

INTERACTIVE TEAM BUILDING DINNER

Learn about and cook with foods that are seasonal, including the ever-important fresh herbs, vegetables, and fruits. Focus on eating that keeps us healthy today and prevents us from getting diseases in the future.

Equipment: Full Kitchen

Timing: 90 Minutes

PARTICIPANTS WILL BE ABLE TO:

In today's age, anyone can get a recipe off the internet and videos and how to execute the recipe. It's more important to teach the skills that you can translate into multiple dishes.

- Understand basic principles of food preparation and stovetop/flame safety
- Knife Handling and Sanitizing
- Prepare healthy dishes
- Express positive attitude towards cooking
- Build a more cohesive team through activities
- Learn how to fillet a fish *
- Make pasta from scratch *
- Searing proteins *
- Making dressings for a salad *

*Based on menu selected

Procedure:

1. Introduction & Ice Breaker (3 min): Welcome everyone. Do a quick icebreaker-go around the room and everyone say his or her name and one fruit or vegetable that starts with the same letter as his or her first name.

2. Explore the importance of eating healthy (5 min): Introduce the herbs, vegetables and fruits that will be used for dinner—that provide many vitamins, minerals, protein, iron, and fiber to help your body stay strong and healthy. The importance of eating a variety of colors. Different colors of fruits and vegetables have their own special vitamins and minerals that make you feel good, look good, and give you a lot of energy. Ask participants on how they might incorporate some of these items in their kitchens?

3. Breaking group into teams of 5 or 6 (3min): Pre-arranged groups prior to event (based on regions or people that normally don't work with) or random on day of event.

4. Food Safety/Hygiene (10 min): Before we cook, it is important to review some basic things we must do so that we are safe in the kitchen, and our food is safe to eat (Including at home). Safe Kitchens, safe food.

- a. Knife Handling & Cut glove usage
- b. Hand washing rules (e.g. 20 seconds in hot water with soap)
- c. Sanitizing cooking surfaces and all equipment
- d. Thoroughly wash all fruits and vegetables
- e. Being careful when operating equipment (e.g. Stove, Slicer, etc.)
- f. Safe temperatures of food (cooking and holding)

5. Exploring the Ingredients (5 min): Explore the major ingredients and spices. Smell the ingredients and spices.

6. Preparing the dish (25-30 min): First step is to wash our hands. Each group will be guided in making the recipe by a chef.

7. Transform the cooking area into the eating area (25-30 min): After food is prepared and it starts cooking the groups will go into the reception area.

8. Guide on Eating Together: Once the food the groups prepared is cooked off, the groups will sit down and have a four-course menu served to them.

The following menus are to be used as a guide as we can customize any menu based on traditional dishes or you may want to be inspired by something new. Are your customers likely to want to try cutting edge food or something that is more familiar and comforting? Seasonality also plays an important role in everything we prepare as we use local farms and suppliers in everything we do. Each menu below includes a charcuterie board to jump start your event.

Fall Dinner

Station # 1

House Made Ricotta
Autumn Spiced Butternut Squash, Cranberry Walnut Crostini

Station # 2

Pan Seared Diver Sea Scallop
Pumpkin Risotto, Sage Brown Butter, Bacon Lardons, Micro Herb Salad

Station # 3

Pan Seared Long Island Crescent Duck
Carrot Crema, Parmesan Potato Gratin, Blackberry Gastrique

*Fish or Chicken Option Available Upon Request

Station # 4

Chai Masala Tea Poached Pears
Walnut Crumble, Citrus Mascarpone, Gingerbread Croutons

Mediterranean

Station # 1

Fritto Misto, Calabrian Chili Aioli
Crispy Calamari, Shrimp, Cherry Peppers, Fennel, Olives

Station # 2

Spinach Pappardelle
Shallots, Garlic, Calabrian Chili, Herbed Breadcrumbs, Poached Egg

Station # 3

Colorado Rack of Lamb
Blistered Cherry Tomatoes, Farro, Arugula, Minted Tzatziki, Toasted Pistachio

Station # 4

Tiramisu
Lady Fingers, Chocolate Covered Coffee Beans

New World Cuisine

Station # 1

House Made Guacamole
Tri Color Tortilla Chips

Station # 2

Stripe Bass & Scallop Ceviche
Avocado, Crisp Plantains Chips, Cilantro

Station # 3

Grilled Argentinian Skirt Steak
Boniato, Charred Corn Salsa, Chimichurri Sauce

Station # 4

Rioja Poached Pear "Empanada"
Toasted Almonds, Crème Fraiche Middle Eastern

Middle Eastern

Station # 1

Lemony Beet Hummus
Roasted Garlic, Grilled Naan Bread

Station # 2

Spicy Indian Cucumber Salad
Jalapeno, Lime, Cilantro

Station # 3

Grilled Garam Masala Salmon
Cardamon Farro Risotto, Charred Cauliflower, Coconut Sauce

Station # 4

Sweet Raspberry Cinnamon Yogurt
Lentil Almond Cookie

Spring Dinner

Station # 1

Pan Roasted Local Crab Cakes
Shaved Asparagus, Butter Lettuce, Fennel, Orange Segments, Lemon Tarragon Aioli

Station # 2

Pan Seared Skate Wing
Hepworth Farm Mint Pea Puree, Warm Fingerling Potato & Haricot Vert Salad, Brown Butter Chervil Sauce, Spring Herb Mix

Station # 3

Charred Ribeye
Glazed Asparagus, Black Garlic, Cauliflower Potato Puree, Balsamic Reduction

Station # 4

Deconstructed Strawberry Shortcake
Fluffy Sponge Cake, Lemon Patisserie, Macerated Strawberries