

A close-up photograph of a chef's hand, wearing a white uniform, carefully garnishing a dish on a black plate. The dish appears to have some yellow and green ingredients.

CHEF TRAINING

MEDITERRANEAN GASTRONOMIC CUISINE



JEAN-CLAUDE BRUGEL

A renowned chef in Provençal gastronomic cuisine, Jean-Claude Brugel has been awarded Meilleur Ouvrier de France (MOF) Chef. A true luxury enthusiast, expert and born competitor, this chef has a deep and thorough knowledge as well as a great mastery of French cuisine. He has worked as chef in some of the biggest establishments of the French Riviera such as Restaurant l'Hirondelle, La Brasserie, the Café de Paris in Monaco or at Roger Vergé's Moulin de Mougins (3 Michelin stars for more than 20 years), one of the most renowned and hype addresses of the French Riviera.

As an Internationally renowned chef, Jean-Claude Brugel counted among his clients, most presidents and other influential personalities - all unanimous about the freshness and generosity of his cuisine.

His skills have earned him to practice in different styles of catering, be it gastronomic, bistronomic, cocktail, brasserie or themed and foreign cuisine. He has a sense of leadership that ensures good functioning at the relational level and maintains a very good relationship with management, customers and his employees. Standards of quality, of requirement and of service are the essential values that he transmits every day.





CRAFT DESCRIPTION

He ensures an effective set-up with or without assistance. He implements all the preparatory techniques, all types of cooking simple and/or complex, Cuisine, pastry, catering. He cooks all products within the prescribed timeframes using conventional or scalable materials.





« 3 gourmet menus with progressive degrees of difficulty »

Objective of the training

Consolidate and deepen the trainee's knowledge to enable him to master all or part of a culinary production and catering pastry that brings together the most complex techniques and skills of the craft (traditional and recent or innovative).

Pedagogical method

- During the training day, the trainees are closely followed and advised by a "Meilleur Ouvrier de France".
- The training combines theoretical inputs in the morning, demonstrations performed by the trainer "Meilleur Ouvrier de France" and practical exercises allowing trainees to implement their knowledge and increase their professional dexterity in the afternoon.

Targeted audience

This training is aimed at experienced professionals or knowledgeable amateurs.

Accompanying trainees

- Throughout the training, the trainer advises the trainees and shares his knowledge
- At the end of the training, each trainee will receive a certificate of successful participation in a vocational training provided and validated by a "Meilleur Ouvrier de France".

Training content

The 4 training days will be performed with various progressive degrees of difficulty. Different gastronomic menus with their technical sheets will be prepared during the 4 days.

The training is based on modules that are addressed gradually and through many practical exercises throughout the training:

- The technical and material organization.
- Basic cooking techniques - preliminary and advanced preparations of vegetables, fruits, fish products, meats, poultry, game, etc.
- Basic pastry techniques - pasta, creams, appliances, etc.
- Pastry techniques - baking, assembling and dressing kitchen entremets, small pastries that can integrate the evolutionary techniques of the profession.
- Simple and complex, traditional and/or scalable cooking techniques for food that can incorporate regional criteria and/or foreign influence.
- The organoleptic enhancement of prepared dishes.
- The training and presentation of prepared meals.

The session will be filmed by SAF.

Detailed program

Day 1

Theory from 9:00 a.m. to 12:30 p.m.
Practice from 1:30 p.m. to 5:00 p.m. (in the lab):

- Brown veal stock
- Brown veal juice
- Brown lamb stock
- White Poultry stock
- Brown poultry juice
- Fish fumet
- Fish soup
- Crustacean bisque
- Vegetable broth
- Dressing up lamb pieces

- Marbled duck liver
- Dressing up fish and sea-food
- Peeling and washing all fruits and vegetables
- Candied tomato, blanched garlic and cloves
- Pea puree
- Trim vegetables for a "tian"
- Stuffing lamb saddle
- Pastry pasta (sweet, shortbread),
- Preparing blette stuffing

Day 2

Theory from 9:00 a.m. to 12:30 p.m.
Practice from 1:30 p.m. to 5:00 p.m. (in the lab):

- Carpaccio de Bar or (Gueule pave (Dorade) with Espelette chilli, citrus and pea jelly
- Risotto with squash and scallops with pistou
- Saddle and shoulder of Lamb confit with tomato flake spices,
- vegetable tian, breadcrumbs and herb juice
- Lemon Dome

Day 3

Theory from 9:00 a.m. to 12:30 p.m.
Practice from 1:30 p.m. to 5:00 p.m. (in the lab):

- Creamy beans "asukis", garden of crunchy vegetables
- Chip lobster, old-age potato gnocchi and tarragon cream
- Golden veal medallion with herbettes, small artichoke and vegetables
- Stuffed
- Chard with raisins

Day 4

Theory from 9:00 a.m. to 12:30 p.m.
Practice from 1:30 p.m. to 4:00 p.m. (in the lab):

- Duck-marbled with prunes, confit with sweet onions and Pineapple
- Sea marmite cooked in rock fish soup, sauce Rust
- Golden poultry breast with Parmesan, fluffy corn polenta, ratatouille of vegetables and small juice with tarragon
- Hot vanilla soufflé - raspberry

17:00 Handing over certificates signed by The MOF (photo, video by SAF)



A meal will be served at noon.

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