



## French & Gastronomy

Improve your French and learn tips of culinary art during the cooking lessons with a chef!

Discover new tastes and new recipes based on local and typical products, while practicing French in a relaxed atmosphere, easing spontaneous conversation.

### PRACTICAL INFORMATION

All levels accepted.

Minimum age: 18 years old

Starting dates: every Monday, all year round, except for beginners (refer to 2018 price list)

#### Organisation

Depending on the level of the student, the general French classes are held either in the morning or in the afternoon.

Cooking & Baking workshops are organised according to the French class schedules, from Monday to Friday \*\*

#### Location for the cooking and baking workshops

Paris Bastille – 11<sup>ème</sup>  
(metro Bastille)

Paris Beaubourg – 3<sup>ème</sup>  
(metro Etienne Marcel)

Paris Haussmann – 9<sup>ème</sup>  
(metro Havre-Caumartin)

### Programme

- 20 general French lessons/week
- 4 hours of gastronomy workshops\* (cooking and/or baking) over 2 sessions: possibility to choose 2 cooking workshops or 2 baking workshops or 1 cooking workshop and 1 baking workshop

### Cooking / Baking workshops: 4 hours/week

#### Sample menus

- **Cooking workshop - 2h**
  - « Gougère au beaufort »
  - Crab cake with Granny Smith apples and coriander
  - Sautéed Golden St. Jacques, cauliflower emulsion
- **Cooking workshop - 2h**
  - Shrimp soup with coconut milk
  - Chicken Pad Thai and shrimp
  - « Tapioca au pandan », coconut cream and passion fruits
- **Baking workshop - 2h**
  - Making and baking the famous choux pastry
  - French custard (vanilla and chocolate)
  - Assembly and decoration of choux pastries and making of mini-choux « Chouquettes »
- **Baking workshop - 2h**
  - The 100% chocolate cake
  - The macaroon cream rose, raspberries and lychees
  - Mille-feuille (French vanilla slices)

The sooner you book the better: you will have a wider choice of workshops and we will be able to accommodate specific requests: French or world cuisine, allergies, dietary requirements, etc.

\* French cooking workshops and/or world food

\*\* For stays longer than 1 week, it is possible to schedule the workshops on Saturdays and Sundays.



### PRICES

- 1 to 3 weeks: 525 €
- 4 to 11 weeks: 510 €

+

Registration fee  
(valid for 1 year from the start of the course)  
80 €

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## French & Gastronomy (continued)



### Sample schedules

#### Example 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>8.30 am to 10 am</b> Orientation meeting, level test <b>10 am to 12 pm</b> General French course	<b>8.30 am to 12 pm</b> General French course	<b>8.30 am to 12 pm</b> General French course	<b>8.30 am to 12 pm</b> General French course	<b>8.30 am to 12 pm</b> General French course
Afternoon	<b>3 pm to 5 pm</b> Baking workshop				
Evening			<b>8 pm to 10 pm</b> Cooking workshop		

#### Example 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>2 pm to 2.45 pm</b> Orientation meeting, level test		<b>10 am to 12 pm</b> Cooking workshop		<b>10 am to 12 pm</b> Cooking workshop
Evening	<b>2.45 pm to 6 pm</b> General French course	<b>2.45 pm to 6 pm</b> General French course	<b>2.45 pm to 6 pm</b> General French course	<b>2.45 pm to 6 pm</b> General French course	<b>2.45 pm to 6 pm</b> General French course

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