



**GASTRONOMICOM**

INTERNATIONAL CULINARY ACADEMY

# EPICURE PROGRAM 2 MONTHS - COOKING

TYPE OF RECIPES YOU'LL LEARN



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## WEEK 1: COLD STARTERS



> Tomato tartar with basil, hard boiled egg and sea urchin

### *Technics used*

Soft boiled egg cooking, to prepare a sea urchin, crispy tuile

> Cauliflower semolina like taboulé and marinated mackerel

### *Technics used*

To filet a mackerel and marinate it, vegetable semolina



## WEEK 2: HOT STARTERS



> Butternut soup with foie gras royale, smoked bacon mousse and gnocchi

*Technics used*

*Royale mix, to use a siphon to make a warm mousse, potato gnocchi*

> Onion tart with lemon caramel

*Technics used*

*Pâte brisée, «foncer»,  
«cuire à blanc»*



## WEEK 3: FISH AND SAUCE



> Fish soup and poached John dory, fennel and rouille sauce

*Technics used*

*To flamb, to poach cooking, to prepare a fish soup, cold stable emulsion*

> Panfry cod with corn with cockles and «galère», buttered white kidney beans from Paimpol

*Technics used*

*To filet a cod, to cook cockles «marinière»*



## WEEK 4: MEATS AND SAUCE



> Lamb leg with Méchoui flavor,  
barigoule of artichoke and bulgour  
with argan oil

*Technics used*

*To debone a lamb, to smoke a meat,  
to turn artichoke*

> Pigeon pithiviers

*Technics used*

*To prepare a pigeon, pigeon juice*



## WEEK 5: COLD STARTERS



> Cold lobster and quinoa with mango and curry

*Technics used*

*To cook and prepare a lobster, lobster bisque*

> Trick of the eye of chestnut foie gras

*Technics used*

*Kappa glaze, trick of the eyes of candieed chesnut*



## WEEK 6: HOT STARTERS



> Langoustin ravioli and stuffed mussel, lobster daube juice

*Technics used*

*Lobster daube juice, to stuff mussel, farce mousseline*

> Snails cromesquis with garlic and parsley, crispy potato

*Technics used*

*To clean and cook snails, to print potato chips with parsley, to coat à l'anglaise*



## WEEK 7: FISH AND SAUCE



> Panseared bonito, crispy potato and broadbean purée

*Technics used*

*To filet a bonito like tuna*

> Brandade tart with multicolor carrots and cumin gel

*Technics used*

*Brisée dough, to make a brandade (creamy cod purée), carrot plating inspired by Anne-Sophie Pic*





## WEEK 8: MEATS AND SAUCE



> Rabbit mustard with glazed carrot and roasted garlic

*Technics used*

*To debone a whole rabbit, rabbit juice, «glacer à blanc»*

> Confit duck leg pot au feu and foie gras

*Technics used*

*Fried foie gras cooking, pot au feu plating*

