

KERROUET HOUSE COOKING SCHOOL

5 DAY COOKING COURSE 2011

Monday

We start at 10am with introductions, course program, safety issues (use of knives etc). We discuss each daily menu before we commence preparation and actual cooking.

Lunch

Chicken stock making for the week

Starter: Bruschetta on toasted bread

Main: Salmon fish cakes on a garden salad with homemade sauce remoulade

Cheese: Selection of French cheeses

Dinner

Starter: Artichoke in a citrus soup

Main: Langoustine stuffed chicken leg with mushroom sauce

Cheese: Selection of French cheeses

Dessert: Panna Cotta with fresh summer fruits

Tuesday

Starter: Gazpacho

Main: Turkey breast marinated in soya, ginger and chili served on a salad with toasted pine kernels

Cheese: Selection of French cheeses

Dinner

Starter: Grilled scallops with endive soup and chives

Main: Veal fillet with basil sauce, crème fraiche potatoes and rosemary roasted vegetables

Cheese: Selection of French cheeses

Dessert: Lemon cake with cointreau creme fraiche

Wednesday

Lunch

Starter: Small tomato pizza
Main: Warm smoked fish on a salad with horseradish cream
Cheese: Selection of French cheeses

Dinner

Starter: Grilled Langoustines with garlic butter
Main: "Frikadeller" Danish styled meat balls with
potato salad and cucumber salad
Cheese: Selection of French cheeses
Dessert: Tiamisu

Thursday

Lunch

Visit to local food market where we will eat as well

Dinner

Starter: Mushroom risotto
Main: Pan fried skate wing with lemon, capers, parsley & new potatoes
Cheese: Selection of French cheeses
Dessert: Caramelized strawberries served with
cinnamon and a poppyseed ice cream

Friday

Lunch

Starter: Mussel soup with saffron
Main: Caesar Salad
Cheese: Selection of French cheeses

Dinner

Starter: Lobster bisque
Main: Slow roasted lamb with oven baked vegetables Cheese:
Selection of French cheeses
Dessert: Poached peach with a sabayon sauce and fresh raspberries