



Ready to sharpen your skills? Let's go!

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Recipes & this cooking camp brought to you by [MightyMrs.com](https://www.mightymrs.com) and its readers



# Parent Prep List - Set up for success!



Parents, to ensure each day of camp goes smoothly, it's best to be prepared! Here's how you can set your kids up for success:

**How to use this packet.** Print this document (just the recipe card pages 5-9 to save ink). Or display digitally on a tablet or laptop while cooking and planning. Use a phone camera to scan the QR codes.

**Designate a workspace.** A kitchen counter or a table near the kitchen. Make sure it's cleared off and wiped clean with disinfectant spray.

**Shop ingredients.** Might seem obvious but it's always good to double check that you have all the ingredients necessary for the recipe you'll be making and that you have enough of each ingredient. Save time by shopping online and using your store's grocery pick up or delivery option.

**Set out the tools needed.** Check the equipment list and review the recipe each day, ideally the day before in case you need to do a last minute run to the store. Make sure you have the proper equipment needed each day and that your kids understand how to use each tool safely. Let them know to ask for help if they need it, or if you feel they need assistance for safe use.

**Clear out the sink.** Most likely, things are going to get messy. The nature of cooking is that there will be dishes to do. That's all part of the deal! It helps to clear out the sink before you start cooking so there's a place to put (and eventually wash) dishes as they are used.

**Involve the kids.** At the end of each day, leave time for clean up and prepping for the next day. If age appropriate, involve the kids in the shopping process as well. This teaches kids a chef's responsibilities!



# Welcome to Cooking Camp!



Dear Young Chefs,

A sizzling welcome to our 5-day cooking extravaganza! Get ready to embark on a culinary journey filled with flavor, fun, and fantastic creations. Sharpen your skills while you sample and share your culinary creations.

Over the next five days, we'll slice, stir and sprinkle our way through an impressive line-up of recipes that will ignite your taste buds and unleash your inner chef. From hearty breakfast to scrumptious dessert, every day promises a new foodie adventure.

Keep safety in mind as you work to master the art of cooking. Ask an adult for help with chopping, hot pans and using equipment.

A good chef knows a team is important. Invite friends or family members to join the fun and help you prep, taste-test and clean up.

Ready to get cooking? Tie on an apron, wash those chef hands, and be prepared to turn ordinary ingredients into extraordinary dishes.

Let the kitchen adventures begin!



Share your success!

Tag photos of your creations on social media,  
with hashtag **#MightyFunCookingCamp**

**By participating in this class,** you understand and accept that there are risks inherent in cooking and eating the food prepared, including but not limited to, slips, falls, cuts, burns, choking, food allergy reactions, foodborne illnesses and other accidents and injuries that may arise from the activity of cooking and eating the food prepared. Children aged 17 and under must be assisted by a parent or guardian. By voluntarily following any tutorial provided here or on the mightymrs.com website or the Mighty Mrs. YouTube channel, you assume the risk of any potential injury that may result.

# Food Safety Tips



Good chefs make sure that their meals are not only delicious but are also safe to eat. Here are some essential food safety tips:

1. **Cleanliness is Key.** Wash your hands thoroughly with soap and water before handling food, especially after touching raw meat, poultry, or seafood. Keep kitchen surfaces, utensils, and cutting boards clean by washing them with hot, soapy water after each use.
2. **Separate Raw and Cooked Foods.** Use separate cutting boards and utensils for raw meats and ready-to-eat foods to prevent cross-contamination. Store raw meats on the bottom shelf of the refrigerator to prevent their juices from dripping onto other foods.
3. **Safe Food Storage.** Refrigerate perishable foods promptly (within two hours) to prevent the growth of bacteria.
4. **Thorough Cooking.** Cook meat, poultry, seafood, and eggs thoroughly to their recommended internal temperatures to kill harmful bacteria. Use a food thermometer to ensure proper cooking temperatures are reached.
5. **Watch for Allergens.** Check ingredient labels and ask guests if they have any allergies to foods before serving. Clean surfaces and utensils thoroughly to avoid cross-contact with allergens.
6. **Wash and dry hands.** Be cautious to also keep surfaces and your floor clean and dry as well to prevent slipping and cross-contamination.




By following these food safety tips, you'll help create a safe and enjoyable cooking experience for you and those you are serving.



# Day 1: Breakfast of Champions

## Ham, Egg & Cheese Melts

These oven-baked sandwiches are made with black forest ham, fried eggs and Havarti cheese layered onto bakery croissants.

- 1 **Read all about it.** 
- 2 **Watch the video.** 
- 3 **Get the recipe.** 

### Equipment:

- Bread Knife
- Baking Sheet
- Frying Pan
- Spatula

## 4 Gather ingredients & start cooking!







# Day 2: Better-Than-Cafeteria Pizzas

## Kaiser Roll Mini Pizzas

Take a hamburger bun and turn it into a delicious mini pizza! Choose your favorite toppings from mini pepperoni to pineapple.

- 1 **Read all about it.** 
- 2 **Decide on toppings.**
- 3 **Get the recipe.** 

### Equipment:

- Bread Knife
- Spoon
- Baking Sheet
- Spatula

- 4 **Gather ingredients & start cooking!**





# Day 3: Party-Time Appetizer

## Grape Jelly Meatballs

What do you get when you cross grape jelly with chili sauce? Yummy meatballs! Invite your friends over to share when done.

**1 Read all about it.** 

**2 Watch the video.** 

**3 Get the recipe.** 

Equipment:

- Small spatula or spoon
- Crockpot
- Large serving spoon
- Toothpicks

**4 Gather ingredients & start cooking!**








# Day 4: Totally Epic Dinner



## Taco Pasta Bake

We're putting a new spin on tacos! We're trading taco shells for pasta shells to make this delicious dinner that will feed your whole family.

- 1 **Read all about it.** 
- 2 **Watch the video.** 
- 3 **Get the recipe.** 

### Equipment:

- Large pot
- Colander
- Skillet
- Measuring cup
- Casserole dish
- Pot holders
- Serving spoon

## 4 Gather ingredients & start cooking!








# Day 5: Deeeelicious Dessert



## Nutella Lava Cakes

Impress your family with this fancy dessert. Top with vanilla ice cream and fresh strawberries!

- 1 **Read all about it.** 
- 2 **Decide on toppings.**
- 3 **Get the recipe.** 

### Equipment:

- Large bowl
- Measuring cups
- Spatula
- Cookie scoop
- 4 ramekins
- Baking sheet
- Pot holders

## 4 Gather ingredients & start cooking!





# You did it! Great job! Keep it up.



Young Chefs,

We hope that this cooking camp has been a delightful journey filled with excitement, learning, and the joy of creating delicious dishes.

Throughout the week, you tapped into your inner chef and transformed from curious beginners to confident kitchen ninjas!

As cooking camp graduates, you may find you gained essential cooking skills plus an appreciation for the art of cooking. Whether you nailed each recipe, or struggled through without giving up, you should feel a sense of accomplishment and new-found confidence navigating your kitchen!

As we bid farewell to this fun-filled cooking adventure, we hope you carry the knowledge and memories gained in these five days into your everyday lives. May the aromas and flavors linger in your hearts, inspiring you to continue exploring the world of cooking with curiosity and passion.

Please extend a heartfelt thank you to your supportive parent(s) for offering this opportunity to you and for taking the time to ensure you were prepared each day.

So, are you feeling empowered and inspired? Ready to test your skills and try even more new recipes?

Browse more recipes to try at: [www.MightyMrs.com](http://www.MightyMrs.com).

**TIP: Use Pinterest to save recipes you want to try.**