

2010 carolina on my plate teen-chef itinerary

June 20 - 25 OR June 27 - July 2 – tuition \$1850



sunday: mid-afternoon airport pick-up or meet us at the farm!

stay with c'est si bon! owner, dorette snover, and her assistant and the group at fickle creek farm. fickle creek has long been a part of carolina farm stewardship spring farm tour and is a 600 plus pastured home to laying hens and their eggs (which came first we don't know) 40 doe-meat goat herd, and their 50 kids, plus steers and pigs. four great pyrennes livestock guard dogs keep everyone safe. a huge market garden environment! bed and breakfast on the farm.

real time and real farm breakfasts!

every day: coffee, tea, orange juice, granola, yogurt, fresh fruit

plus one of these mainstays

- whole grain pancakes with local honey and preserves
 - cornbread, scrambled eggs w/ arugula, sausage
 - french toast, home cured pork belly
 - muffins, scrambled eggs w/ swiss chard, basil, and feta
 - egg strata (the day we picnic here)
 - fried eggs and toast (saturday morning departure!)
- (menus may vary due to availability!)

after we're settled in at fickle creek we'll head to c'est si bon! **to feel at home in the garden and of course, the kitchen!** our welcome dinner features what inspired bon appétit magazine to choose chapel hill as the foodiest small town in america. (October 2008)

(reserve in advance – ask about options for vegetarian teen-chefs as well)

remoulade and spicy shrimp

brined and grilled north carolina turkey legs*

grilled zucchini, eggplant and roasted corn

c'est si bon! garden salad/ tapp honey vinaigrette ad lib

oh-so-buttery pound cake and berries and whipped cream

*turkey legs may be from one of our local farms (we'll be visiting them!) or from the legendary cliff's meat market in carrboro. cliff's is one of the last bastions of what an independent butcher was – and if alligator is on your menu – put cliff's on speed dial.

monday:

morning: hand-on cooking class with executive chef colin bedford at fearrington village inn 10- 1pm

afternoon: tour central carolina community college sustainable ag program

evening cooking class: c'est si bon! southern basics - chicken stock, dumpling noodles, biscuits, and pies

chicken and dumplings carolina style
vegetable – chef choice
sweet potato biscuits
hoppin john salad
dirty rice
ginger chess pie

tuesday:

morning visit - walk/tour with fickle creek farm, what is it like to be a farmer today in the triangle. lunch on the farm

after lunch: chapel hill creamery! tour and tasting.

afternoon visit – suki roth, herb haven farm – collect nettles for pesto, learn about growing culinary herbs.

evening cooking class: c'est si bon! pork and peanuts and puppies (hush!)

peanut soup from the king's arm tavern in williamsburg
grilled molasses pork
fried green tomatoes
hush puppies from the culinary institute of nawlins
sweet pepper and cucumber coleslaw
banana's foster aux caramel pecan

wednesday:

morning visit: alamance community college, tour of culinary education facility and "international foods" lunch

jack tapp – honey producer, visit the hives and honey tasting

later, cooking demo at the carrboro farmer's market! July 1st only

dinner: panciuto, hillsborough – chef aaron vandemark

thursday:

the umstead hotel pastry class – and lunch at the hotel

later afternoon – la farm artisanal bakery, owner lionel vatinet french baker who led the american team in the coup de monde in paris.

evening cooking class: grilling in the garden! anatoth community garden in cedar grove welcomes us to cook from their bounty.

friday:

morning - hillsborough weaver street market bakery visit OR demo at duke farmer's market

afternoon visits – robinson's seafood and southern season store visit

grand finale cooking class- gumbo mumbo! thank you dinner for parents and all our artisans, chefs who are invited to partake. if parents are present we will bid those teen-chefs a fond adieu. for the others they can stay the night at fickle creek. (not included in tuition.)

saturday:

morning departure from fickle creek farm.

merci! for your participation in our teen-chef programs

warm regards, dorette snover

(please be advised that visits, recipes, and the entire itinerary may be updated, revised and adjusted for changes in weather and availability at the sole discretion of c'est si bon! equal substitutions may be made. check www.cestsibon.net for current info or write to us at dorette@cestsibon.net)