

**Ursuline Academy's**  
**Cuisine & Cocina: French & Hispanic Cooking Camp**  
*Tentative Schedule & Ingredients List*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<ul style="list-style-type: none"> <li>◆ Introduction</li> <li>◆ Vocabulary – how much do you know?</li> <li>◆ Recipe analysis – getting ready to cook.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Test Kitchen: How to boil an egg. Test 3 strategies.</li> <li>◆ TRIP TO GIGANTE market (Kirkwood Hwy)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Let's Cook - Mole Enchiladas!</li> <li>◆ Preparation and cooking.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Let's Cook - Pain Perdu (french toast the Canadian way)!</li> <li>◆ Butter &amp; Oils – which one to use when?</li> </ul>	<ul style="list-style-type: none"> <li>◆ Let's Cook – Ratatouille!</li> <li>◆ Cutting &amp; preparing II.</li> <li>◆ Seeds &amp; Skins – take 'em or leave 'em?</li> </ul>
<b>Afternoon</b>	<ul style="list-style-type: none"> <li>◆ Test Kitchen: Making it your own – Vinaigrette dressing experiment.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cutting and cleaning fruit.</li> <li>◆ Mole recipe analysis and preparation.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Test Kitchen: Making it your own – Salsa.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cool Spring Park Farmer's Market – choosing natural veggies.</li> <li>◆ Fruit &amp; Veggies – which season for each?</li> </ul>	<ul style="list-style-type: none"> <li>◆ Wrap-Up</li> <li>◆ Recipes for the book to publish for UA.</li> </ul>

**Ingredients List: Olive Oil, Peanut Oil, Coconut Oil, Butter, Champagne Vinegar, White Wine Vinegar, Red Wine Vinegar, Apple Cider, Vinegar, Dozen Eggs, Papaya, Mango, Pineapple, Avocado, Corn Tortillas, Mole Sauce Ingredients – cocoa power, ancho chile, etc., Chicken Breast, Queso Fresco, Salsa Ingredients – tomatoes, cilantro, onion (2 types), peach/mango, jalapeños, black bean, Baguette, Maple Syrup, Vanilla, Cinnamon, Tomatoes, Zucchini, Eggplant, Onion, & Herbes de Provence**