

FUTURE

FOOD STARS

CHRISTMAS COOKING CAMP

21-24 DECEMBER 2026

CREATED BY
ANDREEA APOSTOL PLANT-BASED CHEF

AGES 6–12

HANDS-ON • FUN • CONFIDENCE BUILDING

BASIC COOKING • KITCHEN SAFETY • KITCHEN TOOLS • MEAL PREP • TEAMWORK • CREATIVITY & PRESENTATION

ATELIER 853
CREATE. INSPIRE. LEARN. GROW

ravilicious
PLANT-BITES & HUB

Andreea Apostol
PLANT-BASED CHEF



DAY 1 – FROM MARKET TO TABLE

Morning Experience: Coloane Market Visit

- Learning how to select fresh vegetables
- Understanding seasonality
- Introduction to plant-based ingredients
- Talking about colors, textures, and freshness
- Respecting local vendors and food sourcing

Kitchen Skills Development

- Kitchen hygiene & safety rules
- Proper hand washing & clean-as-you-go habits
- Introduction to knife safety (age-appropriate cutting techniques)
- Measuring ingredients correctly
- Teamwork basics

Hands-On Recipes

- **Snowman-shaped potato cakes** with cheese and peas, served with a crunchy winter slaw
- **Melting snowman biscuits** with icing and vegetarian marshmallows

Focus of the Day:

- Confidence building
- Independence
- Connecting food to its source





DAY 3 - BAKING & DOUGH MAGIC

Skills Focus:

- Measuring for baking precision
- Timing and oven safety
- Kitchen organization

Hands-On Recipes

- **Christmas-tree pizza** with tomato sauce, mozzarella and colourful vegetable “baubles”
- **Christmas-tree brownies** decorated with green icing and sprinkles

Focus of the Day:

- Patience
- Precision
- Confidence in baking







DAY 2 – FRESH PASTA & FLAVOR LAB

Skills Focus:

- Making fresh pasta dough from scratch
- Rolling and shaping pasta
- Understanding texture and elasticity
- Flavor balance in sauces
- Working efficiently in teams

Hands-On Recipes

- Fresh Handmade Tortellini
- Tortellini Soup
- Gingerbread cookiesdecorated with icing

Focus of the Day:

- Teamwork
- Patience
- Understanding how ingredients transform





DAY 4 - DAY 4 — LITTLE CHEFS’ CHRISTMAS CELEBRATION

A festive family lunch, created by the kids!

For our grand finale, the children will design their own vegetarian Christmas menu, choosing their favourite dishes and adding their own creative touches. They’ll prepare the food, decorate the table and welcome their families to a special celebration lunch.

Parents are invited to join us, taste their creations and celebrate everything our little chefs have learned!
Created by little chefs.

Shared with family. Made with Christmas magic.

