



CÔTE CUISINE MINI COURSES

Morning & Afternoon Cookery Courses/Tastings

Presented by Paris-Trained Chef & Food Writer, ANNE AGER

From 195 € per person for each Half Day Course (Provençal Lunch included)

HERE IS JUST A SELECTION OF SUGGESTED CULINARY THEMES TO TEMPT YOU!:

CHEESES & WINES OF THIS REGION (+ a few 'foreigners' from Corsica')

In this particular region, the cheeses are principally chèvres, made from goat's or sheep's milk, and the wines that are the most well known tend to be the Provençal rosés. The cheeses for tasting include **Brousse de la Vésubie**, **Banon** and **Annot** and the wonderful **Niolo** from Corsica. The Provençal wines come mainly from the vineyards just above Nice, such as **Château Bellet**, and from the Var (several of which are produced by female vigneronns!) Some unusual cheese recipes are also included within the course.

OLIVES, OLIVE OILS AND OLIVE "BITS & PIECES"

An introduction to the world of 'liquid gold' And to the small fruits from which it originates. How to choose a good olive oil, how to taste them like a true professional, and how do the 'Virgins' differ from the 'non-Virgins'? There will also be a tasting of the plump and succulent local olives as well as recipes for using the olive and its oil - **Tapenade**, **La Tourte d'Olives**, **Caviar d'Aubergines**, etc.

A TASTE OF PROVENCE

The smells and tastes associated with Provence are evocative, sensuous and blissfully memorable. It is a region bursting with brilliant colours and heady fragrances - a mélange of purple lavender, rich green basil, shiny red and yellow peppers, the unmistakable and all essential pungency of garlic, and the one small fruit which immediately conjures up this cocktail of sunshine flavours the olive. The Provençal recipes to be prepared and tasted include some of Anne's own favourites: **Anchoïade**, **Pissaladière**, and **Figues Rôties avec Crème au Miel de Lavande**.

MEDITERRANEAN FISH DISHES

The Mediterranean is home to some of the finest fish, and to some of the most characteristic fish dishes, and none of them are as full of such distinctive flavour and texture as those to be found on the Côte d'Azur and in Provence. Rich tastes and vibrant colours combine to produce the unique qualities of dishes such as **Brandade**, **Aïoli** and **Bouillabaisse**. It is not only the fish that makes each of these dishes very special, but also the other local ingredients that go into them the olive oil, the fragrant fresh herbs, the wines and spices and not to mention the classic accompanying sauces, such as Rouille.

MARKET SHOPPING & A FOIE GRAS TASTING

Anne introduces you to the delights of Le Marché Provençal, explaining each edible delight that is on display What each one tastes like, and how to prepare and cook or serve it. An abundance of wonderful vegetables, including the less familiar fleurs de courgettes, blettes and cardons; olives of every shape, colour and size; a galaxy of cheeses, from the creaminess of **Fontainebleau** to the pungency of one of France's smelliest, **Epoisses**; pink and spikey shellfish, and miniature red mullet; juicy berry fruits; and, not forgetting, the superb artisanal products local preserves (such as lavender honey); olive and anchovy 'pâtés'; herb liqueurs, etc. And, to round off this 'foodie visit', a foie gras and wine tasting at L'Empereur!

BOOKING DETAILS:

- COURSES ARE FOR A MINIMUM OF 1 PERSON/MAXIMUM 4 PERSONS (UNLESS FOR A GROUP)
- DISCOUNTS CAN BE ARRANGED FOR GROUPS OF 4 +, AND FOR MORE THAN ONE COURSE
- A SMALL SUPPLEMENT IS CHARGED IF PARTICULARLY EXPENSIVE INGREDIENTS ARE REQUESTED
- COURSE DATES MUST BE RESERVED AT LEAST 7 DAYS IN ADVANCE
- A FULL SET OF RECIPES AND TASTING NOTES IS PROVIDED FOR EACH PERSON
- LUNCH WITH LOCAL PROVENÇAL WINES IS INCLUDED

FOR FURTHER INFORMATION:

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