



Epicure

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*

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## 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"



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## WEEK 4 : MEATS AND SAUCE



### COOKED PIGEON ON BONE AND TOAST WITH GIBLETS



### PITHIVIERS OF QUAIL WITH FOIE GRAS

#### TECHNICS 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*



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## WEEK 5 : COLD STARTERS



COOKED FOIE IN CLOTH, CRISPY CEP

CRISPY CARROT CYLINDER,  
RICOTTA AND EARLY VEGETABLES

TECHNICS USED DURING THAT WEEK:

- Immediate marinade instantanée, foie gras cooked in a cloth, using a siphon in cold environment with gelatine to create cloudy mouss



## WEEK 6 : HOT STARTERS



## TOMATOES TATIN WITH SNAILS



## SQUID TO THE PAELLA WAY

### TECHNICS USED DURING THAT WEEK:

- *Clear potage, production of a warm soufflé, warm pâté, cut into mirepoix, glaze*
- *Prepare and cook frog's legs*



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## WEEK 7 : FISH AND SAUCE



### BACK OF COD, SPAGHETTI DOME AND HIS CRUSTACEANS CREAMY HEART



### SWORDFISH AND EGGPLANT KADAIF

TECHNICS USED DURING THAT WEEK:

- *Cooking fish in low temperature,*
- *Cooking in salt crust*
- *Smoke a food à la minute*





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## WEEK 8 : MEATS AND SAUCE



### RABBIT PORCHETTA AND ARTICHOCK « A LA BARIGOULE »



### PORK TENDERLOIN AND VEGETABLE STIR-FRY



TECHNICS USED DURING THAT WEEK:

- *Veal stock demi-glace, remove bones from meat, roast cooking, mixed cooking*
- *Production of a pie, meat thin stuff to create meat loaf made of poultry, glacé à brun.*