



Gourmet program

Type of recipes you'll learn





WEEK 1 : COLD STARTERS



PURPLE POTATOES « MILLE-FEUILLE » AND VEGETABLES



PISTOU SOUP



TECHNICS USED DURING THAT WEEK:

- *Cut in brunoise (small cubes), julienne (thin strips), peel a tomato or a fruit*
- *Basic salty dough, cooking eggs*
- *Cold stable and unstable emulsion, terrine of foie gras*



WEEK 2 : HOT STARTERS



BLACK TRUFFLE RISOTTO



QUINOA WITH VEGETABLES AND CRAYFISH

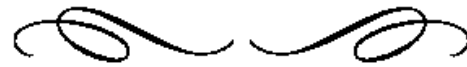
TECHNICS USED DURING THAT WEEK:

- *Cut in sticks, soups, puree*
- *Cook a risotto, vegetable broth*
- *Recipe « en trompe l'œil »*





WEEK 3 : FISH AND SAUCE



SEA BREAM STEAM-COOKED, CAULIFLOWER AND BROCCOLI SEMOLINA AND RED CABBAGE PEARL



TECHNICS USED DURING THAT WEEK:

- *Prepare a fish (sea bass, salmon, cod, trout...), fish stock*
- *Hot emulsion stable et unstable (white butter, butter Nantais, hollandaise,...), thin stuffing, pan fried, poached, steam*

COATED MONKFISH WITH SQUID INK AND GNOCCHI "A LA PARISIENNE"



WEEK 4 : MEATS AND SAUCE



COOKED PIGEON ON BONE AND TOAST WITH GIBLETS



PITHIVIERS OF QUAIL WITH FOIE GRAS



TECHNIQS USED DURING THAT WEEK:

- *Prepare a piece of meat, remove the fat and nerves*
- *production of a short juice, veal stock*
- *Prepare a poultry, white stock, cooking meats in low temperature*

