

Adventure Cooking Camp

Session Plan: Ravioli Filling

1. Session Overview

Day: Tuesday

Time: 11:45–12:45

Age Range: 8–14

Group Size: Up to 4 children per group

Duration: 60 minutes

Energy Level: Low–Medium

2. Learning Focus

Primary Skills: Mixing, flavour balance

Secondary Skills: Tasting, seasoning, teamwork

Confidence Outcome: Children feel confident tasting, adjusting and balancing a savoury filling.

3. Ingredients & Equipment (Per Group of 4)

Ingredients:

- Spinach – 200g (fresh or frozen, drained)
- Ricotta – 250g
- Parmesan (grated) – 40g
- Garlic – 1 clove, crushed
- Nutmeg – pinch
- Olive oil – 1 tsp
- Salt & pepper – to taste

Equipment:

- Mixing bowl
- Spoon or spatula
- Chopping board
- Knife

Allergens: Milk

4. Step-by-Step Cooking Instructions

Step 1 — Safety & Setup (5 mins)

Staff: Reinforce hygiene and tasting rules. Assign roles (chopper, mixer, taster).

Children: Wash hands, put on aprons.

Step 2 — Prepare Spinach (15 mins)

Staff Show: How to squeeze out excess liquid safely.

Children Do: Chop spinach finely and drain thoroughly.

Texture Cue: Spinach should feel dry, not wet.

Step 3 — Mix Filling (20 mins)

Staff: Add ricotta, garlic, oil and nutmeg gradually.

Children: Mix until smooth and spreadable.

Texture Cue: Filling should hold shape on spoon.

Step 4 — Taste & Adjust (15 mins)

Staff: Lead safe tasting and seasoning discussion.

Children: Taste and adjust salt and pepper.

5. Texture & Flavour Fixes

Filling too wet: Add a little more grated parmesan.

Filling too dry: Add small spoon of ricotta.

Too bland: Add salt gradually and re-taste.

Too strong: Mix in extra ricotta.

6. Delivery Notes for Staff

Encourage tasting confidence — no forced tasting.

Use this session to normalise flavour experimentation.

Label filling clearly and refrigerate until assembly.

7. End of Session

Reflection Questions:

- What flavours did you notice?
- How did seasoning change the filling?

Clean Down: Wash bowls, wipe surfaces, store filling labelled and chilled.