



www.cooking-classes-in-provence.com

Choose the complete menu of your choice below: **One starter, one main course and one dessert.**

The choice must be the same for all guests. Don't forget to tell the Chef if there are any allergies. If one of the guests has a dietary restriction, solutions can be found.

The duration of your cooking class will be **approximately 3 hours**; however, depending on the recipes chosen, some may require more or less time. The duration range for creating your complete menu therefore extends from 3h00 to 3h30.

This time does not include the tasting, approximately 1 hour after the class. Do not plan an activity too soon after your cooking class, allow a safety margin.

STARTERS :

Provençal recipes :

- Traditional pissaladière with homemade olive oil dough; lettuce (*Originally from Menton, Similar to a pizza made with onions, anchovies and olives*)
- Provençal fish soup with saffron rouille sauce and garlic bread toast (*Extra charge: + 30 € / person - The traditional Marseille soup, also known as bouillabaisse, you will have exactly the same base here; the only difference will be that the complete bouillabaisse dish includes in addition to the soup, whole fish served in the broth; the base is rock fish so this recipe is only possible from April to October*)
- Aperitif-style starter: Assortment of black olive tapenade, Provençal eggplant caviar and Provençal anchovy; all accompanied by Brissaudo (*toast of country bread rubbed with garlic and olive oil*) and lettuce (*3 recipes that we find as an aperitif on Provençal tables*)
- Nicoise Salad (*Originally from Nice*) composed of raw vegetables (*Lettuce, Tomatoes, Onions*), hard-boiled eggs, canned tuna, Provençal black olives and anchovy fillets

Provençal-inspired recipes :

- Tart « Tatin » (*Upside-down tart*) in individual version of caramelized cherry tomatoes with grain mustard, shortcrust pastry with parmesan and oregano; lettuce (*The most famous of French tarts, with an upside-down apple tart base, Chef Clément offers here a savory version with cherry tomatoes ; recipe possible all year round however season of French tomatoes in Provence, from April to November*)
- Provençal Zucchini tagliatelle with homemade basil pesto; confit cherry tomatoes; feta and parmesan crisps (*All the flavors of Provence brought together on one plate with the preparation of traditional pesto; recipe possible all year round however French zucchini season in Provence, from April to October*)
- Bruschetta with homemade pesto rosso; grilled eggplant and tomatoes; mozzarella; lettuce (*The red version of green pesto, here made with dried tomatoes on a slice of grilled country bread with garlic and*

olive oil called Brissaud; recipe possible all year round however French eggplant season in Provence from May to November)

- Salad of grilled vegetables with garlic, soft-boiled egg; arugula pesto and homemade breadsticks *(From May to November to have seasonal vegetables)*

- Vegetables « julienne » ; prawns flambéed with pastis « Henri Bardouin »; creamy sauce of caramelized shallots; mimolette cheese *(Pastis is the traditional aperitif in Provence, it is flavored with anise and liquorice; this is a taste that does not please everyone when it is served as an aperitif but Henri Bardouin is the best quality you can find, the marriage with shrimp is perfect)*

Vegetables :

- Tart « Tatin » *(Upside-down tart)* in individual version of confit shallots in port wine, shortcrust pastry with parmesan and oregano; lettuce *(Around ten whole shallots per person for a generous and original individual tart)*

- Breaded goat cheese salad with walnuts and poppy seeds; garlic bread toast and blue cheese whipped cream

- Crispy « Aumônière » of hot goat cheese « Cabécou du Périgord », bacon, walnuts and pears; lettuce *(The Chef was born in Périgueux, in the Périgord, this cheese comes from his native region, the crispy is made from commercial brick sheet, similar to phyllo dough)*

- Sicilian caponata *(Traditional tomato "Ratatouille" originally from Sicily in Italy but which brings together all the ingredients found in Provence)* from eggplant with capers, black olives, balsamic vinegar, celery, raisins, pine nuts served on a slice of country bread toast; lettuce *(Recipe possible all year round however French eggplant season in Provence from May to November)*

Fish :

- Leek fondue with grain mustard; pan-fried scallops; creamy sauce of confit shallots with lemon *(A leek fondue in French involves cooking covered for a long time to have a melting texture)*

- Haddock « vol-au-vent » with grain mustard, onions and white wine, braised leeks *(Puff pastry from the shop ; The vol au vent is made up of puff pastry cut and cooked in the shape of a small basket to accommodate the filling, this dough requires 4 hours of preparation and rest, not manageable in a cooking class)*

- Peas velouté, mascarpone with smoked salmon and poppy seeds; mint olive oil *(Frozen peas because it would be too long and tedious to have to shell the necessary kilo of peas, plus the season is very limited; Velouté is a slightly thicker soup with a creamy texture)*

- Sea bream tartare with mango, vanilla and lime; mimolette cheese; lettuce *(Extra charge: + 30 € / person ; The combination of mango and raw tartar is perfect; Mimolette is a hard, orange-colored French cheese with a strong taste)*

Meat :

- Chicken « vol-au-vent » garnish with cream, mushrooms and homemade "quenelle" *(Puff pastry from the shop as explained above)*

- « Aumônière » *(French crepe)* garnish with chicken, roasted red pepper and bechamel with Fourme d'Ambert cheese; lettuce *(The aumônière is a traditional French dessert, it is a crepe that is formed into a small pocket tied with a string and garnished with a preparation, often sweet; here Chef Clément offers it in a savory version; generous starter because the base is a béchamel enriched with cheese)*

MAIN COURSES :

Provençal recipes :

- Bouillabaisse from Marseille : Provençal fish soup with saffron rouille sauce and garlic bread toast (*Extra charge: + 100 € / person - The traditional Marseille soup served with pieces of whole fish formerly called "poor man's soupe / soupe du pauvre in french", it is today very expensive to make because it requires a large variety of fish and often expensive fish; the base is rock fish so this recipe is only possible from April to October*)
- Provençal aioli (*it is a fairly simple and quick dish to make, in fact, it simply consists of garlic and olive oil mayonnaise which accompanies steamed vegetables, eggs hard, desalted cod*)
- Provençal Farcis (*Very well known in Provence, these are vegetables (Tomatoes or peppers or zucchini or eggplants or onions) stuffed with a stuffing composed of chopped vegetables, meat, olive oil, herbs and aromatics, olives, breadcrumbs and cooked in the oven. They are most often served alone but here to offer a more complete dish, they will be accompanied by rice with saffron and onions with a tomato coulis; it is preferable to make this recipe with summer vegetables, however it can be made all year round with onions or potatoes for example, The Chef will adapt the vegetables according to the period*)
- Nicois potato gnocchis from Nice accompanied by a non-traditional garnish: creamy garlic parmesan sauce, spinach sprouts and sautéed mushrooms, grilled pine nuts (*The gnocchi will be cooked in water and then pan-fried; they will be served in a small individual gratin dish*)
- Cod Brandade (*Originally from Alès but specialty from Nîmes*) from cod (*purchased already dried and salted, called "morue" in French*) cooked like a parmentier: Cod mixed with mashed potatoes with garlic gratinated with oven (*Made in individual version*)
- Beef cooked sous vide flavored with lavender flowers (*Sous vide cooking was created by a French chef, it is very well known and used in the United States but surprisingly very little in France, in any case rarely among individuals. This is a cooking process where the air is removed and the meat is cooked at low temperature to preserve all its qualities*), accompanied by a red wine sauce also flavored with lavender flowers accompanied by panisse fries (*a typically Provençal recipe from Marseille, it is chickpea flour cooked and cut into the shape of fries, like polenta*) and Provençal tomato (*Provençal tomatoes are an essential specialty, simply covered with a mixture of garlic, parsley, breadcrumbs and olive oil, they are then cooked in the oven*)

Provençal-inspired recipes :

- Poached chicken « ballotine » stuffed with dried tomatoes and mozzarella; creamy pesto sauce; niçoise ratatouille (*A superb technique to discover, the chicken fillet is flattened, stuffed and rolled in cling film before being cooked in boiling water. Here we find a Provençal garnish, the traditional pesto sauce added to a base of cream sauce with caramelized onions and of course the unmistakable and traditional Provençal ratatouille nicoise in which all the vegetables are cooked separately before being brought together*)
- Cod in a bacon crust (*Cod steak wrapped with slices of smoked bacon*); confit cherry tomatoes (*With garlic, olive oil and the famous blend of Provence herbs*); spiced tomato chutney; niçoise ratatouille
- Poached cod « ballotine » with slices of lemon (*Same technique as explained above except that there is no stuffing here*); chorizo crisps; creamy pesto sauce (*Same sauce as explained above*); niçoise ratatouille
- Cod "sous vide" with saffron, panisse fries, carrot puree, garlic crumble and tapenade (*Sous vide cooking and panisse explained above (With the lamb dish)*). The carrot puree will be flavored with orange (juice and zest) then for the crumble, we will make the provençal black olive tapenade incorporated into a crumble dough, there will be some left over to enjoy as an aperitif)

Meat :

- Poached chicken « ballotine » stuffed with mushroom duxelle, walnuts and mozzarella; creamy garlic sauce and caramelized onions; garlic and paprika polenta fries
- Lamb Tagine with prunes tajine style; saffron rice; tfaya (*Traditional Maghreb cuisine but a very consumed and appreciated dish in Provence*)
- Chicken Tagine with Prunes and Candied Lemon; semolina; tfaya (*Traditional Maghreb cuisine but a very consumed and appreciated dish in Provence*)
- Duck breast with orange sauce (*Duck with a strong orange sauce cooked in a pan*); Dauphinois potato (*The best known potato gratin from the Dauphiné region, simply potatoes, garlic with cream and milk*)
- Chicken pastilla with almonds; baked summer vegetables (*Traditional Maghreb cuisine but a very consumed and appreciated dish in Provence*)
- Veal blanquette ; saffron rice with caramelized onions (*One of the best-known and most consumed French dishes that every French person knows how to make; the Chef will give you his tips for making a delicious veal blanquette*)
- Confit duck parmentier with mushrooms, carrots and hazelnuts; gratin with parmesan and chives (*A nod to its Périgord origins, a delicious parmentier made from purchased duck already confit in a can. The meat will be mixed with a few vegetables and hazelnuts for crunch, topped with mashed potatoes, parmesan cream and gratinated in the oven with breadcrumbs. A simple, delicious and balanced dish. Serve in individual gratin dishes*)
- Sausages rougail; saffron rice (*The sausage rougail takes us to the islands with the Reunion version made from French sausages from Montbéliard cooked in a tomato base and seasoned with spices and chili pepper. This is a delicious, easy dish to make at home; it will be accompanied by rice pilaf with saffron and onions*)

Fish :

- Carrot and mushroom risotto; breaded salmon steak in a hazelnut crust; provencal tomato (*Learn how to make a traditional risotto and accompany it with salmon breaded with a mixture of hazelnuts, parmesan and Provence herbs; all accompanied by Provencal tomatoes, description in terms of the lamb dish*)
- Burger (*You will make the bread during the class*) of breaded cod, tartar sauce (*mayonnaise with capers, pickles and onions*), roasted peppers and caramelized onions; sweet potato fries with maple syrup
- Breaded salmon steak in a hazelnut crust; provencal tomato; cold creamy cheese, tahini and lemon sauce; quinoa pilaf
- Lobster Thermidor (*Lobster gratined in the oven*); topped with béchamel sauce, emmental, mustard, white wine and herbs (*1 lobster per person; Extra charge: + 80 € / person; This is the most famous lobster dish in France, created in Paris by the chef Auguste Escoffier*); accompanied by vegetables

Fresh pasta :

The Chef is called Clément Tomasella, therefore with Italian origins, from Venice. He works a lot with fresh pasta and teaches this theme very often to French customers. Here he offers you some of his recipes.

- Homemade parsley tagliatelle; creamy sauce with dried porcini mushrooms
- Ground beef ravioli; creamy sauce with dried porcini mushrooms
- Ricotta & spinach ravioli; spiced tomato chutney
- Lasagna alla bolognese with preparation of lasagna dough
- Lobster tagliatelle (*Homemade tagliatelle with paprika*); fresh tomato and lobster sauce; lobster meat in pieces; confit cherry tomatoes; mimolette cheese & parmesan (*1 lobster per person; Extra charge: + 80 € / person*)

DESSERTS :

Provençal recipes :

- Trophezienne (*Originally from the city of Saint-Tropez*) with homemade Brioche; vanilla pastry cream with orange blossom and mascarpone (*This is the most famous Provençal dessert, it still requires technical skill and a slightly longer preparation time because the brioche dough will have to rest for 2 hours in total*)
- Provençal pine nut tart in individual version (*Made from shortbread dough and vanilla almond cream garnished with pine nuts*)
- Duo of Provençal biscuits: Navettes de Marseille with orange blossom and crunchy almonds and hazelnuts (*These are small dry biscuits, perfect to eat with coffee or when feeling hungry*)
- Calisson d'Aix en Provence (*This is the most famous delicacy and which makes Aix en Provence famous. This is a small cake to enjoy on its own or to accompany coffee. It takes the shape of an almond (Oval) and is made up of a candied fruit filling: Melon, orange and lemon, flavored with orange blossom; all of course with almond powder. This is placed on a sheet of enzyme and then dried before being glazed with a glaze of raw egg white and sugar*)

Traditional french pastry :

- Chocolate macarons (*Macarons are one of Chef Clément's specialties. He has trained more than 5,000 French people on this theme alone, he shares his secrets with you to reproduce them at home, they will be made with a simple chocolate ganache; macarons will always be better after a few hours in the refrigerator but you will still appreciate them at the end of your meal, you will leave with a box for those that have not been eaten*)
- Chocolate Royal cake « Trianon » (*3-layers cake: This is the best-known chocolate dessert in France, it is called the "Royal au chocolat" as well as the "Trianon"; it consists of a melting hazelnut dacquoise biscuit, a crunchy praline made with milk chocolate and crispy pancakes that you buy ready-made and finally a dark chocolate mousse on a whipped cream base, a delight*)
- Classic cream puffs with vanilla or chocolate pastry cream (*Cream puffs are the best-known French pastry, found in particular in cakes called Croquembouche in French. You will learn how to make choux pastry, pastry cream, a "craquelin" and caramel. Lots of technicality on the program*)
- Individual Lemon Pie with italian meringue (*We will make an individual version with a sweet dough as a base different from shortbread, a lemon curd nicely balanced in acidity and an Italian meringue, made with sugar syrup*)

Traditional french desserts :

- Floating vanilla Island ; salted butter caramel sauce (*The floating island is a family dessert very well known in France made from a vanilla custard, topped for the island with a meringue cooked for a few moments in the oven, topped with a very delicious caramel sauce and caramelized hazelnut pieces*)
- Caramelized Pears or Apples Tart « Tatin » (*Upside-down tart*) with homemade shortcrust pastry; Salted caramel sauce (*The traditional version of tarte tatin invented by French sisters called "tatin", a tart created by clumsiness. The previously caramelized fruits are found at the bottom of the mold and are topped with a shortcrust pastry. The tart is then turned over after cooking. It will be accompanied by a salted butter caramel sauce, traditional from Brittany*)
- Profiteroles with vanilla whipped cream - mascarpone and red fruits; dark chocolate sauce (*Profiteroles are a comfort dessert, a choux pastry topped with generous whipped cream and chocolate sauce. Some red fruits will be added, and the chocolate sauce will be left on the table for those with a sweet tooth*)

Others and creations :

- Chocolate shortbread, chocolate cream, caramelized hazelnut, cocoa streusel *(For chocolate lovers, an all-chocolate dessert, shortbread topped with chocolate ganache, caramelized hazelnuts for crunch and the streusel biscuit from Alsace that can be crumbled like a crumble)*
- Red fruit soup; vanilla and lime mascarpone cream; crisp *(Very light dessert compared to the others with the very fresh red fruit soup topped with a generous cream and a crispy tile made from brick sheet, similar to phyllo dough)*
- Pear poached in spicy syrup, Breton vanilla shortbread, salted butter caramel sauce *(A pear which will cook for a long time in a syrup flavored with spices and vanilla, which will be placed on a Breton biscuit from Brittany and topped with the also Breton sauce)*
- Crêpe « Aumônière » garnish with caramelized fruits; salted butter caramel sauce *(You will learn how to make the real recipe for French crepes, a mixture of wheat flour and buckwheat flour, it will be folded into a purse (Explained at the beginning in one of the entries) and garnished with fruits that will come caramelize in the pan. To combine everything, the famous salted butter caramel sauce from Brittany)*
- Matcha green tea tiramisu: Homemade biscuits; mascarpone cream flavored with rum and matcha tea *(We revisit traditional Italian tiramisu by making homemade biscuits flavored with powdered Japanese matcha tea, a tea with a strong flavor. The cream will be lightened with whipped cream, everything will be served in a glass)*
- Individual tiramisu *(Traditional with coffee and amaretto or chocolate or red fruits)*
- Sbrisolona biscuit; rum and vanilla mascarpone cream *(A verrine version of vanilla tiramisu flavored with rum with a delicious Italian almond and corn flour cookie)*