**Description:** This course is designed to offer a taste of French cuisine as well as to learn the vocabulary and culinary terminology and some cultural traditions of French Cooking. It will include demonstrations of simple, everyday recipes and will explore different dishes of various regions of France, as well as basic information on wine degustation and tips on marrying food and wine.
You will learn how to cook in the French style and make delicious food using recipes passed on through the generations. This is a hands-on course using the facilities at Mirrabooka Hospitality Centre (see map). Everything is supplied; just bring yourself and a smile! Please wear enclosed shoes. Secure parking is available. Bon Appetit!

*Please note: Allergies and food preferences are unable to be cater for.*

<table>
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<th>Week</th>
<th>Content</th>
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| 1    | **FICELLES PICARDES** (from Picardie region)  
(crepes filled with béchamel sauce, cheese, ham and mushrooms)  
**STEAK AU POIVRE FLAMBE COGNAC**  
(pepper steak flambé with brandy and crème sauce) |
| 2    | **TARTE A L'OIGNON**  
(onion tart)  
**CHOUX CREME PATISSIERE**  
(profiteroles filled with custard) |
| 3    | **FLAMICHE AUX POIREAUX** (from North of France)  
(leek tart)  
**COQ AU VIN**  
(chicken cooked in wine) |
| 4    | **BOEUF BOURGUIGNON** (from Burgundy region)  
(beef casserole cooked in red wine)  
**CHARLOTTE AUX AMANDES**  
(almond charlotte) |
| 5    | **BOUILLABAISSE** (from Marseilles, South of France)  
(fish soup with optional sea-food)  
**CLAFOUTIS**  
(clafoutis) |