

KIWI KAI MASTER CHEF PROGRAM

**Tuesday 16th July 1.00pm**

Mihi

Induction including wharekai safety

Receive chef hats sponsored by King Salmon, aprons, note pads, guided tour of the premise

Students will be put in pairs and work as a pair all week

Today we will start with a simple GF/DF dessert recipe

You will learn about Kawakawa and make a drink

Discussion and intro to creative salad ideas

*Homework – google Tikanga, bring some edible plants or flowers in Tuesday*

**Wednesday 17th July 1.00pm**

Talk about Tikanga, edible flowers & garnishing

Learn how to treat kai with aroha and how it makes a difference

Create a raw salad with raw dressings, natural herbs and garnish with flowers

Dough time – you will make two types of fry breads and fill with your salad or meats

*Homework – google Manaakitanga, bring in a whanau favourite recipe for seafood OR a vegetable dish – we will recreate ONE with a Maori influence – student vote*

**Thursday 18th July 1.00pm**

Seafood and Maori kai are our forte so today you will be ready to prepare some special dishes

Each student pair will be given a different task depending on their ability – if you don’t like fish you won’t have to touch it

Menu - Raw fish, King Salmon, Hangi vegetables with gravy and the whanau favourite dish

MYSTERY BOX – at 2.50pm you will be given a mystery box to look at for 10mins and decide what you can cook with it

Homework – google Rongoa, liaise with your partner on what you may cook from the mystery box

**Friday 19th July 1.00pm**

Let’s see how much you have learnt about Tikanga, Manaakitanga, Rongoa etc with an easy test

**COOK OFF – 1.15pm** you will be cooking a dish from your mystery box at 2.30pm we are going to sell your dish on a stall outside the Kiwi Kai shop – the public will pay what they think the dish is worth and may ask lots of questions. Proceeds will go to a charity decided by you guys.

The group that makes the most money receives 2x $30 Kiwi Kai vouchers

There will be photographers here for the cook off.

**The program is designed to build confidence and self-esteem, learn our Maori values, enjoy our culture and see how easy it is to be versatile. There will be guest speakers every day for 5- 10mins. Each day the students will be fed with the kai they make and may bring some home. From this week I would like to think they will be able to cook your whanau a lovely affordable meal using sustainable, fresh, products**

**Maximum 8 places**

**Please arrive early so you are ready to start at 12.55pm 😊**