



Petits Chefs Academy 2014 Workshops

All our Workshops are held primarily on Sat. or Sun. mornings (unless otherwise noted)

For Workshop times please visit our calendar tab on our website, [Calendar](#)

Open to All Ages. Come one, come all, friends, family, aunts, uncles, cousins, grandparents, godparents.

RSVP Required and limited spots available. First come, first served.

Adults & Children 5-14 years old \$35.00+HST (unless otherwise noted)

Children 4 and under are FREE but must be accompanied by a 1 to 1 paying adult.

Tel: 289-553-4445 or Info@PetitsChefsAcademy.com

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www.PetitsChefsAcademy.com

Month	Theme of Workshop	Recipe
January	Sat. 18 th - How to Pack Snacks & Lunch for a Healthy 2014 Sat. 25 th - Let's Celebrate the Chinese New Year Workshop	18 th – Learn how to make a Vegetarian Chili and Healthy Granola Bars 25 th – Learn the Art of Dumplings and Lantern making
February	Sat. & Sun. 1 st & 2 nd - Groundhog Day Workshop (1hour) Fri. (night) 14 th & Sat. 15 th - Love is in the Air Valentines Workshop Mon. Feb. 17 th – FAMILY DAY WORKSHOPS Sat. 22 nd - Sushi for Sushi Workshop	1 st & 2 nd – Who likes Groundhog Muffins and “Worms in Dirt”? 14 th & 15 th – Learn to make chocolates, mini cupcakes, and chocolate fondue 17 th – FAMILY DAY WORKSHOPS 22 nd - Learn to make your own California rolls, with sushi rice and wasabi.
March	Saturday 8 th - Make, Bake & Decorate Cupcake Workshop Saturday 15 th - Everything Green on St. Patrick's Day Workshop	8 th - Learn to follow a recipe and teach you how you can reduce sugar in your diet, make & decorate 2 cupcakes. 15 th – Learn how to make a Broccoli Cheddar Soup, Kale and Berry Smoothies, Guacamole and Homemade Chips
April	Saturday 5 th - We Pop for Cake Pops Workshop Saturday 12 th - Easter Egg-tastic Hunt and Workshop Sunday 13 th - Passover Workshop with a Twist Saturday 26 th - Spring has Sprung Workshop	5 th - Learn to follow a recipe and teach you how you can reduce sugar in your diet, make & decorate 2 cake pops. 12 th - Make your own Mini Egg Cookies, Colour Your Own Eggs, Easter Egg Hunt 13 th - Learn how to make Matzo Pizza, Matzo S'mores, Coconut Macarons 26 th - How about Mushroom Asparagus Tarts and plant your own seeds, spring is around the corner.



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May	Saturday 3 rd - Sushi for Sushi Workshop Saturday 10 th - Victoria Day Workshop Sunday 11 th - Mother's Day in Paris Saturday 31 st - Bread Making with COBS BREAD Workshop	3 rd – Learn to make your own California rolls, with sushi rice and wasabi. 10 th – Can you make your own Chicken Burgers, Oatmeal Chocolate Chip Cookies & Popcorn? We'll teach you how. 11 th – Everyone gets hands on with, healthy high protein pancakes with honey and/or a low sugar blueberry syrup / Vegetable Frittata / Fresh Fruit Salad / Freshly Juiced OJ, Coffee &/or Tea 31 st – Learn how to make the Famous Cobs Bread!! A representative will be in from Cobs Bread giving you a hands on class in bread making.
June	Saturday 7 th - Cookie Decorating Workshop Sunday 15 th - Dad's the Word BBQ Saturday 21 st - Summer's Arrived Festival	7 th - Make & Decorate cookies learning different techniques. The Chef will guide you through all the tips and tricks for beautiful cookie decorating to share with family and friends. 15 th - Have kids make a healthy BBQ for Dad then we'll have a big BBQ for all the families outside and inside. Dads are FREE this day. 21 st Make Summer Treats, Strawberry Lemonade, Raspberry and Rhubarb Tart, Spinach Mushroom Quiche
July	Saturday 12 th - Wonderful World of Salad Workshop (using all the fresh produce in the garden) Saturday 26 th - Tis' the Season for a Melon Workshop	12 th - Do you know what Quinoa is or how to cook with it? We'll teach you all the health benefits of Quinoa and make Quinoa Veggie Salad, Green Leafy Salad, Lemon Raspberry Dressing and a Balsamic Reduction.



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		26 th - How about'em melons. We'll make Watermelon and Feta Salad, Cantaloupe Melon Pops, Mixed Melon Granita, oh my!
August	Saturday 9 th - Plum's Dancing in our Heads Workshop Saturday 16 th - Gluten Free Workshop	9 th - Make your own Plum Tarts, Plum Sauce, Grilled Plum Crostini. 16 th - Take away these recipes to use every day in your Gluten Free regime, Pie Crust, Pizza, Bread.
September	Saturday 20 th - Vegetarian/Vegan Workshop Saturday 27 th - Fall into Fall Workshop	13 th - Learn How to be a Healthy Vegetarian/Vegan 20 th - Make an Apple Pie, Squash Soup, Potato Pizza
October	Saturday 4 th - Thanksgiving 101 Saturday 25 th - Halloween Haunted House Contest Friday 31 st - Halloween Party	4 th Learn different healthy side dishes, and healthy desserts (sweet potato, apples, grilled turkey, casserole, stuffed slow roasted turkey) 25 th - Decorate a Haunted Gingerbread House 31 st – Dance and Scavenger Hunt
November	Saturday 8 th - Sushi for Sushi Workshop Saturday 15 th - Cake Pop Making and Decorating Saturday 22 nd - Pie on a Stick Workshop	8 th - Learn to make your own California rolls, with sushi rice and wasabi. 15 th - Make two different cake pops and decorate till your heart's content. 22 nd – The Chef will guide you through the art of pie on a stick. Isn't that cool, a pie on a stick, and the latest in food on sticks.
December	Friday 5 th & 12 th (evening) Adult Holiday Cookie Exchange Saturday 13 th - Gingerbread House Contest Sunday 14 th – Healthy Hanukkah Workshop Saturday 20 th – Santa's Coming to Town! Sunday 21 st - Sufganiyot (Jelly Filled	5 th & 12 th – Come in and make some traditional Italian Cookies for the holiday season. We'll provide all the ingredients, equipment and clean up. No mess, no stress, just come in with a group of friends/family, bake, have a



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	Doughnuts)	<p>coffee or tea and then share with your loved ones. Now that's priceless.</p> <p>13th – Calling all kids and families let's make Gingerbread houses and decorate them, we'll judge who has the best house on the block!</p> <p>14th – Healthy Hanukkah is the festival of lights. Come in and make menorah shaped, sugar reduced, Hanukah cookies, baked potato latkes with homemade apple sauce. Learn about the health benefits of baking your food compared to deep frying food.</p> <p>20th - Santa's at risk for diabetes and many chronic illnesses so...we want to teach YOU how to make HEALTHY cookies; Sweet Potato Chocolate Chip, Banana Raisin Oatmeal Cookies, Vegan Snowballs.</p> <p>21st - Come on in and make some of your favorite Hanukkah goodies. You'll learn how to mix and bake fruit filled Sufganiyot (jelly filled doughnuts)</p>
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