

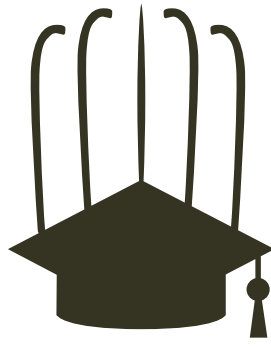
GASTRONOMICOM
- FRANCE -

3-month Cooking Program

Examples of dishes you'll learn to prepare



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Week 1: Cold starters



Onion confit and tapenade tart with crunchy vegetables

Techniques used:

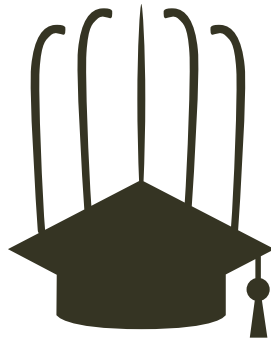
shortcrust pastry, using the fraisage technique, lining a tart ring with pastry, slicing an onion, vegetable julienne, making a crispy tuile in a pan.

Ratatouille caponata-style with poached egg and rocket coulis

Techniques used:

cutting vegetables into brunoise, cooking a poached egg, making a rocket coulis.





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Week 2: Hot starters



Potato and pumpkin gnocchi with rosemary, turned baby vegetables and bacon mushrooms

Techniques used:

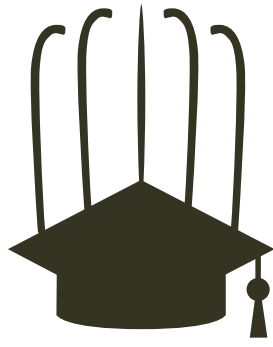
making potato and pumpkin gnocchi dough, turning and glazing vegetables, making a quenelle of whipped cream.

Risotto with tomato water

Techniques used:

cooking a risotto, toasting the rice, using blended mushrooms, cutting a brunoise and using the trimmings, finely chopping onions, making tomato water and a white chicken stock.





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Week 3: Fish and sauces



**Sea bream fillet,
fregola sarda, roasted
avocado and creamy
fish stock reduction
with an intense lemon
condiment**

Techniques used:

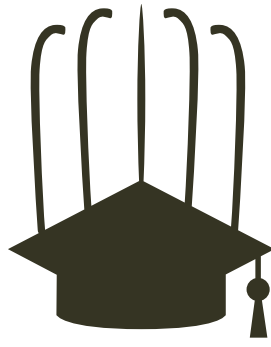
preparing and filleting a sea bream, making a fish stock, thickening by reduction, making an intense lemon condiment.

**Cod loin with
bouillabaisse jus, soft
and crispy bulgur**

Techniques used:

filleting cod, salt-curing fish to firm up the flesh and better control the cooking, making a bouillabaisse jus.





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Week 4: Meat and sauces



Glazed duck fillet with hazelnut crust, carrots in a salt crust and orange gel

Techniques used:

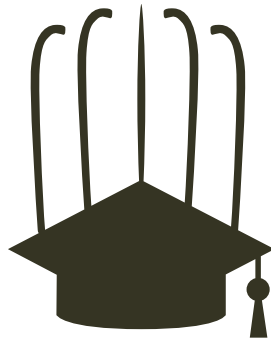
preparing a duck fillet, cooking a vegetable in a salt crust, making an orange gel, making a hazelnut crust, making a simple salted jus.

Chicken ballotine with carrot and coriander, mushrooms, Venere rice, poultry jus and herb espuma

Techniques used:

deboning a chicken thigh, making a fine chicken forcemeat, cooking Venere rice, making an herb espuma.





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Week 5: Cold starters



Salmon fillet tartlet with cucumber scales and dill oil emulsion

Techniques used:

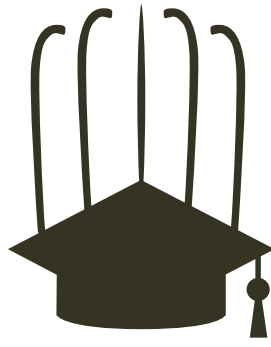
making beetroot-cured salmon gravlax, making a crispy tartlet pastry, making dill oil, making an emulsion without egg yolk.

Duck and poultry pâté en croûte, beetroot pickles and walnut salad

Techniques used:

making pâté en croûte pastry, preparing a duck and poultry forcemeat, assembling and cooking a pâté en croûte, making an agar-agar pickle gel.





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Week 6: Hot starters



**Salmon berlingots,
watercress cream and
sesame paprika tuile**

Techniques used:

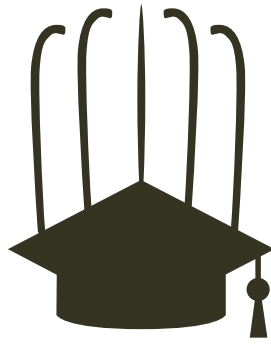
making multicoloured ravioli dough, shaping berlingots, making watercress cream, making a crispy sesame and paprika tuile.

**Snail croustilles,
parsley cream,
cauliflower purée and
confit leek**

Techniques used:

purging and cooking snails, making runny croustilles, using every part of the leek.





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Week 7: Fish and sauces



Cod pavé, pink radishes with shiso, fregola sarda and crispy onion

Techniques used:

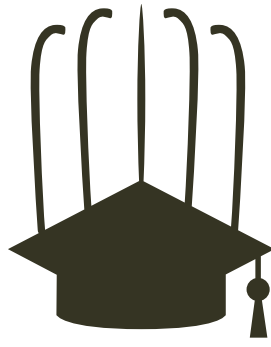
filleting cod, using shiso, cooking fregola sarda, making crispy onions.

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

Techniques used:

filleting a mackerel, making cauliflower tabbouleh, roasting cauliflower, making a citrus sauce vierge.





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Week 8: Meat and sauces



Rack of lamb in a multicoloured crust, artichoke barigoule and lamb jus

Techniques used:

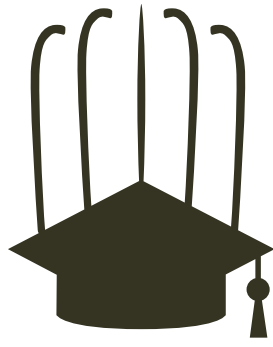
deboning a rack of lamb, making a rosemary lamb jus, making a multicoloured crust, cooking artichokes à la barigoule.

Pork tenderloin stuffed with mushrooms and herbs, coffee sauce, mashed potatoes

Techniques used:

preparing a pork tenderloin, making spinach chlorophyll, preparing different-coloured stuffings and a mushroom duxelles, making a coffee sauce.





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Week 9: Cold starters



Oysters prepared in different textures

Techniques used:

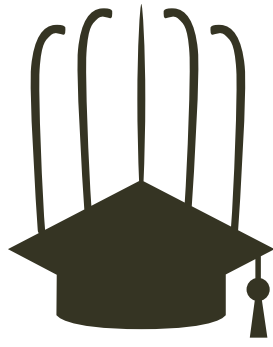
preparing oysters using both raw and cooked techniques, working with different textures.

Green asparagus checkerboard with crab meat, herring roe and green anise sabayon

Techniques used:

making an asparagus checkerboard, an asparagus flan, a bright green basil gel, a sabayon.





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Week 10: Hot starters



**Lobster and foie gras
mousse with cucumber,
on a pistachio and
pumpkin seed shortbread**

Techniques used:

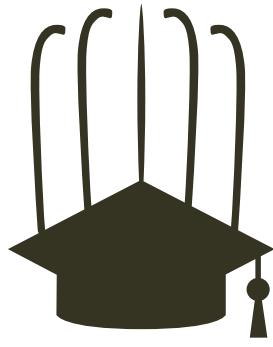
preparing and cooking lobster,
making lobster stock, combining
lobster and foie gras in a surf-and-
turf preparation, assembling an
individual savoury entremets.

**Squid carbonara,
wakame salad, confit
burnt onion cream and
red wine oil**

Techniques used:

making a thin seaweed tartlet,
preparing squid carbonara-style,
making a confit of charred onion
with red wine, making a two-
colour sauce.





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Week 11: Fish and sauces



Meagre pavé with anchovies, clams, brown butter béarnaise, French-style peas and crispy potatoes

Techniques used:

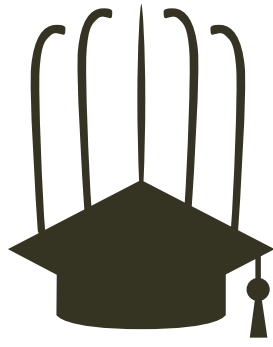
filleting a whole meagre, cleaning and cooking clams, making a warm brown butter emulsion, preparing French-style peas, making crispy potatoes.

Pan-seared cuttlefish with tandoori, carrot purée, baby spinach, einkorn, carrot-orange emulsion and Espelette pepper meringue

Techniques used:

scoring cuttlefish in a crosshatch pattern, cooking einkorn, making a carrot-orange emulsion, making a savoury meringue.





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Week 12: Meat and sauces & Cocktail



Beef fillet Wellington and pressed celeriac

Techniques used:

trimming a beef fillet for a Beef Wellington, making crêpe batter, making a mushroom duxelles, making a Madeira sauce, making pressed celeriac.

Preparation of a savoury cocktail buffet

preparing approximately twelve varieties of savoury canapés.

