

**GASTRONOMICOM**

- FRANCE -

# 3-month program Cooking

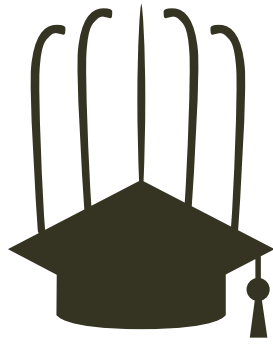
Type of recipes you'll learn



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## Week 1: cold starters



> Stewed onion tart with tapenade and crunchy vegetables

### *Technics used*

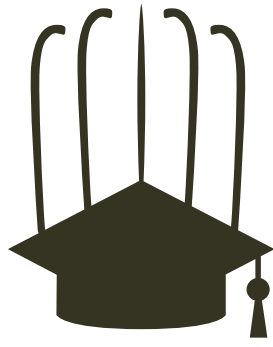
*Shortcrust dough, «fraisier», foncer a dough in a circle, slice an onion, vegetable julienne, make a crispy tile in the pan.*

> Garden vegetable dish in different textures

### *Technics used*

*Turn an artichoke, making lace tuile (crispy), vegetable cutting, pesto, rocket chlorophyll*





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## Week 2: hot starters



> Potato gnocchi and sweet potatoes with rosemary, small vegetables and bacon mushroom

### *Technics used*

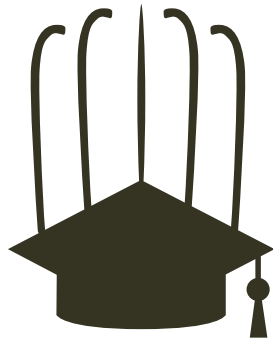
*Shortcrust dough, «fraisier», foncer a dough in a circle, slice an onion, vegetable juliennes, make a crispy tile in the pan.*

> Parmesan soufflé pie, consommé with onion

### *Technics used*

*Béchamel sauce, Mornay sauce, soufflé mix, pâte à foncer, light broth.*





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## Week 3: fish and sauce



> Sea bream fillet, Fregola sarda, roasted avocado, creamy reduction of fish broth with full-bodied lemon

### *Technics used*

*Prepare and filet a sea bream, fish stock, make a sauce thicker (liaison) by reduction and full-bodied lemon*

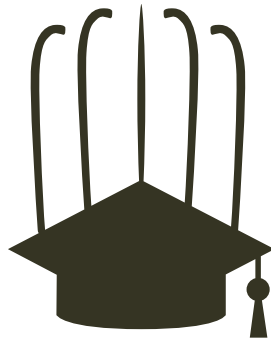
> Pan-fried scallops Mini ratatouille, red wine sauce, crispy polenta Parmesan and Rosemary

### *Technics used*

*Open scallops and keep the bards to make a red wine sauce, mini ratatouille, crispy polenta*







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## Week 4: meat and sauce



> Duck fillet, pistachio crust and carrots in salt crust, orange gel

### *Technics used*

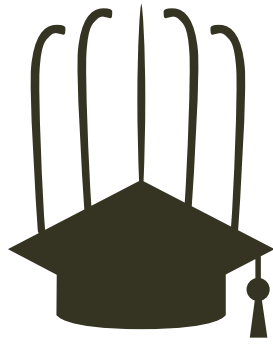
*Prepare a duck fillet, cooking a vegetable in salt crust, orange gel, pistachio crust, simple salty juice*

> Chicken ballotine, carrot and coriander, mushroom, revered rice, poultry juice and herb espuma

### *Technics used*

*Deboning a chicken thigh, chicken farce fine, black venere rice cooking, espuma of herbs*





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## Week 5 cold starters



> Grilled octopus with fennel spice in different textures, passion fruit vinaigrette

*Technics used*

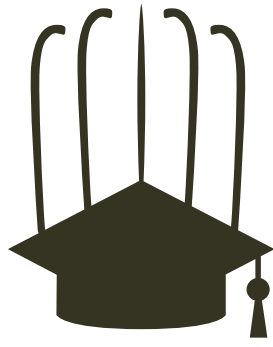
*Cooking octopus, use fennel in several textures, fruit dressing*

> Pressed dark chocolate foie gras and golden celery, apple salad and branch celery

*Technics used*

*Devein and cook a foie gras cooking in terrine, combination of chocolate and celeri gel of celeri branch*





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## Week 6: hot starters



> Berlingots of salmon, cress cream and sesame tuile with paprikam

### *Technics used*

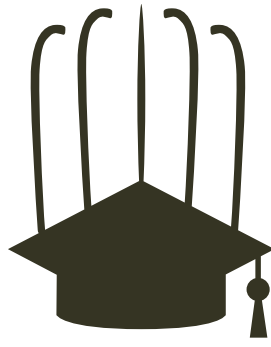
*Make a ravioli paste with several colors and make berlingots, watercress cream, crispy leaf tile*

> Snail croustilles, parsley cream, cauliflower puree, candied leek

### *Technics used*

*Disgorge and cook snails, flowing croustilles, use a whole leek.*





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## Week 7: fish and sauce



> Cod fish, pink radish  
with shiso, Frégola sarda  
and crunchy onion

### *Technics used*

*Fillet a cold fish, use of shiso cooking  
frégola sarda and crunchy onion*

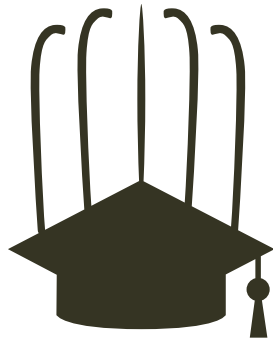
> Flame-cooked mackerel fillet,  
tabbouleh cauliflower and  
roasted, mussels,  
grapefruit vinaigrette

### *Technics used*

*Make fillet of a lean, make a  
tabbouleh of cauliflower,  
make a virgin sauce (unstable)  
based on fruit*







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## Week 8: meat and sauce



> Rack of lamb in multi-color crust, artichoke barigoule, lamb juice

### *Technics used*

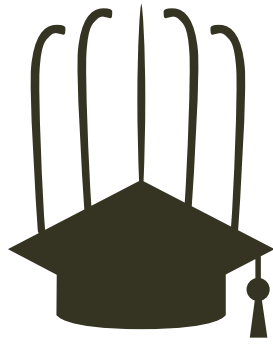
*Boning a rack of lamb, making a romaryn jus, making a multicolor crust, cooking a barigoule artichoke*

> Confit lamb shoulder, spicy tomato marmelade, artichauke barrigoule, coriander oil

### *Technics used*

*Deboning a lamb shoulder making a rotie and a sauce with lot of spices, tomato jam and grass oil, cooking a barigoule artichok*





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## Week 9 cold starters



### > Oysters in different textures

#### *Technics used*

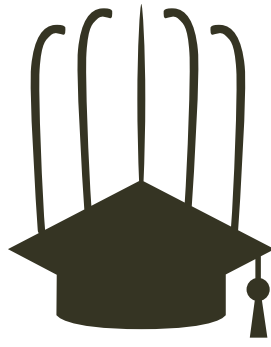
*Make different recipes based on raw and cooked oysters with different textures*

### > Checkerboard of green asparagus has crab flesh herring egg, green anise sabayon

#### *Technics used*

*Realization of an asparagus checkerboard, an asparagus flan, a very green basilica jelly and a sabayon*





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## Week 10: hot starters



> Lobster mousse with foie gras and cucumbers on a pistachio shortbread with pumpkin seeds

### *Technics used*

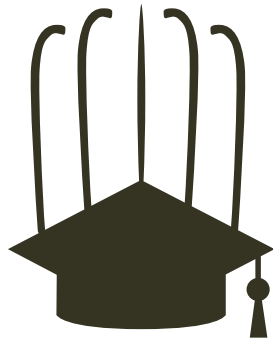
*Cutting and cooking a lobster, lobster smoke. Marriage land and sea of lobster and foie gras in the manner of an individual dessert*

> Squid carbonara, wakame salad, candied burn onion cream and red wine oil

### *Technics used*

*Make a tartlet with very fine dough and seaweed, work a squid in carbonara confit a burnt onion in red wine and make a two-color sauce*





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## Week 11: fish and sauce



> Pavé of lean fish with anchovies, clam, béarnaise with hazelnut butter, green pea made in French way and crispy potatoes

### *Technics used*

*Fillet raw lean, clean and cook clams, hot emulsion with hazelnut butter, making French peas recipe*

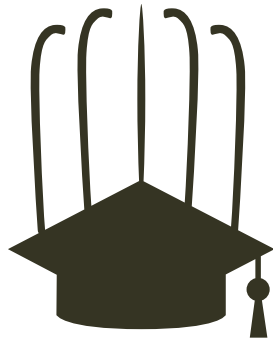
> Cuttlefish Pan-fried with tandoori, carrot puree and spinach sprout, Sselled and orange carrot emulsion chips, meringue with Espelette pepper

### *Technics used*

*Hedgehog-style cuttlefish cutting, spelt cooking, carrot emulsion, making a salted meringue*







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## Week 12: meat and sauce



### > Preparation of a cocktail

*Technics used*

*Preparation of around  
12 types of canapés*

### > Wellington beef fillet, squeeze celery root

*Technics used*

*Clean a beef fillet tenderloin to  
make a beef Wellington, crepe  
paste, mushroom duxelle, madeira  
sauce, and a celery root press*

