

# **COURSE DESCRIPTION FOR FINE COOKING I**

## **LESSON ONE**

### **TECHNIQUES:**

Knife Skills, Blanching and Refreshing Vegetables, Sauce Vinaigrette, Simple Salads, Compound Butters, Sautéing, Theory of Protein Cooking, Macerating

### **MENU**

GAZPACHO  
LAMB CHOPS WITH POMEGRANATE SAUCE  
SAUTE BROCCOLI  
POTATOES WITH PARSLEY & GARLIC SALAD WITH A VINAIGRETTE SAUCE  
MACERATED FRESH FRUITS OF THE SEASON

## **LESSON TWO**

### **TECHNIQUES:**

Braising, Basic Boning Techniques, Enriching with Cream, Deglazing, Reduction, Preparation of Shellfish, Classic Formulas for Mousse, Beating and Folding Egg Whites, Working with chocolate

### **MENU**

MUSSELS STEAMED IN WHITE WINE  
PORK CHOPS IN A PRUNE CREAM SAUCE  
BRAISED LEEKS  
RICE WITH TARRAGON  
ENDIVE SALAD  
CHOCOLATE MOUSSE

## **LESSON THREE**

### **TECHNIQUES:**

Roasting and Baking of Protein and Vegetables, Basic Chicken Stock,

Court Bouillon, Trussing and Carving Poultry,

### **MENU**

EGG LEMON SOUP  
ROASTED CHICKEN WITH TARRAGON  
STUFFED TOMATOES-PROVENCALE  
SPINACH BACON & MUSHROOM SALAD  
CLAFOUTIS

## **LESSON FOUR**

### **TECHNIQUES**

Basic Theory and Techniques of Egg Cookery, Scrambled Omelets, Perfect Poached Eggs, Soufflés, Compound Salads,

### **MENU**

FINE HERB OMELETTE  
NIÇOISE SALAD  
POACHED EGGS IN A RED WINE SAUCE  
VARIOUS SOUFFLÉS

## **LESSON FIVE**

### **TECHNIQUES**

Grilling & Broiling Techniques for Proteins & Vegetables, Marinades, Tenderizing Procedures, Sauce Mayonnaise, Vegetable Salads, Flambéing

### **MENU**

AN ASSORTMENT OF CRUDITES  
LONDON BROIL  
MEDLEY OF GRILLED VEGETABLES  
CHEESE  
BANANAS FOSTER