



French Cooking School

Mobile 0402924478

www.chateaucuisine.com.au

French Regional Cooking

5 Weeks of 2 hrs = 10 hrs

This 5 week course will take you on a French journey that will introduce you to the most traditional French recipes from a selection of 5 regions in France. On this French journey you will be exposed to the best of French cooking learning about the historic and regional information regarding the recipes, which are demonstrated in class. You will also be actively involved in the preparation of the dishes, you will learn useful tips to make these dishes to perfection, and most importantly you will taste your final creation every class. This class is designed for anyone at any level.

The course will include recipes from the following regions: Regions change every term.

- Paris
- Franche-Comte
- La Corse (Corsica)
- Champagne-Ardenne
- Le Centre
- Bourgogne (Burgundy)
- Pays-de-la-Loire

At the end of the course you'll be able to:

- Cook some French cuisine
- Discover 5 French regions (main characteristics and specialties)
- Discover the fundamentals of French cooking (pastry, cream, cooking with wine, use of cheese in cooking)
- Apply the foundation recipes to other recipes or other variations of the original recipe
- Discover some French cooking terms

Pre-Requisites

This course is suited to anybody interested in French food and culture in general or in learning how to cook traditional French food. Everybody is welcome.

Material

All ingredients and utensils, will be provided by "Chateau Cuisine". In addition all students will be given the recipes in English. Students need to bring apron, pen and notebook.

Additional Information

Please note the course is held in English with some French spoken to introduce the French language to students. Students will be taught some of the French terms used in a kitchen and we aim to give clear interpretations during classes.