



Gastronomic 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

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*



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*

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*



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.*

WEEK 9 : COLD STARTERS



CREAMY BLACK TRUFFLE AND MACARONI LIKE A "FABERGÉ" EGG



VEGETABLES CARPACCIO AND CAULIFLOWER WITH PASSION FRUIT



TECHNICS USED DURING THAT WEEK:

- *"spherification" with alginate and calcium, cold-meat and pâté,*
- *Production of royal foie gras or mushrooms,*
- *Production of « mise en bouche ».*

WEEK 10 : HOT STARTERS



FROGS' LEGS TEMPURA AND CHIPS WITH HERBS



TECHNIQS USED DURING THAT WEEK:

- *Velouté soup*
- *Pan-fried foie gras*
- *Prepare and cook snails*

WROTTEN EGG TO THE WAY OF « GILLES GOUJON » WITH BLACK TRUFFLE (3 MICHELIN STAR)



WEEK 11 : FISH AND SAUCE



TUNA GRILLED WITH CITRUSES FLAVOR, VEGETABLE RUBIK'S CUBE



TECHNICS USED DURING THAT WEEK:

- *Prepare a flat fish, cook in portfolio, stuffing, using a sous-vide machine*
- *Cooking shells and shellfishes, muslin stuffing*

SAINT PIERRE AND CONFITS' LEEK, FLAXSEED TUILE



WEEK 12 : MEATS AND SAUCE



RABBIT IN MUSTARDS SAUCE REVISITED



DESTRUCTURED BURGUNDY BEEF

TECHNICS USED DURING THAT
WEEK:

- *Clarified a consommé, cooking by expansion, by concentration,*
- *Confire, long marinade*
- *Realise warm mousses.*

