

# Paris Cooking Classes by Susan Herrmann Loomis

## Sample Class Schedule

### Monday Morning

10:00 am

Welcome to Paris with coffee and freshly baked madeleines!

To introduce our first class we begin with a sea salt tasting, a knife-sharpening demonstration, and a discussion of local ingredients - what constitutes local and why does using local ingredients make a difference.

Techniques: Deglazing, Braising, Caramelizing

#### Menu:

Chilled Carrot Soup with Cumin Crisps

Braised White Asparagus

Fresh Farm Rabbit with Spring Vegetables

Mixed Green Salad with Classic Mustard Vinaigrette

Coconut Cream with Caramelized Pineapple

\*We make Lemon Oil

#### CHEESES:

Artisanal cheeses from Normandie, made by Sophie Le Caillut:

Camembert,

Coeur,

Brique

#### WINES:

Domaine Les Noëles hého le blanc, 2005

Gilles de Morban, 2000

## **Tuesday**

Today features a chocolate seminar with chocolate expert David Lebovitz, author of the Great Book of Chocolate. We will discover where and how chocolate is produced, do a chocolate tasting to understand percentages in chocolate, what they mean, and how they act in cooking and baking.

Techniques: The A to Z of seafood, focusing on sea scallops.

### **Menu:**

Avocado, Grapefruit and Chive Salad with Pistachio Oil

Sea Scallops with Carrot and Celery Root Disks and Pine Nut Oil

Mixed Baby Greens with a Balsamic Vinegar Vinaigrette

Chocolate, Chocolate Tart!

\*We begin the Liver Pâté for the wine tasting tomorrow.

### **CHEESES:**

Comté, aged 36 months,  
Tomme from Corsica,  
Beaufort aged 24 months

### **WINES:**

Chateau Turcaud, Entre-Deux-Mers, 2005;  
Les Oliviers, Les Vins Rares de Pays D'Oc, 2004

## **Wednesday**

Today's class includes a wine tasting with caviste Hervé Lestage, who comes to us from the seaside town of Honfleur where he has a wine shop, La Fleur de Vigne, and where he has hosted wine tastings for the past thirteen years.

Herve will demystify wine tasting, and you will leave today's class well on your way to being an expert wine taster.

Techniques: Peppers Two Ways - Roasted and Cooked in Compote, Blanching.

### **Menu:**

Blanched Seasonal Vegetables with Infused Lemon Oil

Stunning Liver Pate with Fresh Toasts

Savory Grilled Pepper Bread

Red Peppers, Tomatoes, and Garlic Marmalade

Cornmeal and Fennel Biscotti, from the Veneto

### **WINES:**

Domaine du Moulin Blanc, Beaujolais Rosé, 2005

Vignobles des Bois Vaudons, Le Bois Jacou, 2004

Domaine de Pourpre, Chénas, 2004

Domaine de la Pierre des Dames, Macon-SerriPres, 2004

Domaine du Fontenay, L'AuthPntique, Côte Roannaise, 2004

## **Thursday**

Today we will experience a cheese tasting at a local cheese shop, then visit the Marche de la Bastille to meet vendors and learn how to shop a la francaise.

We will then have lunch at an elegant little bistro, to finish our day.

## **Friday**

Today I will discuss the multiple uses of vinaigrettes, and we will focus on searing.

Techniques: Searing, Infusing in Cream, Basic Ice Cream making

### **Menu:**

Tiny Macaroni with Walnut-Infused Cream and Foie Gras

Seared Duck Breast, with Blood Orange Syrup

Quick-Seared Endives

Green Salad with Honey and Thyme Vinaigrette

Cinnamon Ice Cream

Caramelized Apple Cake

### **CHEESES:**

A trio of blue cheeses:

Le Berger Roquefort,

Bleu des Causses,

Bleu d'Auvergne.

### **WINES:**

Champagne Domaine OuditDomaine de Montgilet, Anjou, 2004

Gilles de Morban, 2000