



Our International Food Journey
Cooking Around the World with “Chef” Dan

Grades 7-10
(July 11 - July 22)

Our Immersives provide experiential learning with students having close collaboration with master level faculty as well as peers who are equally passionate about the topic. Immersives generally range from one week to two weeks in length. The students' immersion in the topic of study over the course of a day is long enough to provide a depth of knowledge and skills building in the targeted areas. We have some exciting offerings this year that range the gamut across six major themes: String Orchestra; Sports Camp; Art and Digital Media; STEM Literacy & Leadership; Culinary Arts; Coding for Good; and Musical Theatre and Production. Look at the description that follows for more information about Cooking Around the World with “Chef” Dan.. Immersive programs include opportunities for [health, wellness and sports activities](#) where students participate in team-building games and get a sampling of athletics offerings in tennis, fencing, archery, dance and basketball. We're delighted for the return of cooking classes on campus this summer.

Alex Stanko is excited to lead our international food journey this summer. As our managing chef of Dwight-Englewood School's dining program, Chef Alex uses his formal culinary skills from The French Culinary Institute to lead his Cater to You (CTY) team in serving from-scratch, healthy options to our diverse community. Chef Alex's inspiration to cook is often rooted in his belief in the primacy of food. He explains, “Obviously, everyone must eat, and this can be (and often is) a mundane experience. However, when viewed through alternate lenses, food is inextricable from its history and anthropology. Trauma, joy, and nearly any thinkable human condition can be and has been related through food. This fascinates me, as there is no end to learning from the past and discovering the future through food.” He adds, “The experience of cooking is all-encompassing. A chef must use all their faculties and resources daily. A chef must be a strong scientist, mathematician, athlete, general, and artist often at the same time. This challenge never grows dull.”

Chef Alex will bring in experts on different aspects of cooking, including knife cutting skills, rice around the world, flour power, as well as urban and hydroponic gardening. Participants will work with made-from-scratch recipes in the Food Lab, and learn from experts among our D-E STEM faculty about food science, gardening and food handling techniques. They will also explore with Chef Alex food cultures from around the world, see cuisines listed below. The ten-day

experience will culminate in a World Food Fair on Friday, July 22 in which students will be able to invite family guests to campus to enjoy eating foods they've prepared.

Our International Food Journey: Cooking Around the World with “Chef” Dan Immersive 2022

New! ♦ Two Week Immersive ♦ Culinary Arts ♦ Food Lab ♦ \$1500 ♦ Lunch and Supplies Included
(July 11 - July 22) 9:00 AM - 2:30 PM Grades 7-10

Students Ages: 12-15 (Grades 7-10), 12 students per class, 36 students in program total

Location: First Floor of the New Middle School Building

July 11 - July 22

| Time | Group 1 | Group 2 |
|---------------------|----------------------|----------------------|
| 9:00 AM - 9:15 AM | Morning Meeting | Morning Meeting |
| 9:20 AM - 10:20 AM | Cooking from Scratch | Skills Lab |
| 10:20 AM - 10:30 AM | Break | Break |
| 10:30 AM - 11:30 AM | Food Science | Cooking From Scratch |
| 11:35 AM - 12:20 PM | Athletics | Athletics |
| 12:25 PM - 12:55 PM | Lunch | Lunch |
| 1:00 PM - 2:00 PM | Skills Lab | Food Science |
| 2:05 PM - 2:25 PM | Food Expedition | Food Expedition |

*ATHLETICS: Tennis, Basketball, Archery, Fencing, Dance

Skills Lab - Every chef needs prep. The Skills Lab is designed to instruct each participant on preparing the kitchen for the intended recipe. Expert chefs will guide students through the nine essential skills every fine cook must master: staying safe in the kitchen; knife and chopping skills; making the perfect stock; fermentation & pickling; the five mother sauces; becoming an egg expert; meat, poultry & fish; vegetable sanitation; kneading dough; as well as cooking rice and pasta.

Food Science - We want to take participants beyond the culture of food to understand more deeply the relationship among the earth, food and the body. We will bring in guest experts: our school's beekeeper, CTY head nutritionist, garden educator (Tasha Urbanowski), chef (Alex Stanko) and scientist (Hyo Kim) who will explore everything from taste and sensory perception of food to food production and decomposition.

Cooking from Scratch - In cooking, to make something from scratch means to use only the most basic ingredients, with nothing pre-made, and incorporating whole, fresh ingredients. Chef Dan will share his love for travel and cooking as participants explore creating from popular recipes discovered in different cultures and kitchens around the world.

Food Expedition - Bon Appetit! All participants will come together daily for an all group tasting and food narratives that incorporate history, land and culture. Students will be encouraged to think about ways they can bring other cultures and ingredients into their own cooking. This time with one of our lead chefs will also be used to curate recipes for this **Immersive's Capstone Event: The World Food Fair to be held on the Commons outside the Middle School on July 22 at 2:30.**

Click [here](#) to register through Campbrain.