

Jacques de Romas Catering School – Nérac- FRANCE

EUROPEAN TRAINING

Catering and Food Management



Certificate of Excellence

2010-2011

EXECUTIVE CHEF

FORT JEREMY

TRAINING PROGRAMME

Department : Kitchen

Student :

Dear,

Firstly let us congratulate you on securing your position with us.

Over the next year you will embark on a training course that will give you the relevant information and knowledge required helping you understand how we as a dedicated kitchen team operate.

On achieving your programme you will be more competent and aware of the requirements that we need from a professional brigade who wants to work abroad.

It also helps us to achieve the very high standards .

Let us now wish you good luck for this programme here with us.

Any problems don't hesitate to ask anyone for help or advice.

Executive Chef

FORT Jeremy



TRAINING PLAN

Classe / Class	1 BH
Professeurs pilotes / Experimental teachers	Jérémy FORT Professeur d'enseignement professionnel avec certification complémentaire anglais en Discipline Non Linguistique
Intervenants / Speakers	Assistante anglaise souhaitée, English teacher
Capacité / Capacity	12 élèves
Objectifs généraux / General objectives	<ul style="list-style-type: none"> • Promouvoir un comportement de citoyen européen, les valeurs et les principes de la vie démocratique. • Approfondir la réflexion sur des questions culturelles et environnementales. • Valider les acquis des élèves dans leur activité professionnelle tournée vers un pays européen
Objectifs pédagogiques / Educational objectives	<ul style="list-style-type: none"> • Banaliser la communication en anglais (mettre les élèves en confiance et multiplier les moments de prise de parole) • Développer la communication entre les élèves • Fournir aux élèves les éléments de vocabulaire nécessaires à une bonne intégration dans le milieu professionnel anglais • Accroître leur motivation pour l'apprentissage des langues vivantes • Créer des situations d'apprentissage (situations pratiques, stage en Angleterre ou Etats-Unis, échanges, visio conférences) • Améliorer leur niveau de langue et les rendre autonomes lors d'échanges en anglais
Progression / Progress	<ol style="list-style-type: none"> 1. Prise de contact , déroulement des cours de DNL, matériel, programme 2. La tenue professionnelle, équipements, locaux et matériel 3. Cuisson et préparation des aliments – Vocabulaire – mots clés 4. Les produits « Légumes»: application (taillage, cuisson) d'une recette 5. Les produits « Poissons » :application d'une recette et du dressage 6. Les produits « viandes » : application d'une recette et du dressage 7. Les produits de « pâtisserie » : application d'un dessert, dégustation 8. Prise de commande, annonce au passe : « Make an order » Simulation 9. Habitudes alimentaires et restauration, nouvelles tendances 10. Sécurité et Santé au travail 11. Personnel et Formation : Curriculum Vitae, lettre de motivation.. 12. Travaux Pratiques Diagnostic : Menu thématisé
Financement / Financing	Dossier de financement LEORNADO, Comenius, Rectorat, Région
Evaluation / Evaluation	
Validation / Validation	Attestation « EUROPRO » jointe au diplôme Attribution d'un diplôme « <i>Certificate of Excellence</i> » interne au lycée attestant la formation de l'élève.

KITCHEN VISION

Professional goals about the programme

1. To gain professional vocabulary in English during practical courses in the kitchen.
2. To get more knowledge about food habits in foreign countries.
3. To be ready to work during a work experience in a foreign country.
4. To acquire a real professional training in a large catering firm (Hotel Resort).
5. Sourcing the best ingredients where possible and practical.
6. Ensuring the kitchen has the correct equipment for daily functioning.
7. Communicate easily with the brigade and the staff.

TRAINING PLAN	
1	Presentation of the training
2	Kitchen staff, kitchen equipment, kitchen planning, utensils and appliances
3	Food processing and cooking
4	Products : "Vegetables", realization of the recipe. A starter
5	Products: "Fish", realization of the recipe. Vocabulary
6	Products:"Meat", realization of the recipe. Vocabulary
7	Pastry products, realization of the dessert. Taste and analyze
8	Make an order - Vocabulary and simulation
9	New trends in eating habits
10	Health and safety
11	Staff and training: CV- a letter of application - vocabulary

" To give the customer the most desirable food experience "

Kitchen staff, kitchen equipment,

1.

kitchen planning, utensils and appliances

1. Chef Uniform



Kitchen dress and personal hygiene standards : MALE / FEMALE

- **Uniform** A full clean set of chefs whites must be worn at all times
- **Shoes** Safety shoes must be worn in good condition and clean
- **Socks** Must be black or navy in colour
- **Hair** Hair must be clean and no longer than collar length for males. Hats must be worn at all times ensuring hair is covered. No gel, wet gel or mousse is permitted
- **Aftershave** No aftershave or perfume is permitted in the kitchen
- **Jewellery** Only a wedding ring is permitted to be worn. Under no circumstances is a watch or crown ring to be worn. Chains must be worn on the inside of collar of jacket.

Personal Hygiene is of paramount importance

Jacques de Romas Catering School Look

If we are to be the most desirable resort hotel in the world, we must take pride in ourselves and our appearance, particularly when meeting guests.

The “ J.de Romas look “ is fresh, clean and tidy. It is confident and well presented and reflects our pride in working in this beautiful environment.

ALL STAFF

▪

It is essential that we take extra care with personal hygiene and use deodorant or antiperspirant daily.

▪

Should be clean and well trimmed.

▪

Must be clean and neat with simple natural looking styles. Staff who meet guests should tie back long hair and using accessories which match their uniform.

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Should not be excessive and should enhance and complement the skin tone to create a fresh natural appearance.

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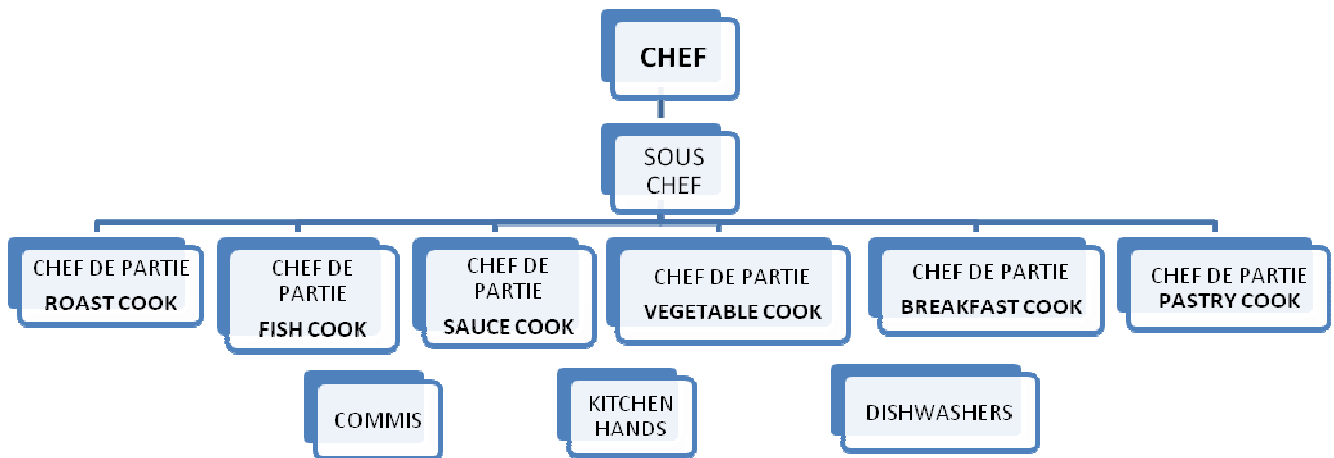
Staff meeting guests must keep jewellery to a minimum with no more than two rings and a watch

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Visible body piercing and visible tattoos are not permitted for any staff members



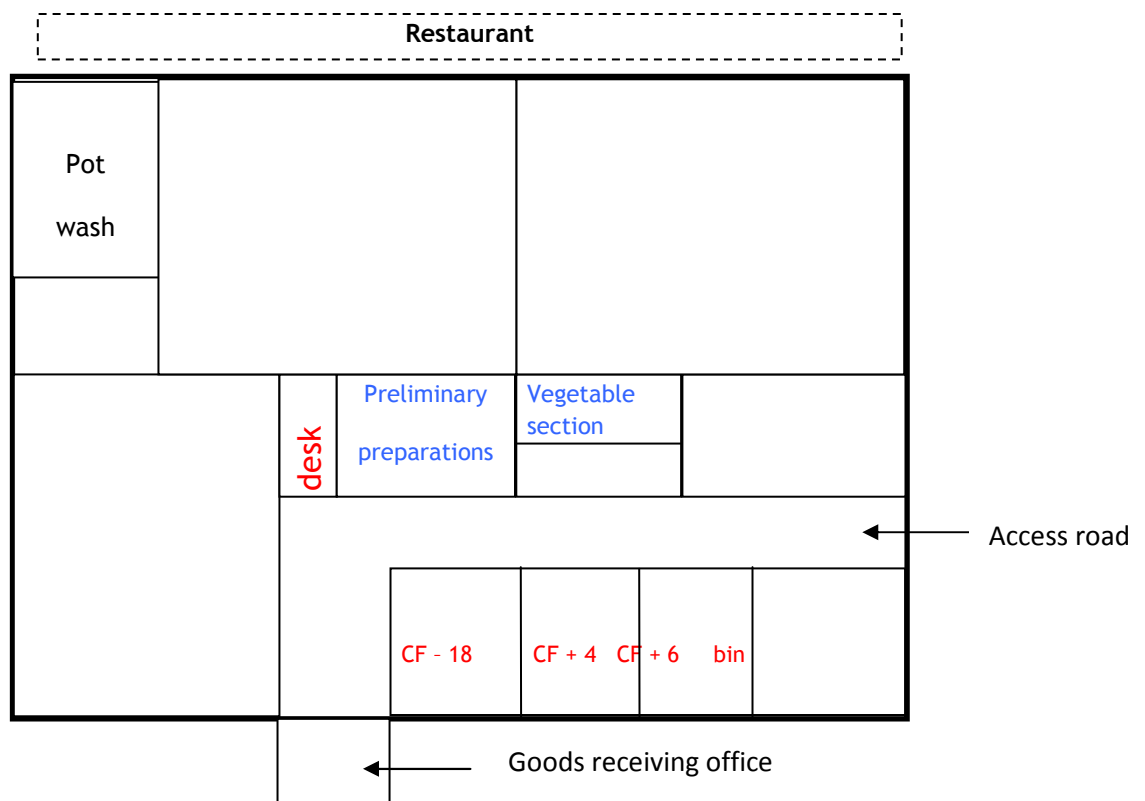
2. Kitchen staff



3. Kitchen planning



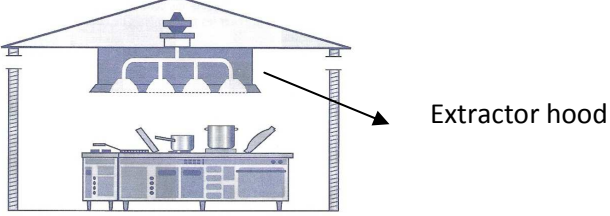




The kitchen must be adjacent to the dining room and convenient for delivery from back door to store to kitchen. The vegetable store, larder and dry store to kitchen. The vegetable store, larder and dry stores should face east or north.

Floors must be hard-wearing, easy to clean, non slippery and non absorbent to grease. Hoods should fit exactly over the equipment area so that staff are not working in a pocket of hot air.



4. Kitchen equipment

		 <p>A RANGE</p> 
		
		
		
		

An average sized kitchen will include tables and counters where cooks and commis can work and stoves and ranges on which the actual cooking is done.

There will be equipment such as machines for peeling, slicing, grinding and mixing. Ovens will be used for baking and ranges for grilling and frying. More sophisticated equipment will include convection ovens, microwave ovens, steam injection ovens, and steam cookers.

Among kitchen utensils are carving knives, ladles, peelers, tin openers, bottle openers, whisks, graters, sieves, strainers, mincers, mixers, saucepans, frying pans, pots, lids, deep fryers, kettles, dishes, grill racks, grates, griddles, carving boards. There may be a pantry, a larder, with refrigerators and freezers, a vegetable preparation area and a washing up area with dishwashers and bins.


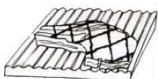

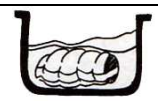



KITCHEN UTENSILS AND APPLIANCES

Bottle opener	Ouvre-bouteilles	Mixer	Mixer
Bratt pan	Marmite fixe	Nozzle	Douille
Can opener	Ouvre-boîtes	Pan	Four
Convection oven	Couteau à découper	Pointed strainer	Casserole
Counter	Four à convection	Pot	Econome
Dishwasher	Comptoir, plan de travail	Range	Chinois
Forcing bag	Friteuse	Refuse bin	Marmite
Grate	Lave-vaisselle	Rolling pin	Fourneau
Gridiron	Poche à douille	Service hatch	Poubelle
Griddle	Congélateur	Steam cooker	Rouleau à pâtisserie
Hood	Grille (de four)	Tap	Passe plat
Knife sharpener	Gril	Timer	Tamis
Ladle	Plaque de cuisson	Tin opener	Cuiseur à vapeur
Lid	Hotte	Toaster	Robinet
Micro wave oven	Affûtoir	Waste bag	Minuteur
	Louche		Ouvre-boîtes
	Couvercle		Grille-pain
	Four micro-onde		Sac à ordures
	Hachoir		Fouet

It's as easy as shelling peas !

C'est simple comme bonjour !

Cooking methods

		Cooking in a fat, in deep fat frying.
		Cooking on a gridiron. Meats are grilled
		Cooking in an oven. Cakes are baked. Joints of meat are roasted, cooking before a fire
		Cooking in a liquid just below boiling point. Eggs and fish are often poached
		The meat is cooked slowly in a liquid, the food should simmer and not boil.
		The meat is first browned in a fat and cooked in a small amount of liquid
		Cooking in a steam, vegetables are often steamed.

Preparation techniques

	The food is cooked, then chilled down to 0-3°C and stored at a low temperature.
	Food is put in a pouch, the air is drawn out and the bag is heat-sealed. The absence of air eliminates the problems of dehydration and shrinkage. And extension of the method is to replace the removed air with gas.
	Deep frozen food can be stored for a long time and can be cooked from frozen.
	Food is turned into a dry mix. Soup are often dehydrated.
	Food is cooked and hermetically sealed in metal containers.
	A traditional way of preserving fruits in jars

Food processing and cooking: key sentences

Mélangez le contenu du paquet avec de l'eau et versez dans une casserole.	Mix the contents of the packet into water pour into a pan.
Le poisson est nettoyé et mis en filet dès qu'il est pêché	The fish is cleaned and filleted as soon as it is caught.
Le refroidissement doit commencer dès que possible après la fin de la cuisson et de la mise en portion.	Chilling should begin as soon as possible after completion of cooking and portioning.
L'épaisseur des aliments ne doit pas dépasser 2 cm.	Food thickness should not exceed 2 inches .
Tous les articles doivent être étiquettes avec la date limite de consommation.	All items should be labeled with their expiry dates.
Combien de repas produisez-vous par semaine?	How many meals do you produce a week ?
On estime que l'emballage sous-vide conserve mieux le goût des aliments que la congélation.	Vacuum packing is estimated to preserve the taste of food better than deep freezing.

<i>Surgeler</i>	<i>Congeler</i>	<i>Réfrigérer</i>	<i>Refroidir</i>
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A recipe using sous vide

Turbot filled with crab and fresh herbs with a red wine sauce

60g crab meat	20 cl red wine
15 g herbs	5 cl fish stock
2 cl cream	5 cl veal stock
2 cl white wine	60g spinach, seasoned and sautéed in butter
120 g turbot	1 leaf basil
20 g celery, chopped	1 sprig dill
1 shallot, chopped	1 leaf tarragon
50 g butter	

Combine crab meat with herbs, a little cream and white wine to moisten. Make an incision on side of turbot and fill with crab meat mixture. Place turbot in a cooking pouch without seasoning. Set machine to vacuum 4 and seal at 8. Steam at 75°C for 10-12 minutes. Sweat celery and shallots in a little of the butter, add red wine and reduce to a glaze, add fish stock and veal stock. Reduce, pass and monté with butter. Place spinach on the plate, arrange fish on top. Spoon sauce around the fish. Place fresh herbs on fish.

STARTERS

ANTIPASTI

STUFFED COURGETTE ROLLS

BALSAMIC BEETROOT WITH ROQUEFORT

PARMA HAM, SAGE AND PARMESAN PUFFS

MARINATED MUSHROOMS

A selection of interesting warm and cold bites that can be prepared in advance

STUFFED COURGETTE ROLLS

6 -8 servings

4 small courgettes, trimmed

Olive oil, to oil and drizzle

250 g ricotta

Juice of ½ lemon

Splash of extra virgin olive oil

Sea salt and freshly ground black pepper

Handful of basil leaves, chopped

50 g pine nuts, toasted

Balsamic vinegar, to drizzle

Slice the courgettes lengthways, using a swivel vegetable peeler or a mandolin and select about 40 good strips. Place the courgette strips on an oiled tray and brush with olive oil. Season with salt and pepper and chill for 20 minutes.

Mix the ricotta with the lemon juice, extra virgin olive oil and seasoning to taste, then fold in the chopped basil and pine nuts. Place a small teaspoonful of ricotta mixture on one end of a courgette strip and roll up. Repeat to use all the filling. Arrange the courgette cannelloni on a plate and grind over some black pepper. Drizzle with a little olive oil and balsamic vinegar and serve.

BALSAMIC BEETROOT WITH ROQUEFORT

6 -8 servings

600 g cooked baby beetroot, peeled

3-4 tbsp olive oil

6-7 tbsp balsamic vinegar

Sea salt and freshly ground black pepper

150 g Roquefort

1-2 tsp sesame seeds, toasted

Halve the beetroot or quarter, depending on size.

Heat the olive oil in a large sauté pan, add the beetroot and sauté for 2-3 minutes. Add the balsamic vinegar and season with salt and pepper.

Toss to coat the beetroot in the syrupy glaze. Transfer to a bowl, leave to cool completely, then chill for a few hours.

Crumble the Roquefort over the beetroot and sprinkle with toasted sesame seeds to serve.

PARMA HAM, SAGE AND PARMESAN PUFFS

Makes about 35

85 g unsalted butter, plus extra to grease

100 g plain flour

Pinch of salt

3 medium eggs, beaten

100 g Parma ham, finely chopped

4-5 sage leaves, finely shredded

40 g Parmesan, finely grated

Heat the oven to 200 °c. Put the butter and 220 ml water into a heavy-based saucepan. Heat slowly to melt the butter, then turn up the heat and bring to a rolling boil. Mean while, sift the flour and salt together. As soon as the liquid comes up to boil, tip in all the flour and salt and take the pan off the heat. Beat vigorously with wooden spoon until the mixture comes together as a paste and leaves the sides of the pan. Spread on a plate and leave to cool.

Return the paste to the pan (or place in a bowl) and beat in the eggs, a little at a time, until soft, shiny and smooth. The mixture should have a dropping consistency. Beat in the chopped Parma ham, sage and Parmesan until evenly incorporated.

Lightly grease a large baking sheet. Spoon the mixture into a piping bag fitted with a 1-1.5 cm plain nozzle and pipe into small 3-4 cm rounds on the baking sheet, spacing them about 5 cm apart to leave room for expansion. Bake for 20-25 mn or until the pastries are well risen and golden brown. Serve immediately or keep warm in a low oven.

MARINATED MUSHROOMS

6 -8 servings

4-5 tbsp olive oil, plus extra to drizzle

500 g button mushrooms, cleaned, trimmed and halved if large

2-3 shallots, peeled and sliced

Sea salt and freshly ground black pepper

Generous splash of white wine vinegar

small bunch of tarragon, leaves only

Heat the olive oil in a large wide heavy based pan. When it is almost smoking, add the mushrooms and sauté over a high heat for about 5 mn until they are lightly golden. Tip in the shallots and season well with salt and pepper. Sauté until the shallots have softened. Add a splash of wine vinegar and let the liquid bubble for a few minutes. Drizzle generously with olive oil and allow to cool to room temperature. Sprinkle with tarragon to serve

STUFFED COURGETTE ROLLS

VOCABULARY

Courgettes :

Olive oil :

Drizzle :

Sea salt & pepper :

Basil leaves, chopped :

Pine nuts, toasted :

Balsamic vinegar :

Slice:

Oiled tray and brush with olive oil:

Season:

Chill for 20 mn:

Roll up:

BALSAMIC BEETROOT WITH ROQUEFORT

VOCABULARY

600 g cooked baby beetroot, peeled:

Sesame seeds, toasted:

Halve the beetroot or quarter:

Heat the olive oil in a large sauté pan:

Toss to coat the beetroot:

Crumble the Roquefort:

PARMA HAM, SAGE AND PARMESAN PUFFS

85 g unsalted butter, plus extra to grease

VOCABULARY

100 g plain flour

Pinch of salt

3 medium eggs, beaten

100 g Parma ham, finely chopped

4-5 sage leaves, finely shredded

40 g Parmesan, finely grated

MARINATED MUSHROOMS

**500 g button mushrooms, cleaned,
trimmed and halved if large**

VOCABULARY

2-3 shallots, peeled and sliced

Generous splash of white wine vinegar

small bunch of tarragon, leaves only

PURCHASING AND STORAGE

Additional vocabulary

Groceries and spices	Epicerie et épices	Vegetables	Légumes
Aniseed	<i>Grains d'anis</i>	Artichoke	<i>Artichaut</i>
Baking powder	<i>Levure chimique</i>	Asparagus	<i>Asperges</i>
Caraway	<i>Cumin</i>	Aubergine	<i>Aubergine</i>
Sugar	<i>Sucre</i>	Broad beans	<i>Fèves</i>
Cayenne pepper	<i>Poivre de Cayenne</i>	Beetroot	<i>Betterave</i>
Cinnamon	<i>Cannelle</i>	Broccoli	<i>Brocoli</i>
Cloves	<i>Clous de girofle</i>	Cabbage	<i>Chou</i>
Cocoa	<i>Cacao</i>	Carrot	<i>Carotte</i>
Coriander	<i>Coriandre</i>	Cauliflower	<i>Chou-fleur</i>
Currants	<i>Raisins secs</i>	Courgette	<i>Courgette</i>
Curry powder	<i>Curry en poudre</i>	Cress	<i>Cresson</i>
Dried fruit	<i>Fruits secs</i>	Cucumber	<i>Concombre</i>
Ginger	<i>Gingembre</i>	Endive	<i>Endive</i>
Icing sugar	<i>Sucre glace</i>	French beans	<i>Haricots verts</i>
Lump sugar	<i>Sucre en morceaux</i>	Green pepper	<i>Poivron</i>
Mustard	<i>Moutarde</i>	Leek	<i>Poireau</i>
Noodles	<i>Nouilles</i>	Lettuce	<i>Laitue</i>
Nutmeg	<i>Noix de muscade</i>	Mushroom	<i>Champignons</i>
Olive oil	<i>Huile d'olive</i>	Onion	<i>Oignon</i>
Pickles	<i>Conserves au vinaigre</i>	Pea	<i>Pois</i>
Prunes	<i>Pruneaux</i>	Potato	<i>Pomme de Terre</i>
Rice	<i>Riz</i>	Radish	<i>Radis</i>
Saffron	<i>Saffran</i>	Shallot	<i>Echalote</i>
Herbs	Herbes aromatiques	Fruit	Fruits
Angelica	<i>Angélique</i>	Apple	<i>Pomme</i>
Basil	<i>Basilic</i>	Apricot	<i>Abricot</i>
Bayleaf	<i>Laurier</i>	Avocado	<i>Avocat</i>
Celery seeds	<i>Graine de céleri</i>	Banana	<i>Banane</i>
Chervil	<i>Cerfeuil</i>	Blueberries	<i>Myrtille</i>
Chives	<i>Ciboulette</i>	Cherries	<i>Cerise</i>
Dill	<i>Aneth</i>	Cranberries	<i>Airelles</i>
Fennel	<i>Fenouil</i>	Date	<i>Datte</i>
Garlic	<i>Ail</i>	Gooseberries	<i>Groseilles</i>
Horseradish	<i>Raifort</i>	Grapefruit	<i>Pamplemousse</i>
Marjoram	<i>Marjolaine</i>	Grapes	<i>Raisins</i>
Mint	<i>Menthe</i>	Hazelnut	<i>Noisette</i>
Oregano	<i>Origan</i>	Lemon	<i>Citron</i>
Parsley	<i>Persil</i>	Lime	<i>Citron vert</i>
Rosemary	<i>Romarin</i>	Mandarin	<i>Mandarine</i>
Sage	<i>Sauge</i>	Mango	<i>Mangue</i>
Sorrel	<i>Oseille</i>	Melon	<i>Melon</i>
tarragon	<i>Estragon</i>	Orange	<i>Orange</i>
Thyme	<i>Thym</i>	Passion fruit	<i>Fruit de la passion</i>
		Peach	<i>Pêche</i>
		Pear	<i>Poire</i>
		Pineapple	<i>Ananas</i>
		Rasberries	<i>Framboises</i>
		Strawberries	<i>Fraises</i>

MAIN COURSE

FISH

Pan-fried sea bass with broccoli & sorrel sauce

Black bream with basil & peas “Bonne femme”

Scallops with cauliflower puree

SEA BASS WITH A BROCCOLI & SORREL SAUCE

4 servings

4 sea bass fillets, skin on about 175 g each

Olive oil, for cooking and to drizzle

Sea salt and freshly ground black pepper

2 heads of broccoli, cut into florets

300 ml fish velouté

Handful of sorrel leaves, shredded

Check the bass fillets for small pin bones, removing any with tweezers. Using a sharp knife, lightly score the skin at 1 cm intervals. Heat a little olive oil in a large frying pan until hot. Season the fish fillets and place them in the pan, skin side down. Fry, without moving, for 2-3 minutes until the skin is crisp and the fish is cooked two-thirds of the way through. Turn the fillets and cook the other side for about 30 seconds.

While the fish is cooking, blanch the broccoli in boiling salting water for 2 minutes and drain well. Drizzle with a little olive oil and season with salt and pepper. Keep warm.

Transfer the fish to a warm plate and lightly cover with a piece of oil. Pour the fish velouté into the pan and scrape up the sediment with a wooden spoon to deglaze the pan. Simmer for a few minutes, then add half of the shredded sorrel and take off the heat.

Divide the broccoli among warm serving plates and lay the sea bass fillets on top. Pour the sauce around the plate and garnish with the remaining shredded sorrel.

BLACK BREAM WITH BASIL & PEAS “BONNE FEMME”

6 servings

6 black bream fillets, skin on, about 175 g each

Sea salt and freshly ground black pepper

Small handful of basil leaves

Olive oil, to drizzle

PEAS “BONNE FEMME”

Olive oil, for cooking

250 g unsmoked bacon lardons

150 g pearl onions, pelled

Few thyme sprigs, leaves only

600 fresh or frozen peas

Check the fish for a small bones, removing any that you find with tweezers. Score the skin at 1 cm intervals. Season with salt and pepper and place a few basil leaves on the flesh side. Place each bream fillet on a large piece of cling film and drizzle with olive oil. Wrap up to enclose the fillets in the cling film, twisting the ends tightly to seal.

For the peas, heat a little olive oil in a frying pan and fry the lardons for 8-10 mn until golden brown and crisp. Remove and drain on kitchen paper. Add the onions and thyme to the pan cook on a medium heat, stirring occasionally, for 10 mn until the onions are tender.

In the meantime, bring a large pan of water to the boil, then reduce the heat to a low simmer. Add the wrapped bream fillets and gently poach for about 10 mn until the fish is opaque and cooked through. If the centre is not cooked through, poach for a further 2-3 mn.

Add the peas and bacon to the onions and cook for 2-3 mn until the peas are tender. Season well.

Divide the peas “bonne femme” among six warm plates. Unwrap the bream fillets and place on top of the vegetables, skin side up. Drizzle with a little olive oil and sprinkle with sea salt. Serve immediately

SCALLOPS WITH CAULIFLOWER PUREE

4 servings

100 g sultanas

100 g capers in brine, rinsed and drained

12-16 large scallops

1 tsp mild curry powder

Sea salt and freshly ground black pepper

Olive oil, for cooking

VINAIGRETTE

1 tbsp sherry vinegar

3 tbsp olive oil

CAULIFLOWER PUREE

½ head of cauliflower, about 350 g

30 g butter

1-2 tbsp milk

100 ml single cream

Put the sultanas, capers and 100 ml water into a small pan and bring to the boil. Tip into a food processor and whiz to a purée. For a smoother result, pass the mixture through a fine sieve.

For the vinaigrette, whisk the sherry vinegar and olive oil together to emulsify and season with salt and pepper to taste. Set aside.

For the purée, cut the cauliflower into florets. Melt the butter in a sauce pan, add the cauliflower florets and sauté for about 3-4 mn. Add a little milk, cover and sweat for 2-3 mn, then pour in the cream and return to a gentle boil. Partially cover and cook for a few more minutes until the florets are soft. Season well.

Tip the cauliflower and cream into a food processor and blend for a few minutes until smooth, scraping down the sides of the processor a few times.

Lightly sprinkle both sides of the scallops with the curry powder and seasoning. Heat a little olive oil in a large nonstick frying pan. Add the scallops and cook for just minute on each side, turning them in the order they were put in. They should be nicely brown on both sides and feel springy when pressed. Remove from the pan to a warm plate and leave to rest for a minute.

Slice each scallops in half horizontally and season well. Put 6-7 little spoonfuls of the cauliflower purée on each plate and top each with scallops half. Drizzle with the caper dressing and vinaigrette and serve immediately.

SEA BASS WITH A BROCCOLI & SORREL SAUCE

VOCABULARY

4 sea bass fillets, skin on about
175 g each

Olive oil, for cooking and to
drizzle

Sea salt and freshly ground black
pepper

2 heads of broccoli, cut into florets

300 ml fish velouté

Handful of sorrel leaves, shredded

BLACK BREAM WITH BASIL & PEAS “BONNE FEMME”

VOCABULARY

6 black bream fillets, skin on,
about 175 g each

Sea salt and freshly ground black
pepper

Small handful of basil leaves

PEAS “BONNE FEMME”

Olive oil, for cooking

250 g unsmoked bacon lardons

150 g pearl onions, pelled

Few thyme sprigs, leaves only

600 fresh or frozen peas

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4 servings

100 g sultanas

100 g capers in brine, rinsed and drained

12-16 large scallops

1 tsp mild curry powder

Sea salt and freshly ground black pepper

Olive oil, for cooking

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1 tbsp sherry vinegar

3 tbsp olive oil

CAULIFLOWER PUREE

½ head of cauliflower, about 350 g

30 g butter

1-2 tbsp milk

100 ml single cream

FISH AND SHELLFISH

Additional vocabulary

FISH	POISSONS	SHELLFISH	CRUSTACES
Anchovy	<i>Anchois</i>	Cockle	<i>Coque</i>
Bass	<i>Bar</i>	Clam	<i>Clam</i>
Brill	<i>Barbue</i>	Crab	<i>Crabe</i>
Carp	<i>Carpe</i>	Crawfish	<i>Langouste</i>
Cod	<i>Cabillaud</i>	Crayfish	<i>Ecrevisse</i>
Dab	<i>Limande</i>	Cuttlefish	<i>Seiche</i>
Dogfish	<i>Roussette</i>	Lobster	<i>Homard</i>
Eel	<i>Anguille</i>	Mussel	<i>Moule</i>
Flounder	<i>Carrelet</i>	Oyster	<i>Huître</i>
Haddock	<i>Eglefin</i>	Prawn	<i>Langoustine</i>
Hake	<i>Colin</i>	Scallops	<i>Coquille Saint-Jacques</i>
Halibut	<i>Flétan</i>	Shrimp	<i>Crevette</i>
Herring	<i>Hareng</i>	Squid	<i>Calamar</i>
Mackerel	<i>Maquereau</i>	Winkle	<i>Bigorneau</i>
Mullet	<i>Mulet</i>		
Perch	<i>Perche</i>		
Pike	<i>Brochet</i>		
Rock fish	<i>Lotte</i>		
Salmon	<i>Saumon</i>		
Sardine	<i>Sardine</i>		
Sea bream	<i>Daurade</i>		
Sole	<i>Sole</i>		
Sturgeon	<i>Esturgeon</i>		
Trout	<i>Truite</i>		
Tuna	<i>Thon</i>		
Turbot	<i>Turbot</i>		
Whiting	<i>Merlan</i>		

MAIN COURSE

Poultry & Meat

Chicken Marsala with red chicory

Duck Breast with spring greens & gooseberry sauce

Herb-crusted rack of lamb

Ginger & port marinated lamb skewers

CHICKEN MARSALA WITH RED CHICORY

4 SERVINGS	
Olive oil, for cooking Few thyme springs ½ head of garlic 1 large chicken, jointed 8 pieces Salt & pepper Marsala Handful of flat leaf parsley, leaves roughly chopped <u>PAN-FRIED CHICORY</u> 4 heads of red chicory, trimmed Olive oil, for cooking Salt & pepper	<p>Heat a thin film of olive oil in a wide frying pan. Add the thyme and garlic and cook gently for a minute. Season the chicken pieces with salt and pepper and add then to the pan, skin side down. Fry for 4-5 minutes until golden brown, then turn the chicken pieces over and cook on the other side for 3-4 minutes. (You may need to brown the chicken in batches if you pan is not wide enough.)</p> <p>Pour in the Marsala and stand well back as it may flambé. Lower the heat and braise the chicken for 10-15 mn until cooked through. To test, pierce the thickest part of a chicken thigh and press lightly – the juices should run clear.</p> <p>Separate the chicory into individual leaves. Heat a frying pan with a thin layer of olive oil. Add the chicory leaves, season with a little salt and pepper and toss over a high heat for 1-2 mn to slightly wilt the leaves. They should still have a slight bite to them.</p> <p>Pile the chicken on to a large platter and arrange the sautéed chicory leaves around. Spoon over the Marsala sauce and serve immediately, with a sprinkling of chopped parsley.</p>

DUCK BREAST WITH SPRING GREENS & GOOSEBERRY SAUCE

6 SERVINGS	
3 tbsp Szechwan peppercorns Salt and pepper 6 duck breasts with skin 300 ml sugar syrup 150 g gooseberries 150 ml dry red wine 150 ml brown chicken stock 3 tbsp gooseberry conserve 400 g spring greens, cored and finely shredded	<p>Toast the peppercorns in a dry pan until fragrant, then tip into a pestle and mortar and add a little salt and pepper. Lightly crush the peppercorn mix. Score the skin of the duck breasts in a criss-cross pattern, than coat with the spice mixture.</p> <p>Place the duck breasts, skin side down, in a dry ovenproof pan and cook over a very low heat to render down most of the fat. This may take 10-15 mn. Heat the oven to 200°C.</p> <p>Heat the sugar syrup in a pan, meanwhile. Add the gooseberries and gently poach for 2-3 mn. Leave them to cool in the sugar syrup.</p> <p>For the sauce, boil the red wine in a pan for /-8 mn until reduce by half? Pour in the stock and again, reduce by a half.</p> <p>Turn up the heat under the duck breasts and fry until the skin is crisp. Turn them over and seal the other side for 1-2 mn. Transfer the pan to the hot oven and cook for 8-10 mn for medium-rare duck - it should be slightly springy when pressed.</p> <p>In the meantime, stir the gooseberry conserve into the sauce and add a knob of butter for shine. Drain the gooseberries, and them to the sauce</p>

and warm through. Taste and adjust the seasoning.

When ready, rest the duck on a warm plate for 10 mn. Wilt the spring greens with a couple of knobs of butter in a hot pan. Season well, the divide among warm serving plates. Thickly slice the duck breasts on the diagonal and fan out on top of the spring greens. Spoon the sauce over and around to serve.

HERB-CRUSTED RACK OF LAMB

4 SERVINGS	
2 large racks of lamb, cut in a half Olive oil, for cooking Salt and pepper 2 tbsp English mustard <u>HERB CRUST</u> 4 slices of day-old bread Large handful of parsley Small handful of coriander Small bunch of thyme Few rosemary sprigs 50 g Parmesan	<p>Heat the oven to 200°C. Score the lamb fat in a criss-cross pattern and season-well. Seal the racks in a hot oven proof pan with a little olive oil until golden brown, about 4 mn each side. Transfer the pan to the oven for 10-15 mn to finish cooking the lamb. It should feel springy when pressed. Leave to rest while you prepare the herb crust.</p> <p>Tear the bread into pieces and put into a food processor. Roughly chop the herb leaves and add to the processor with Parmesan and a little seasoning. Whiz to fine crumbs, which will take on a bright green color. Brush the lamb with mustard and coat with the herb crust, patting it on firmly. Return the lamb to the pan and warm through in the oven for 5 mn.</p> <p>Slice the lamb into individual chops and serve three per person, with the Pommès boulangère and Courgettes provençale.</p>

GINGER & PORT MARINATES LAMB SKEWERS

6-8 SERVINGS	
8-10 wooden kebab skewers 800 g boneless tender lamb olive oil, to brush <u>MARINADE</u> 200 ml port 2 tbsp grated root ginger 4 garlic cloves, few rosemary salt & pepper 2 tbsp olive oil	<p>Soak the kebab skewers in cold water. Combine the port, ginger, garlic, and rosemary, in a wide shallow bowl. Cut the lamb into 2cm cubes, add to the bowl and turn to coat in the marinade. Cover with cling film and leave to marinate in the fridge for 3-4 hours or overnight.</p> <p>Drain the lamb and pat dry with kitchen paper. Season the meat and brush with a little olive oil, then thread on to the skewers. Cook on a preheated barbecue or griddle for about 2-3 mn on each side. The lamb should be slightly springy when pressed.</p>

CHICKEN MARSALA WITH RED CHICORY

4 SERVINGS	VOCABULARY

DUCK BREAST WITH SPRING GREENS & GOOSEBERRY SAUCE

6 SERVINGS	VOCABULARY

HERB-CRUSTED RACK OF LAMB

4 SERVINGS	VOCABULARY

GINGER & PORT MARINATES LAMB SKEWERS

6-8 SERVINGS	VOCABULARY

POULTRY AND GAME / MEAT AND JOINTS Additional vocabulary

POULTRY AND GAME	VOLAILLES ET GIBIERS	MEAT AND JOINTS	MORCEAUX / VIANDE
Capon	<i>Chapon</i>	Bacon	<i>Lard</i>
Chicken	<i>Poulet</i>	Beef	<i>Bœuf</i>
Cock	<i>Coq</i>	Black pudding	<i>Boudin</i>
Duck	<i>Canard</i>	Breast	<i>Poitrine</i>
Fowl	<i>Volaille</i>	Chop	<i>Côte</i>
Goose	<i>Oie</i>	Rackof lamb	<i>Carré d'agneau</i>
Guinea	<i>Pintade</i>	Cutlet	<i>Côtelette</i>
Hare	<i>Lièvre</i>	Fillet	<i>Filet</i>
Hen	<i>Poule</i>	Ham	<i>Jambon</i>
Pheasant	<i>Faisan</i>	Kidney	<i>Rognon</i>
Pigeon	<i>Pigeon</i>	Lamb	<i>Agneau</i>
Quail	<i>Caille</i>	Leg	<i>Gigot</i>
Roedeer	<i>Chevreuil</i>	Loin	<i>Longe</i>
Turkey	<i>Dinde</i>	Mutton	<i>Mouton</i>
Rabbit	<i>Lapin</i>	Offal	<i>Abats</i>
		Pork	<i>Porc</i>
		Sausage	<i>Saucisse</i>
		Veal	<i>Veau</i>
		Tripe	<i>Tripes</i>
		Small back	<i>Filet de porc</i>

PASTRY

DESSERTS

COFFEE & CHOCOLATE MOUSSE CUPS

CARDAMOM CUSTARD TART

LEMON POSSET

WHITE CHOCOLATE, PANNACOTTA

COFFEE & CHOCOLATE MOUSSE CUPS

4 servings

100 good-quality dark chocolate

Break the chocolate into a small pieces and melt in a heatproof bowl set over a pan of barely simmering water. Stir until smooth, then remove the bowl from the heat and leave to cool.

125 g mascarpone

2 tbsp icing sugar

With a hand whisk, beat the mascarpone and icing sugar together until smooth, then whisk in the espresso and the melted chocolate.

4 tbsp strong espresso , cooled

150 ml double cream

In another bowl, whip the double cream until soft peaks form. Fold the cream into the mocha mixture until well combined. Spoon the mousse into four cappuccino cups or ramekins and chill overnight.

TO FINISH

4 tbsp double cream

Just before serving, lightly whip the 4 tbsp double cream until thick and swirl over the mousses. Sprinkle the grated chocolate and crushed amaretti on top and serve immediately.

A little grated chocolate

Few amaretti biscuits, crushed

CARDAMOM CUSTARD TART

6 -8 servings

300 g sweet flan pastry

Roll out the pastry. Stand the flan tin on a baking sheet. Line the pastry case with foil or baking parchment and baking beans and leave to rest in the fridge for 20 mn. Meanwhile heat the oven to 200°C.

Flour to dust

600 ml whole milk

For the filling, pour the milk into a pan and add the cardamom and cinnamon. Bring just to the boil, then remove from the heat and leave to stand for 15 mn to allow the flavours to infuse.

8 cardamom pods, lightly crushed

1 cinnamon stick

Bake the pastry case "blind" for about 15 mn, until the pastry is just set. Remove the foil and beans, then return to the oven for 5 mn to cook the base. Turn the oven down to 180°C.

100 g caster sugar

1 ½ tbsp cornflour

In a large bowl, mix together the sugar, cornflour and egg yolks. Strain the milk through a fine sieve into a jug and discard the spices. Gradually stir the infused milk into the egg mixture. Whisk the egg whites until softy stiff and fold into the egg yolk mixture.

4 eggs, separated

Pour the filling into the pastry case. Bake for about 20 mn until the filling is brown on the top, then turn the oven down to 110°C and bake for a further 1 hour until the custard has just set. It should have a slight wobble in the centre. Trim off the excess crust from the pastry and leave to cool completely before serving.

LEMON POSSET

4 servings

300 ml double cream

75 g caster sugar

Juice of 1-2 lemons

Langues de chat or almond biscuits to serve

Pour the cream into a small saucepan and add the sugar. Slowly bring to the boil, stirring constantly to dissolve the sugar. Once it comes to the boil, let the cream bubble for a further 3 mn, stirring all the time.

Remove the pan from the heat and pour in the juice of 1 lemon, stirring the mixture thoroughly as you do so. It should start to thicken instantly. Taste the mixture and add a little more lemon juice if it's not tart enough. The posset should be sweet, tangy and creamy.

Allow to cool for about 5 mn, then pour into individual glasses. Cover with cling film and chill in the refrigerator for a least 3 hours or overnight. If the possets are very firm, take them out the refrigerator 15 mn before serving to soften. Serve with dessert biscuits.

WHITE CHOCOLATE, PANNACOTTA

6-8 servings

PANNACOTTA

600 ml double cream

150 ml cream

60 g sugar

3 gelatine sheets

200 g white chocolate, broken into small pieces

TO SERVE

125 g raspberries

To make the pannacotta, put the cream, milk and sugar into a heavy-based saucepan over a low heat to melt sugar, stirring occasionally. Meanwhile, soak the gelatine sheets in a shallow dish of cold water for a few minutes.

When the cream begins to bubble up the sides of the pan, take the pan off the heat. Stir in the white chocolate and continue to stir until it has melted. Squeeze the excess water from the gelatine leaves, add them to the warm mixture into 6-8 darioles or other individual moulds. Stand the moulds on a tray and refrigerate for 5-6 hours or overnight until set. The pannacotta should still have a slight wobble when it is ready.

To turn out, dip the base of each dariole mould in a bowl of hot water for 2 seconds, then invert on to a small plate and give the mould a shake to release the pannacotta. Serve each pannacotta surrounded by raspberries. Top with a curl of lemon zest if you like.

COFFEE & CHOCOLATE MOUSSE CUPS

VOCABULARY

CARDAMOM CUSTARD TART

VOCABULARY

LEMON POSSET

VOCABULARY

WHITE CHOCOLATE, PANNACOTTA

VOCABULARY

Dairy produce Additional vocabulary

DAIRY PRODUCE	PRODUITS LAITIERS
Boiled egg	<i>Oeuf dur</i>
Butter	<i>Beurre</i>
Cheese	<i>Fromage</i>
Cream	<i>Crème</i>
Dried milk	<i>Lait en poudre</i>
Egg	<i>Œuf</i>
Fried egg	<i>Œuf sur le plat</i>
Goat cheese	<i>Fromage de chèvre</i>
Hard boiled eggs	<i>Œufs durs</i>
Powdered milk	<i>Lait en poudre</i>
Salted butter	<i>Beurre salé</i>
Scrambled eggs	<i>Œufs brouillés</i>
Semi-skimmed milk	<i>Lait demi-écrémé</i>
White	<i>Blanc d'œuf</i>
Yolk	<i>Jaune d'œuf</i>
Whipping cream	<i>Crème fraîche à fouetter</i>

8.

Make an order

Vocabulary & simulation

Chef's dialogue

AN ORDER

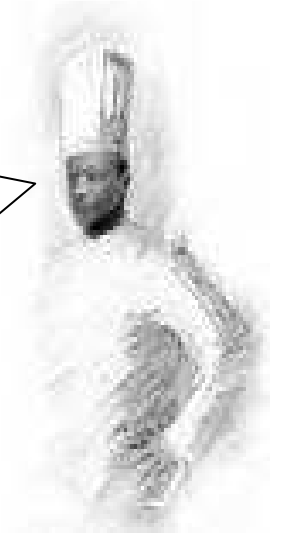
Table : 4

2 smoked salmon
2 dressed crab

2 sea bass
1 lobster grille
1 filet of beef rare

1 classic tarte tatin
2 baked lemon curd
1 clotted cream tart

Ca marche 4 couverts with 2
smoked salmon, 2 dressed
crab to follow 2 sea bass, 1
lobster grillé, 1 filet rare to
follow 1 tarte tatin, 2 lemon
curd and 1 clotted cream tart



Vocabulary and simulation

<p>Un faux filet à point Faites marcher! Chaud devant ! En direct ! Votre commande est prête Enlevez ! Les plats poisson doivent être garnis de citron J'ai besoin de plus de persil haché</p>	<p>On the fire !</p> <p>Your order is up</p> <p>Fish dishes should be garnish with lemon I need more chopped parsley</p>
---	--

Degree of cooking

Rare - (52°C)	<p>Cooked very quickly</p> <p>The outside is gray-brown, and the middle of the steak is red and slightly warm</p>
Medium - (60°C)	<p>The steak will have a fully red, warm center. This is the standard degree of cooking at most steakhouses.</p> <p>The middle of the steak is hot and red with pink surrounding the center. The outside is gray-brown.</p> <p>The meat is gray-brown throughout and slightly charred.</p>
Overcook - (71°C)	<p>The meat is dark throughout and slightly bitter</p>

Features

French eating habits : New attitudes

French eating habits are constantly evolving leading to new attitudes and consumption trends. This phenomenon marks a profound sociological change both in the individual approach to food and the structural approach to market organization

French consumers' new attitudes are linked to many factors, namely financial constraints, time management, the primacy of leisure and related activities, more women working, the industrialization of food and rise of mass distribution, growing urbanization, alteration in the pace of life, nutritional balance and health. All these factors lead to a diet that is far less determined by implicit traditional customs.



New diet model...

In a difficult economic context , the French have had to arbitrate their expenditure to the detriment of food. The weight of expenditure on food in and outside the home has decreased, with 18.6% in 2006 against 19.7% in 2005.

The act of eating is governed by a set of social and cultural rules, which defining a formal meal linked to set times and an eating style including three formal meals a day. Presented at the model most suited to the individual's physiological pace, there is no reason to take it as an ideal model. While commensality seems to be giving way to a more individualistic style, it returns to the fore in festive, convivial meals. We are also seeing a decrease in the number of dishes and preparation times, irregularity in mealtimes, an increase in dinner trays, rapid growth of transformed products and exotic dishes (linked to the growth of ethnic restaurants and travel), to the detriment of staple products.

In addition, we notice a marked preference among younger generations for food oriented towards the search for innovation. The agri-business sectors have managed to adapt to this by offering an increasingly wide range of ready-made products. The latter are successful to the detriment of fresh produce (meat, fruit and vegetables), although the latter are making a comeback in "leisure-cooking" through the growing number of cooking clubs and the success of cookbooks. Various hybrid forms of consumption such as nibbles and meal substitutes are growing. Similarly, we are seeing a great deal more consumption premises and a relocation of traditional catering venues.



The development of snacking...

In twenty years, the time devoted to lunch has decreased from 1 hr 40 min. to 40 minutes on average, sometimes to less than 10 minutes for some snackers, involving an adjustment in catering. In the meantime, the average price has dropped by 20%. Snacking and take-away sales are new eating habits that constitute a €23.5 billion market (28% cafés, 23% fast-food restaurants, 13% franchise site like large stadiums, amusement parks, etc., 12% in food shops like bakeries or delicatessens, 10% itinerant, seasonal and daily channels, 8% transport locations like train stations and highways), 4% petrol stations and 2% large and medium-sized supermarkets).

A certain number of Rungis companies are present on this market, adapting to the new eating habits of consumers (snacking, 4th and 5th range products, take-away products, portable foods) and even anticipating them with innovative products, via specialized retailers. In this market with a growth rate two or three times higher than traditional restaurants, the sandwich is in the lead and increasingly integrates the notion of balanced nutrition. Salads and soups also propose a health food image to consumers.

At the same time, phenomena like food crises or rising obesity have made consumers aware of the link between food and health. Food is primarily a necessity for one out of five French people. The search for pleasure comes in second place, closely followed by food's impact on health, an increasingly meaningful notion. In the latest food-health study by Afssa (French agency for food health and safety), milk, alcoholic beverages, sugars and derivatives are falling off. Cereal products, seafood, vegetables and snack foods are stable, while fresh or prepared fruit and ice creams are rising



A hedonist dimension...

Taste is the main criterion on which we are ready to pay more for a food product. A desire for aesthetics is a growing trend in all consumption sectors. The French food culture has developed the hedonist dimension very significantly, through conviviality, sharing and taste. It refers to the quality and origin of the products and to gastronomy. The "made in France" origin is considered a guarantee of greater food safety to 87% of consumers, better quality (84%) and better taste (65%). In this respect, the market for food products from organic agriculture has grown steadily (9.5% annual) for ten years and primarily concerns dairy products and eggs (21%) and fruit and vegetables (16%).

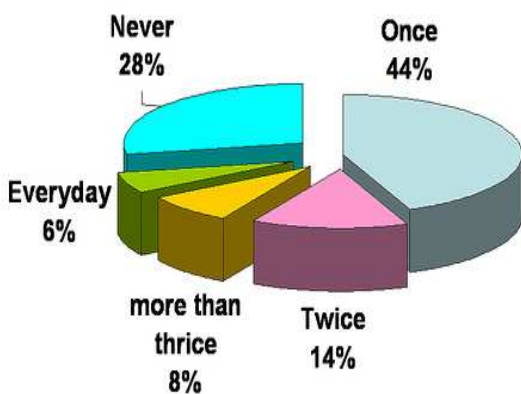
More than other mass consumption sectors, food is closely linked to age. Seniors spend more on food on average, and the over-50s spend 25% more than the others. They consider that food helps you stay health. The meals are often formal, varied and eaten at home. Little room is left to the discovery of new products and the foods are chosen for their freshness.

The priority is given to non processed products like bread, soup, fruit and vegetables. In future, the food specialists predict little change in the content of our plates yet very profound changes in farming techniques, industrial processes and distribution methods .

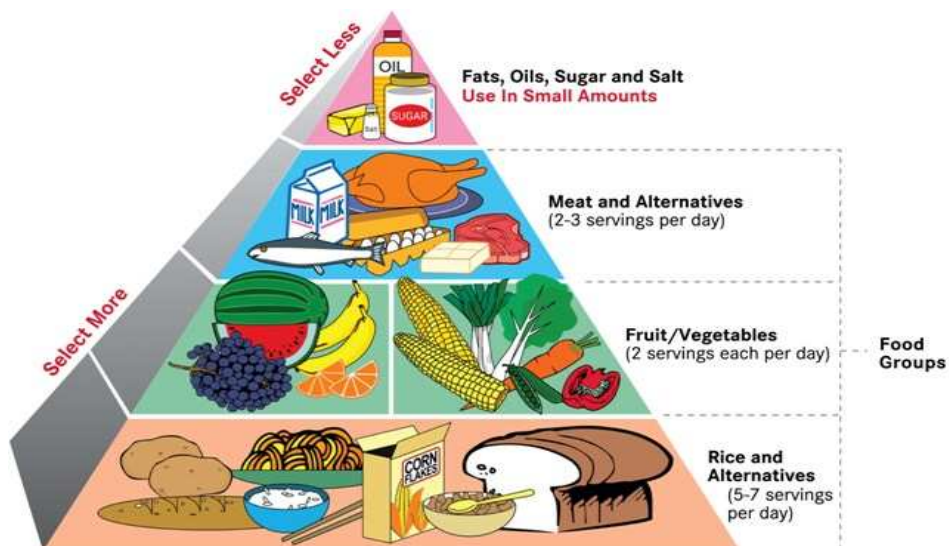
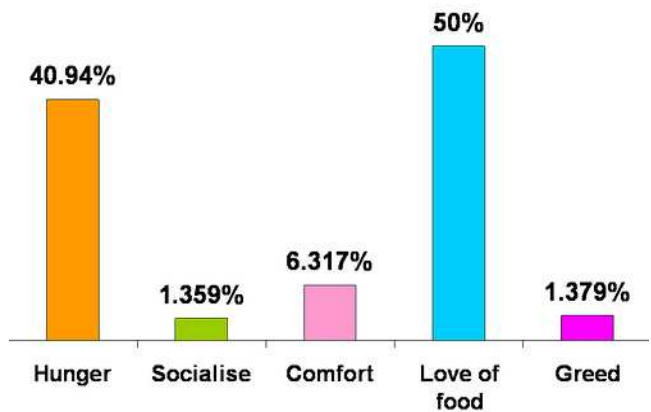
Nex trends in eating habits vocabulary

To benefit from	<i>Bénéficier de</i>
Consumption	<i>Consommation</i>
Convenience food	<i>Aliment prêt à l'emploi</i>
To cut down on	<i>Réduire la consommation de</i>
Diet conscious	<i>Préoccupé de son régime</i>
Eating habit	<i>Habitude alimentaire</i>
Ethnic restaurant	<i>Restaurant typique</i>
Food industry	<i>Industrie alimentaire</i>
Food court	<i>Espace restaurant</i>
Hospitality	<i>Accueil</i>
Profit	<i>Bénéfice</i>
Take away	<i>A emporter</i>
Trend	<i>Tendance</i>

How often in week do you eat in a fast-food outlet?



When you eat, do you eat because of...



Every year thousands of people suffer from food-borne illness, usually involving severe diarrhea, vomiting and stomach cramps, as a result of eating or drinking contaminated or poisonous food. Many attacks go unreported and it is estimated that one person in fifty will be affected annually. Some of these, especially the very young, the elderly or the infirm will die.

THE TEN MAIN REASONS FOR FOOD POISONING

1. Food prepared too far in advance and stored at room temperature.
2. Cooling food too slowly prior to refrigeration
3. Not reheating food to high enough temperatures to destroy food poisoning bacteria
4. The use of cooked food contaminated with food poisoning bacteria
5. Undercooking
6. Not thawing frozen poultry for sufficient time
7. Cross-contamination from raw food to cooked food
8. Storing hot food below 63°C
9. Infected food handlers
10. Use of leftovers

FOOD HYGIENE

Defining food hygiene

Food hygiene is more than just cleanliness; it includes all practices involved in :

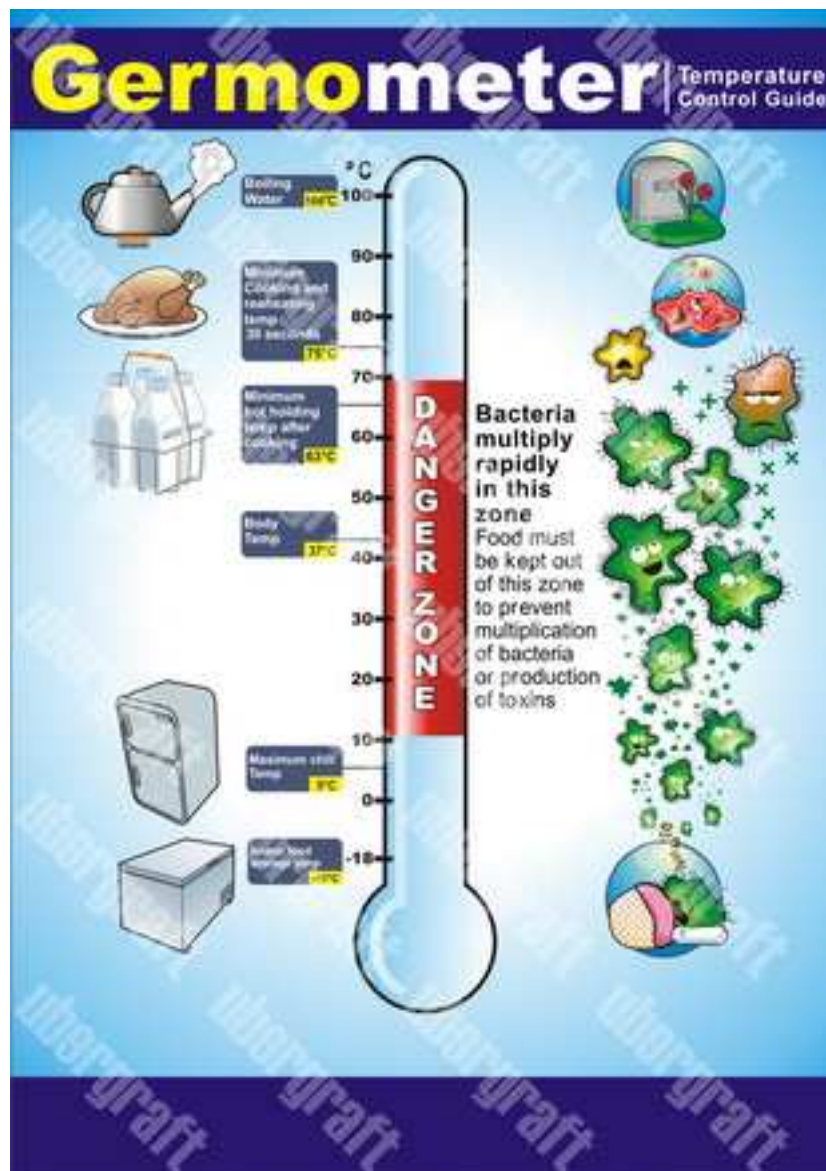
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The benefits of good hygiene

1. Satisfied customers, a good reputation and increased business
- 2.
3. Increased shelf-life of food
4. Good working conditions, higher staff morale and lower staff turnover, which promote increased productivity

All of these factors will contribute to higher profits



Causes of food poisoning

Bacteria, also known as germs, are to be found in raw food, humans, animals and birds, insects, soil and dust. They are killed by thorough cooking, by heat processing.

The three most common are:

- Salmonella, responsible for 80 % of the reported outbreaks.
- Clostridium Prefringens (15 %)
- Staphylococcus Aureus (5%)
- These germs are microscopic and therefore cannot be seen with the naked eye.

KEY SENTENCES

Smoking is prohibited on the premises	Défense de cracher
Scrape off any food residue before washing up	Les animaux sont interdits dans les locaux de préparations
	Couvrir et stocker correctement les aliments.

11. Staff and training: CV- a letter of application - vocabulary

A curriculum vitae

Pierre Masson
20 Rue Léon Jard
75006 PARIS

French nationality
Born 30 April 1978 in Beauvais
Single
Completed military service

EDUCATION

Secondary school
Diploma in Hotel and Catering management (BTS)

PROFESSIONAL EXPERIENCE

Worked as Hotel Receptionist during the summer of 1995.
Was Assistant Manager for the period of traineeship in a two star hotel (five months in 1197)
Was personnel manager with the Iris hotel chain for two years (1997 to 1999)

LANGUAGES : Fluent English
written and spoken Spanish

HOBBIES : Travelling, tennis

A letter of application

Dear sir,

I was interested to read your advertisement of a vacancy for a station head-waiter published in the 12 November issue of the magazine *Restaurants*. I would like to apply for this position and enclose a curriculum vitae with details of my education and professional background. I will be happy to supply any further particulars you may require as well as references.

Yours faithfully

Encl: Curriculum vitae

Curriculum Vitae

Pierre Masson
20 Rue Léon Jard
75006 PARIS

Français
Né le 30 avril 1978 à Beauvais
Célibataire
Dégagé des obligations militaires

EDUCATION

Lycée
Diplôme de gestion en hôtellerie et restauration (BTS)

EXPERIENCE PROFESSIONNELLE

Emploi de réceptionniste pendant l'été 1995.
Emploi d'assistant de direction dans un hotel deux étoiles pendant la période de stage (cinq mois en 1997)
Directeur du personnel dans la chaîne Iris pendant deux ans (de 1997 à 1999)

LANGUES : Anglais courant
Espagnol écrit et parlé

CENTRES D'INTERETS: Les voyages, le tennis

Lettre de demande d'emploi

Monsieur,

J'ai lu avec beaucoup d'intérêt l'annonce d'un poste vacant de chef de rang que vous avez publiée dans le numéro du 12 novembre de la revue *Restaurants*. Je suis candidat à ce poste et je joins un curriculum vitae détaillé concernant mes études et mon expérience professionnelle. Je serai heureux de vous fournir tous les renseignements supplémentaires dont vous pourriez avoir besoin, de même que des références.

Veillez agréer...

P.J : curriculum vitae

EQUIVALENCE DES DIPLOMES FRANÇAIS-ANGLAIS

	Youth Training. (NVQ Level 1,2)
	BTEC First Diploma GNVQ Foundation (NVQ Level 1)
	GCSE'S under C grade (D-G) GNVQ Intermediate
	A Levels
	BTEC National Diploma / GNVQ Advanced (NVQ Level 3)
	BTEC Higher National Diploma
	Diploma of Higher Education
	BA, BS/BSc
	MS/MSc, MA
	Master's Degree in Engineering
	MA /MS/ MSc (NVQ Level 5)
	Master's Degree, MS/MSc
	PhD

APPENDICES

Breakfast Menu

**Served from 7.00am until 10.00am weekdays
7.00am to 10.30am Saturday and Sunday**

All room rates at Gleneagles include breakfast.

Breakfast may be either taken at the buffet or one of our team will be very pleased to serve you at your table.

Breakfast is a meal of a bygone era, but here at Gleneagles in the tranquility of the Perthshire countryside we would like to suggest otherwise.

BUFFET

Our traditional Scottish breakfast is an array of the very best of Scotland's seasonal larder and heritage, Scotch pancakes, stone baked breads, Aberdeen butteries, organic bread toasted and served with Tweedside honey, Scottish strawberry and raspberry jams, Marrbury smoked salmon from Dumfries or a more traditionally smoked salmon - Loch Duart salmon smoked by George Campbell and his sons.

As part of Gleneagles support of Perthshire Big Tree Country, you can enjoy a glass of Cairn O Mohr Apple Juice with breakfast. This delicious juice is produced from a traditional variety of apple harvested in orchards at nearby Carse of Gowrie that have been saved and restored by the project, which aims to conserve and protect Perthshire's heritage trees.

Or choose locally reared pork and beef sausages with Ayrshire cured bacons, free range eggs from Highsmithston Farm, smoked haddock from Arbroath and the very best selection of seasonal Scottish soft fruits.

Our relaxed informal but professional service helps you to browse around the market place of food and choose at your leisure and dine at the pace you wish. The breakfast buffet in The Strathearn Restaurant is an experience in its own right and one to savour.

Alternatively if you wish to sample some of our "Classic Dishes," which are freshly prepared in the kitchen and served to the table, please feel free to order your selection with one of our service team members.

CLASSICS PREPARED IN THE KITCHEN

Traditional Scots porridge or creamy porridge with Drambuie
laced raspberries
Orkney kipper with lemon and melted butter
Omelette “Arnold Bennett” - smoked haddock and Mull cheddar cheese
28 day aged Scotch beefsteak with Portobello mushrooms, free-range egg,
vine tomatoes and Rooster potatoes
Finnan haddock and poached eggs
Free range egg white omelette with summer peas and potatoes
Traditional French toast on its own or with cinnamon stewed apples
and sultanas
Free-range eggs cooked to your liking
Waffles with blueberries and Chantilly cream
Marrbury hot smoked salmon and poached egg kedgeree
Fried duck eggs with dry cured back bacon

BEVERAGES

Freshly brewed Gleneagles Blend coffee
Espresso, Latte, Macchiato, Cappuccino
Fruit, green and herbal infusions
Newby English breakfast or Earl Grey tea
Champagne, Bucks Fizz or Drambuie Fizz
Frozen Smirnoff Red vodka Bloody Mary and Virgin Mary

Adult breakfast: £30.00 (breakfast is included in residential rates)
Children 12 years and under: £12.50 (breakfast is included in residential rates)

DINNER MENU

Served from 7.00pm until 10.30pm

OYSTERS

Six Loch Ryan Natives - supplement £8.50

Six Kyle of Tongue

Six Jersey Rocks from Rossmore

SCOTTISH SALMON

Oak smoked Loch Duart

Marrbury smoked

Gravadlax of Loch Duart - tarragon mustard - dill bannock

CAVIAR

Princesse d'Isenbourg - Sevruga 30gm - supplement £150.00

Mottra sustainable - Osetra or Sterelet 28gm - supplement £85.00

COLD STARTERS

Dressed crab "Gleneagles" style - mustard cress

Whole seasonal melon - Gin 'n' Tonic sorbet - juniper and blueberry syrup

Spiced pineapple carpaccio - home cured leg of Cumbrian ham

Steak tartare - sour dough toast - prepared in the kitchen

HOT STARTERS

Seared foie gras - gingerbread - Sauternes wine

Scottish pigeon - roast vegetables - woodland mushrooms

Hand dived "Coquilles St Jacques" - baked in the shell

SOUPS

Langoustine and vanilla bisque - aioli - herb croutons

Smoked haddock - potato - leek - Arran mustard

Consommé "Rossini" - foie gras - truffle profiteroles

SALADS

Classic Caesar

Roquette - celeriac - Cox's apple - walnut

Heritage tomato - pea sprouts - aged balsamic - basil

FISH AND SHELLFISH

Wild sea bass - slow cooked fennel - crab risotto cake

Halibut fillet - pont-neuf potatoes - pea purée - brown shrimp butter

600g whole Dover sole - grilled - pan fried - supplement £25.00

750g Scottish lobster "Thermidor" style or simply grilled - pilaf rice - supplement £40.00

Loin of cod - sauce bouillabaisse - mussels - seashore vegetables

Creel caught Scottish prawns - Pernod - Paris mushrooms -

shallots - parsley prepared at the table - supplement £30.00

MEAT AND GAME

Loin and shoulder of Scotch lamb - crispy sweetbreads - spring vegetables
Evening roast carved from the trolley
Fillet of Scotch beef - braised cheek pie - horseradish mash
St Bride's duck breast - confit bonbon - herb gnocchi - broad beans
Highland venison - fondant potatoes - Stornoway black pudding
Châteaubriand garni - pont-neuf potatoes - béarnaise sauce (for 2)
Steak "Diane" prepared at the table - supplement £15.00

VEGETARIAN

Woodland mushroom, spinach, ricotta cannelloni - smoked aubergine - leek foam
Crottin de Chavignol tart - polenta - slow roast vegetables
All dishes are garnished. However, should you wish
additional seasonal vegetables, the following are available

POTATOES AND VEGETABLES £6.50

Witchhill potatoes Hand cut chips
Red Rooster sauté - Lyonnaise Mousseline potatoes Broccoli hollandaise
Roast organic carrots and parsnips
Spinach nature Spinach à la crème

DESSERTS AND SAVOURY

Caramelised clotted cream tart and nutmeg ice cream
Valrhona "Jivara" milk chocolate and praline mille-feuille
Crêpe Suzette - supplement £9.00
Butterscotch soufflé - honeycomb - chantilly cream - preparation time 15mins (for 2)
Tasting of rhubarb - crumble - sorbet - fool
Baked lemon curd - Dundee marmalade ice cream
Classic tarte tatin - Calvados anglaise - Jersey Gold ice cream (for 2)
Loch Arthur "Scotch" rarebit - new season watercress

CHEESES

The Gleneagles cheeses - Scottish - French
A selection of blue cheeses served from the trolley

COFFEE £5.00

served with cocoa dusted velvet truffles - walnut fudge

Three courses £56.00

Four courses £68.00

MENU DEGUSTATION

Monday - Saturday 7.00pm - 10.00pm

Ballottine of Foie Gras

Quince Purée, Toasted Brioche

Baked King Scallop

Yuzu and Ginger Butter

Potato Gnocchi

Wild Mushrooms and Roast Squash

Roast Fillet of Halibut

Escargot, Garlic Foam

Roast Loin of Wild Venison

Date and Chestnut

Hazelnut Praline Soufflé

Chocolate Ice Cream

Coffee and Chocolates

A la carte

Monday - Saturday 7.00pm - 10.00pm

A la carte

Foie Gras

Ballottine of Duck Foie Gras, Quince Purée, Toasted Brioche

Scallops Dived King Scallops
three ways – Baked, Pan Roast, Tartare

Cèpes

Warm Cèpe Tart, Caramelised Veal Sweetbread, Madeira Jus

Egg

Crispy Hen's Egg, Artichoke Salad, Truffle Dressing

Lobster

Home Smoked Scottish Lobster, Warm Lime and Herb Butter (Supplement)

Venison

Roast Loin of Wild Venison, Creamed Potato, Date, Chestnut

Lamb

Roast Loin of Perthshire Lamb, Confit Neck, Grilled Kidney

Beef

Braised Beef Cheeks, Parsnip Purée, Red Wine Jus

Halibut

Roast Tronçon of Halibut, Braised Barley, Escargots and Garlic

Vegetables

Pressed Beetroot, Parmesan Cream, Artichoke Risotto Nugget

Cheese

A selection of French Artisanal Cheeses

Praline

Hazelnut Praline Soufflé, Chocolate Ice Cream, Poire Eau de Vie Sauce

Chocolate

Perthshire Brambles, Chocolate Brownie, Basil and Thyme Ice Cream

Pear

Poached Pear, Cinnamon Mousse, Caramel Ice Cream

Pimento

Parfait of Pimento, Olive Oil and Tarragon Ice Cream