

RISE

COOKERY SCHOOL

EMBARK ON
A CULINARY
ADVENTURE
THIS SCHOOL
HOLIDAY

In partnership with
SuperCamps



WELCOME



Cooking and baking has become a popular hobby for many youngsters with television shows like Junior MasterChef and the British Bake Off inspiring youngsters to get cooking.

Here at Rise, we aim for children to develop their cooking practical skills and inspire them to cook healthily and to take their skills and knowledge learnt on our cookery programmes to impress their family and friends.

The weeklong course aims to develop skills, and whether an experienced young cook or a complete beginner in the kitchen our dishes are quick and easy yet challenging with much to extend your skills.

From starting with a simple Scottish 3-2-1 shortbread recipe to producing a light Italian style pasta dish an array of skills and techniques are developed over the week.

Our Rise Cookery members will learn kitchen and food safety, basic knife skills, baking skills using both the hob and oven to produce a range of exciting dishes.

Rise cookery members have the chance to showcase their skills and be ambitious in the final day bake off challenge which is always great fun.



Callum Wright

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Co-Director of SuperCamps

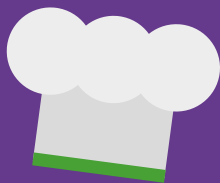


Kirsty Farrar-Hockley

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Co-Director of SuperCamps

COURSE FEATURES



- ✔ Our young chefs learn about food hygiene, kitchen safety, food preparation and how to clean down a kitchen.
- ✔ Our course provides a full timetable of practical sessions giving students lots of opportunity to 'have a go' with a variety of cooking equipment and techniques
- ✔ The course work book provides recipes to follow, and a place for students to make meal plans and record feedback
- ✔ RISE instructors will introduce students to the seasonality of ingredients and the nutritional principles of a healthy and balanced diet
- ✔ Students will work together and make new friends with fellow young chefs
- ✔ Learn lots and have fun!

...AND MOST IMPORTANT OF ALL!!!

COOK YOUR FAMILY A MEAL PROMISE

One of our course objectives is to give students the knowledge and confidence to have a go at cooking for their families at home. It's a great way for the children to show off their skills and may just give parents a break!



SAMPLE CAMP TIMETABLE

	CAMP WELCOME	SESSION 1 TECHNICAL WORKSHOP	SESSION 2	SESSION 3	SESSION 4	SESSION 5	PRESENTATION & DAILY SKILLS REVIEW	KITCHEN CLEAN DOWN	WRAP UP		
	9:00AM - 9:30 AM	9:30AM - 10:30 AM	11:00AM - 11:45 AM	11:45AM - 12:30 PM	1:30PM - 2:00 PM	2:00PM - 3:10 PM	3:30PM - 4:00 PM	4:00PM - 4:30 PM	4:30PM - 5:00 PM		
MONDAY	AM CLUB - 8:00AM - 9:00 AM Camp Sign in & Morning Welcome	Meet your teacher & classmates: Important kitchen safety & rules briefing	BREAK - 10:30 - 11:00 AM	Shortbread biscuits demonstration by instructor weighing out and preparation of ingredients	LUNCH TIME - 12:30 - 1:30 PM	Cheese and pepper scones demo plus weighing and measuring of ingredients collecting equipment	BREAK - 3:10 - 3:30 PM	Presentation of creations, packing into tupperware to take home & round up of daily skills learnt.	Finishing off our desserts, assembly, Plating demonstration and packing		
TUESDAY		Introduction to the day recap of skills learnt. Tomato soup practical		Focaccia bread practical		Continue with focaccia serve soup and bread				Courgette and sweetcorn fritter demonstration and preparation	Cook and serve fritters
WEDNESDAY		Introduction to the day recap of skills learnt. Bean enchilada preparation		Cooking of bean chili, making enchilada, cook and serve		Swiss roll demonstration				Group 1 swiss roll	Group 2 swiss roll
THURSDAY		Introduction to the day recap of skills learnt. Orzo risotto preparation knife skills		Cooking and finishing of Orzo risotto		Scone dough recap, weighing and preparing ingredients				Scone dough pizza	Introduce Rise bake off
FRIDAY		Rise Bake Off, weighing measuring make dough		Rise bake off products		Finish , decorate and serve - Judging by SuperCamps				Complete clear down and pack equipment full cleaning of areas	Skills review food quiz and games
									PM CLUB - 5:00PM - 6:00 PM		

*SAMPLE ONE WEEK TIMETABLE



KEY INFORMATION & PRICES

Age Range	Boys and Girls aged 8 to 14 years
Price	£249 per child
What's included in the price?	<ul style="list-style-type: none"> ✔ Full 5-Day Timetable of cookery sessions and workshops ✔ Free RISE Cookery School Apron ✔ All recipes and ingredients included ✔ Student Recipe & Course book
Lunch, Snacks and Drinks	<ul style="list-style-type: none"> • Students require a packed lunch, snack and drinks bottle. • Students will require to bring along some medium sized Tupperware boxes to take their meals home
Extended Care	<p>For those parents who wish to extend the camp day, players can join the SuperCamps AM, and PM clubs.</p> <p>AM Club – 8:00 to 9:00am PM Club – 5:00 to 6:00pm</p> <p>There is an additional charge of £6.50 per session for Extended Care</p>

FAQS

Q. Do you accept childcare vouchers and tax free childcare?

A. Yes, you can utilize childcare providers for this course, for more information visit our website supercamps.co.uk/childcare-vouchers

Q. Do we provide all food for the course?

A. RISE Cookery School will provide all of the necessary ingredients for the course; children will just need to bring Tupperware to take their meals home in.





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The cookery course at RISE Cookery School was fantastic, my children learnt about healthy eating and how to prepare and cook nutritious meals, as well as cleaning up, which is a bonus.

We loved sitting down as a family and enjoying their meals in the evening.

- Parent, Didcot Girls School

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We like that every day the children make a main and desert, as it incorporates both cooking and baking skills. The course also teaches them about food from different cultures and flavors.

- Parent, The Abbey School

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Our son prefers the week-long specialist courses that RISE Cookery School at SuperCamps offer. We wanted him to take a cookery course and were really pleased that it allowed him to learn a key life skill. For this reason it was worth the money.

- Parent, Royal Masonic School

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GET IN TOUCH

If you have any further questions or would like to speak to an expert to understand if this experience is right for your child please do not hesitate to get in touch.

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