



FUTURE FOOD STARS

COOKING SUMMER CAMP

SESSION 17-21 AUGUST 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



Andrea Apostol
PLANT-BASED CHEF



DAY 1 – FROM MARKET TO TABLE

Morning Experience: Coloane Market Visit

- Learning how to select fresh vegetables and fruits
- 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

**Stuffed Baked Sweet Potato
Apple Pie**

Focus of the Day:

- Confidence building
- Independence
- Connecting food to its source





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 Ravioli
- Ravioli al Pomodoro
- Lemon Crinkle Cookies

Focus of the Day:

- Teamwork
- Patience
- Understanding how ingredients transform



DAY 3 – BAKING & DOUGH MAGIC

Skills Focus:

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

Hands-On Recipes

- Margarita Pizza Rolls
- Chocolate parfait

Focus of the Day:

- Patience
- Precision
- Confidence in baking



DAY 4 – FLAVORS, TEXTURES & CREATIVE PLATING

Skills Focus:

- Texture work
- Plating techniques
- Garnishing
- Color balance
- Speaking confidently about a dish

Hands-On Recipes

- Sweet and Sour Cauliflower with Rice
- Vanilla Madeleines

Focus of the Day:

- Flavor understanding
- Technical skill
- Creativity
- Professional presentation



A photograph of several young children, likely students, dressed in white chef hats and aprons. They are focused on preparing food on white plates in a kitchen setting. The image is partially obscured by a red text box on the right.

DAY 5 - MYSTERY INGREDIENT CHALLENGE (CREATIVE DAY FINALE)

- Our Chefs will receive a surprise mystery ingredient.
- Working in teams, they create an original dish featuring that ingredient.
- Students use the skills they've learned all week — teamwork, creativity, and problem-solving.
- Each team presents their dish and shares their inspiration.
- Parents are invited to join us to taste the creations and celebrate together!