

PREP KITCHEN ESSENTIALS

12207 SEAL BEACH BLVD, SEAL BEACH CA 90740 562-430-1217

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PREP Kitchen Essentials – Children’s Private Cooking Classes General Guidelines

The cost for most private children’s cooking classes is \$55 per person with a minimum of 12 children (or \$660). The exception to this is our Farmer’s Market Class which is \$75 per child with a minimum of 12 children. Classes last approximately 2 ½ hours and include 3 to 4 recipes depending on the number of participants and complexity of recipes. If you would like the class to go longer due to additional activities, we have a site fee of \$100 per hour or part thereof.

To reserve a date, we take a credit card number or a deposit check. We need a final, confirmed attendee count by 3 days before the class. We require and charge the full amount for the class (# of confirmed attendees times the per person fee) 3 days before the class. As we buy food and hire staff at that time, absolutely no refunds can be given for Private Class cancellations in part or entirety made after this 3-day point. No refunds can be given for confirmed attendees who cannot attend the class. We charge our normal fee for additional attendees above the confirmed number.

Classes are "hands on" and participatory in style – children break into teams, make the recipes from start to finish, then the work tables are cleared and reset for the meal. Class participants enjoy full servings of all food prepared. If you would like us to provide portions of the food made to persons who do not attend the class (parents, grandparents, siblings, etc), please arrange this beforehand.

Following is a listing of the types of classes and recipes we offer, but the class can be tailored to any theme you want. **Everything is made from scratch.**

Pasta Making Class

Basic Pasta Dough
Rolling and Cutting
Ravioli with squash filling and brown butter sauce
Spaghetti with marinara or meat sauce
Pasta rags with olive oil and parmesan cheese
Ricotta Gnocci
Lasagna Rolls

Pizza Making Class

Make Basic Pizza Dough
Make Sauce
Make toppings bar

Farmers Market Class (\$75 per child Sundays only 9:30a start to 12noon) Guided tour of Farmer’s Market in Alamitos Bay, children select and buy ingredients for class, return to store and make recipes.

Gazpacho
Fritattas
Vegetable Soup
5 Bean Chili
Roasted Vegetables
French Potato Salad

Cont’d

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Salads and Soups

Chinese Chicken Salad
Cobb Salad
Apple, Cabbage, Walnut Waldorf
Panzanella Salad (Bread salad with roast tomatoes and beans)
Caesar Salad
Iceberg Lettuce Wedge with Russian Dressing
Couscous with Vegetables
Gazpacho Soup
Chilled Carrot Soup with Orange
Chopped Salad with Green Goddess Dressing

Mains

Steak and Lettuce Wraps
Edamame Ravioli
Greek Salad Pitas
Tostadas
Empanadas
Vegetable Sushi Rolls
Chicken Skewers with Peanut Sauce
Waffle Bar
Quiche
Mini Fritattas
Lasagna Rolls
Carne Asada Tacos with Pico de Gallo and Guacamole
Handmade Pasta with Sauce
Chicken or Beef Satay with Peanut Sauce
Inside Out Crunchy Shrimp Rolls

Sides

Seven Vegetable Stir Fry
Oven Fries (Sweet Potato or Russet Potato)
Crunchy Rice Balls
Roasted Vegetables
Spanish Tortilla
Garlic Knots
Ginger Scallion Noodles
Thai Noodle Salad
Wok Fired Edamame

Desserts

Banana Wontons with Chocolate Sauce
Mango and Watermelon Salad
Chocolate Matzo Munchie Bark
Spotted Porcupine Cookies
Chocolate Cupcakes with Marshmallow Icing
Vanilla Cupcakes with Buttercream Frosting
Mini Fruit Tartlettes
Ice Cream
Banana Whoopie Pies
Crepes with Orange Sauce
Pop Tarts
Brown Butter Apple Tart