

RESTAURANT CANTEMERLE

New in 2010

The Cantemerle Cooking workshops



Jérôme Héraud

Head Chef

at the hotel restaurant Cantemerle
Shares his passion for cooking

The concept

Fun and friendly cooking classes accessible to everyone base on simplicity and love for food. Jérôme will share his passion for cooking and fresh ingredients sourced locally and from around the world.

The work shops take place in the gardens of the hotel by the chefs herb garden full of fragrances so typical of Provence.

The workshops take place every Saturday morning from 9.30am to 1.30pm (reserve in advance).

The Schedule:

- Hot drinks and croissant
- Cooking lesson
- Lunch with wine included
- Recipe recap sheets
- Tour of the chefs new kitchens

49 per person



Regional and seasonal produce in every plate

APRIL 2010 : Scallops - leaks - wild strawberries

- Appetiser inspired on the day
- Grilled scallops with fresh piquillos peppers, Leak confit seasoned with cumin and Noilly Pratt (a special French vermouth)



- Soft sweet bread and butter pudding caramelised with wild strawberries and Grand Marnier (French liqueur made from different cognacs, distilled with orange essences)



MAY 2010 : Regional white asparagus - Foie Gras - cherries

- Appetiser inspired on the day
- Roasted Foie Gras on a bed of glazed asparagus and zest of Vence lemon



- Traditional creamy rice pudding topped with raspberries and caramel twirl



JUNE 2010 : Home made bread stuffed with black olives from Nice and made from flour ground in the local mills French veal & Provence vegetables cooked with herbs from the garden

- Olive breads
- Mille-feuilles of Provence vegetables with Buffalo mozzarella and Pistou, Provence's much-loved answer to pesto
- Tender veal glazed with estragon and served with French style peas and carrots

July, August, September and October programs coming out soon,
call for information: 04.93.58.08.18