

FRENCH CLASS - EAT COOK LEARN LOVE FOOD!

MUSSELS

onion
chives
herbs
white wine
cream

Method -

CREPES -

plain flour
eggs
milk
sea salt
extra virgin olive oil
asparagus and roquette
horseradish cream

Method -

COQ au VIN - (Chicken in red wine)

chicken maryland
flour
oil / butter
bacon - lardons
mushroom
red wine
onion/carrot/celery
garlic
thyme
bayleaf
salt

pepper

chicken stock

parsley

Potato / garlic / cream / butter / salt / pepper

Method -

GREEN BEANS -

green beans

red onion

herbs

olive oil

salt

pepper

Method -

SALAD -

ice berg / leaves / discuss

mustard dressing

Method -

LEMON, LIME, ORANGE, MANGO or BERRY SOUFFLE

crepe discuss

sugar

egg white

cornflour

lemon zest

butter

cream

Method -

**ENJOY and book into another class - SPANISH - MOROCCAN -
FRENCH - ITALIAN - JAPANESE - FUNDAMENTALS - MEXICAN -
BESPOKE - DINNER PARTY - GROUPS**

Chef Paul and Henry

26 - Level 3 , 100 Queensberry Street Carlton

Phone - 0412 200 587

Email - info@eatcooklearnlovefood.com.au

WE WELCOME AND CELEBRATE EVERYONE. WE WORK WITH A DIVERSE
ARRAY OF PEOPLE REGARDLESS OF BACKGROUND, GENDER IDENTITY,
SEXUAL ORIENTATION, BELIEFS OR ETHNICITIES. WE STRIVE TO MAKE
EVERYONE FEEL WELCOMED, HEARD AND RECOGNISED FOR THE UNIQUE
PERSPECTIVE THEY BRING TO THE WORLD.

eat cook learn
love food