



# January 2016 Teenager Cooking Workshop

## Teenager General Cooking (12)

(10.30am - 1pm, 1619B)

Day 1: (Normandy, France)

Brittany Mussels a la Mariniere

Normandy Style Perch Fillets

Royan Style Rice

Day 2: (Italian)

Lombardy style Pumpkin soup

Baked lasagne "ai funghi" (vegetarian style)

French beans with roasted tomato sauce

Day 3: (Russia)

Beetroot and Cabbage Soup (Bortch)

Chicken Kiev

Cauliflower with Beetroot Mayonnaise

Day 4: (UK)

Fisherman Pie

Minted peas

Bread and Butter Pudding

Day 5: (Spain)

Gazpacho Soup Andaluz

Braised Liver in Red Wine Sauce

Fried Spanish Style Potatoes

## Teenager Pastry & Cake (12)

(2pm - 4.30pm, 1619C)

Day 1

Tarte Choco-Poire (Pear Chocolate Tart)

Banana Mille Feuille

Chestnut Mont Blanc Mousse

Day 2

Rose Petal Crème Brulée

Normandy Pear Cake (Beurre Normand aux Poire)

Pineapple Gaspacho with Red Berry

Day 3

Croustillant au Chocolat Amer (Crispy Bitter Chocolate  
Cake)

Lime & Mint Bavarois Cream

Macoron de Paris with Light Strawberry Butter Cream

Day 4

Mango Clafoutis

Red Berry Charlotte

Chocolate and Cinnamon Cookies

Day 5

Crème Caramel with Orange Zest

Rice Pudding with Two Chocolate

Rhubarb and Tarragon Muffin Cakes



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