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. It will include simple everyday recipes. This course will also explore different dishes of various regions of France and basic information on wine degustation and tips on marrying food and wine. This is a hands on course. Everything is supplied, just bring yourself and a smile!

Location: Mirrabooka Hospitality Centre (see map) – secure parking available. Please wear enclosed shoes. Bon Appetit!

<table>
<thead>
<tr>
<th>Week</th>
<th>Content</th>
</tr>
</thead>
</table>
| 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) |
| 6    | SOUFFLE AU FROMAGE  
   (cheese souflé)  
   Gateau aux amandes  
   (Almond Cake) |

(See location Map next page)
HOSPITALITY CENTRE MAP (Mirrabooka Senior High School, Nollamara Avenue, Mirrabooka)