Pizza Sauce		
Number of Portions	3	Portion Size	½ Cup
Cooking Method(s)	Simmer		
Recipe Source	Adapted from Serious Eats- New York-Style Pizza Sauce Recipe (seriouseats.com)		

Ingredients	
Item	Amount
Onion, Yellow Small Dice	.25 pound (approximately ½ onion)
Olive Oil	2 tablespoon
Garlic Cloves, Minced	2 each
Canned Tomatoes	1 (28 oz) can
Tomato Paste	1 teaspoon
Oregano, dried	1 teaspoon
Red Pepper Flakes	1 pinch
Kosher Salt	To taste
Sugar	1 teaspoon
Basil, fresh chiffonade	5 leaves

Procedure
<ol style="list-style-type: none">1. Sweat onions in olive oil.2. Add garlic after onions are soft. Sweat garlic for 30 seconds being careful not to burn the garlic.3. Add tomatoes, tomato paste, oregano, red pepper flakes, salt to taste, and sugar.4. Simmer for 30 minutes or until all ingredients are very tender.5. Add fresh basil and remove from heat.6. Allow to cool for 15 minutes, and then process with an immersion blender, food processor, or blender. (You can clean your station and dishes while the sauce is cooling).7. Place sauce in storage container, ice bath, label, and store in refrigeration 41 degrees F. or below.

Tea Party

Introduction:

Teacher can discuss and view websites that feature afternoon teas, such as the Grand Hotel [Afternoon Tea | Afternoon Tea Michigan | Grand Hotel](#)

You and your teammates will prepare, serve and enjoy a traditional tea party as the final project for summer camp. As a class we will select 2 canapés recipes and 2 finger sandwich recipes in addition to one beverage selection per group.

Describe the four parts of a canapé:

1. Base: bread, pastry, or crackers
2. Spread: flavored butter, flavored cheese spread, mayonnaise ect...
3. Topping: meat, seafood, vegetable, or fruit
4. Garnish: a complementary and eye appealing final addition

Finger Sandwiches:

- Tiny, bite size sandwiches
- Served as a first course or at a tea party

Beverage:

- Tea, lemonade, or spritzzy beverage

Teachers:

Have the students research different canapés and finger sandwiches. Determine as a class which canapés and sandwiches will be made. Each group will prepare one to two of the selected recipes.

Each team should draw an example of their canapés including garnishing.

Each group will prepare their own beverage, these beverages will be served in small portions so each student can try a small amount of each recipe.