Cookbook

# Week 1

## Every day

## - Breakfast -

**To do in the morning:**

Prepare 1 litre of coffee

Prepare 2 litre of tea

Cut 4 baguettes into pieces approximately 10cm long and put them into 2 bowls (make sure you have 16 pieces)

Take out 2 tablets of butter and 2 pots of yogurt

In addition, put 2 “breakfast” boxes on the table

**To do the night before:**

In each box we have:

- 1 pot of jam

- 1 pot of honey

- 1 box of sugar lumps

- 1 box of granulated sugar

- 2 litres of orange juice

- 2 litres of milk

- cereals

If something’s missing, take it from the storeroom

## Sunday

### - Midday -

### Picnic and/or soup in the field

### Dairy/cheese

### Fruit

### - Evening -

### Gnocchi (a) and green salad (b)

### Dairy/cheese

### Fruit

**(a) Gnocchi with Beaufort**

**Materials**:

1 large pot

2 baking trays

Food processor with cheese grater

2 mixing bowls

**Prepare in 1 pot**

**Ingredients for one pot :**

- 4 litres of milk

- 240g of butter

- 8 eggs

- 880g of medium grain semolina

- 600g of Beaufort cheese

- 2 teaspoons of nutmeg

- 2 teaspoons of salt

**Preparation:**

Put the milk and butter in a large pot

Boil the milk and butter

Add the salt

Add the nutmeg

While boiling, add the semolina and stir regularly

Grate the cheese with the food

Break and beat the eggs in a bowl

Once the semolina is cooked and reaches a thick consistency, remove from the heat, add the beaten eggs and cheese

Mix well

Spread on 2 baking trays, approximately 1.5cm thick

Preheat the oven to 200°C (thermostat 7)

Put the 2 baking trays in the oven for 15 minutes

**(b) Green salad**

**Materials**:

2 mixing/salad bowls

1 small bowl

1 fork

**Prepare in 2 separate salad bowls**

**Ingredients (for 16 people):**

- 2 lettuces/salads

- Vinaigrette

* + 4 tablespoons of wine vinegar
  + 2 teaspoons of mustard
  + 2 pinches of salt
  + 2 pinches of pepper
  + 8 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Divide the salad between the 2 bowls

***Vinaigrette***

Put the 4 tablespoons of wine vinegar in the smaller bowl

Add 2 teaspoons of mustard

Season with 2 pinches of salt and 2 pinches of pepper

Mix

Add 8 tablespoons of oil

Take a fork and mix it all until you get a good consistency

## Monday

### - Midday -

### Cake (a) et green salade (b)

### Dairy/cheese

### Fruit

**(a) Goat cheese, walnut and raisin cake**

**Materials:**

Electric mixer with beater attachment

1 small pot

1 large pot

1 sieve

3 cake molds

**Prepare 3 cakes**

**Ingredients for 3 cakes:**

- 9 eggs

- 450g of flour

- 1 sachet of baking powder

- 30cl of oil

- 40cl of milk

- 600g goat cheese

- 150g of walnuts

- 150g of Corinthian raisins

- 1 pinch of salt

- 1 pinch of pepper

**Preparation:**

Dice the goat cheese

Crush the walnuts

Soak the raisins in warm water in the large pot then drain in the sieve

Put the eggs, flour, baking powder, salt and pepper in the electric mixer

Mix on speed setting 2 with the beater until well blended

Heat the milk in the small pot

Add the oil then hot milk to the electric mixer bowl, little by little, while mixing at speed 2, until you get a smooth consistency

Gradually add the goat cheese, walnuts and raisins

Mix everything on speed 1 until smooth and consistent

Divide the mixture between the 3 cake molds

Preheat the oven to 180°C (thermostat 6)

Place in the oven for 45 minutes

**(b) Green salad**

**Materials**:

1 salad bowl

1 small bowl

1 fork

**Prepare in 1 salad bowl**

**Ingredients (for 8 people):**

- 1 salad/lettuce

- Vinaigrette

* + 2 tablespoons of wine vinegar
  + 1 teaspoon of mustard
  + 1 pinch of salt
  + 1 pinch of pepper
  + 4 tablespoon of oil

**Preparation :**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Place in the salad bowl

***Vinaigrette***

Put 2 tablespoons of wine vinegar in the small bowl

Add 1 teaspoon of mustard

Season with 1 pinch of salt and 1 pinch of pepper

Mix

Add 4 tablespoons of oil

Take a fork and mix everything until smooth

### - Evening -

### Aubergine gratin (a) and rice (b)

### Dairy/cheese

### Apple cake (c)

**(a) Aubergine gratin**

**Materials**:

2 frying pans

2 large pots with lids

2 gratin dishes

2 small bowls

**Prepare in 2 separate gratin dishes**

**Ingredients for 1 gratin dish (8 people):**

- 4 aubergines

- 10 tomatoes

- 6 onions

- 4 eggs

- 80cl of pouring cream

- 120g of flour

- 40cl of olive oil

- 600g of grated cheese

- salt, pepper

**Preparation :**

Peel the onions and fry in the pan with a little oil

Peel the aubergines and the tomatoes, dice and salt them

Put the aubergines, tomatoes and onions in the large pot

Add salt and pepper

Add 10cl of olive oil, cover the pot with a lid and allow to simmer for roughly 20 minutes, stirring occasionally (add a little water if necessary)

Let the contents of the pot cool down

Beat the eggs in a bowl, add the cream and flour

Mix well

Put the vegetables in an ovenproof dish, then the contents of the bowl and cover with grated cheese.

Do the same for the second gratin.

Preheat the oven to 210°C (thermostat 7)

Bake for 20 minutes, until browned on top

**(b) Rice**

**Materials:**

1 large pot

2 lids

**Prepare 1 pot**

**Ingredients for 1 pot (8 people):**

- 3L of water

- 500g of rice

- 2 teaspoons of salt

**Preparation**

Boil salted water in a covered pot

Throw in the rice

Leave to cook for 15 minutes

Taste to check if done

Do the same in the second pot

**(c) Apple cake**

**Materials**:

1 peeled apple

Electric mixer with beater attachment

2 pie molds

**Prepare 2 cakes:**

**Ingredients for 2 cakes:**

- 440g of sugar

- 2 packets of vanilla sugar

- 6 eggs

- 1 packet of baking powder

- 250g of flour

- 40cl of oil

- 8 apples

**Preparation:**

Peel the apples and cut them into slices with the apple peel

Cut the apples into rough pieces

Put the sugar, vanilla sugar, eggs, baking powder, flour and oil into the mixing bowl

Beat everything well on mixing speed 2

Add the cut apples

Mix everything on speed 1

Divide between the 2 previously buttered pie molds

Preheat the oven to 160°C (thermostat 5)

Cook for 40 to 50 minutes

## Tuesday

### - Midday -

### Quiche (a+b) and green salad (c)

### Dairy/cheese

### Fruit

**(a) Pastry**

**Materials:**

Electric mixer and flat beater attachment

1 small bowl

**Prepare 3 portions of pastry**

**Ingredients for 3 pastries:**

- 600g of flour

- 300g of diced butter

- 3 beaten eggs

- 1 teaspoon of salt

- 3 tablespoons of water

**Preparation:**

Put the flour and salt in the mixing bowl

Dice the butter and add to the mixer

**Mix on speed 2 until it resembles breadcrumbs**

Beat the eggs in the small bowl

Add the beaten eggs and cold water to the mixing bowl

**Mix on speed 2 until smooth**

Divide into 3 equally sized balls

**(b) Quiche Lorraine**

**Materials:**

1 salad/mixing bowl

Rolling pin

1 frying pan

3 pie molds

Fork

**Prepare 3 quiches**

**Ingredients for 3 quiches (18 people):**

- 3 pastry balls

- 600g of lardons

- 60cl of fresh cream

- 60cl of milk

- 9 eggs

**Preparation:**

Fry the lardons

Pour excess fat into the sink

Mix the cream, milk and eggs in the mixing bowl, add salt and pepper

Roll the pastry flat

Lay the pastry in each of the 3 pie molds

Prick the pastry with the fork

Arrange the lardons on the pastry

Pour the contents of the mixing bowl into the the pastry

Preheat the oven 180°C (thermostat 6)

Cook for 40 minutes

**(c) Green salad**

**Materials**:

1 salad bowl

1 small bowl

1 fork

**Prepare in a salad bowl**

**Ingredients (8 people):**

- 1 salad/lettuce

- Vinaigrette

* + 2 tablespoons of wine vinegar
  + 1 teaspoon of mustard
  + 1 pinch of salt
  + 1 pinch of pepper
  + 4 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Arrange in the salad bowl

***Vinaigrette***

Pour 2 tablespoons of wine vinegar into the small bowl

Add 1 teaspoon of mustard

Season with a pinch of salt and a pinch of pepper

Mix

Add 4 tablespoons of oil

Take a fork and mix everything into a smooth consistency

### - Evening -

### Mashed potato (a) and

### Dairy/cheese

### Chocolate cake (b)

**(a) Mashed potato**

**Materials**:

Food processor and slicer attachment

2 large pots

1 sieve

**Prepare 2 pots**

**Ingredients for 1 pot (8 people):**

- 2kg of potatoes

- 40cl of milk

- 25cl of fresh cream

- 1/2 teaspoon of nutmeg

**Preparation:**

Peel and slice the potatoes with the food processor

Put the potatoes in a large pot and cover with lots of water, cook until a knife can be easily inserted into the flesh (approximately 40 minutes)

Drain the potatoes in the sieve

Put the potatoes back into the empty pot

Mash with a potato masher

Add the milk, cream and nutmeg

Mix well

Do the same for the second pot

**(b) Chocolate cake**

**Materials:**

Electric mixer and flat beater attachment

2 cake molds

1 small pot

**Make 2 cakes**

**Ingredients for 2 cakes (16 people):**

400g of Nestlé dessert dark chocolate

3 tablespoons of water

8 eggs

300g of sugar

160g flour

400g butter

**Preparation:**

Break the chocolate into pieces and put them in the small pot with the water

Melt the chocolate, stirring regularly

Put the eggs, sugar and butter (diced) in the mixing bowl, then the flour

Pour in the melted chocolate and mix on speed 2 until you get a smooth texture

Divide the mixture between the 2 cake molds

Preheat the oven to 200°C (thermostat 6)

Cook for approxiamtely 20 minutes (adjust the cooking time for a more or less gooey centre)

## Wednesday

### - Midday -

### Pasta and pesto (a)

### Dairy/cheese

### Fruit

**(a) Pasta and pesto**

**Materials:**

1 large pot

**Ingredients (8 people):**

- 1kg of pasta

- 6L of water

- 50g of salt

- 2 pots of pesto sauce

**Preparation:**

Boil the water in the large pot and add salt

Pour in the pasta and stir occasionally

Leave to cook for approximately 8 minutes

Drain the pasta

### - Evening -

### Lasagne (a,b)

### Dairy/cheese

### Apple and pear crumble (c)

**(a) Lasagne**

**Materials:**

4 large pots

2 gratin dishes

Food processor with grater

**Prepare 2 dishes**

**Ingredients for 1 dish (8 people):**

- 1 packet of lasagne sheets

- 500g of beef mince

- 500g of sausage meat

- 2 tins of diced tomatoes

- 2 tins of tomato puree

- 2 onions

- 2 carrots

- olive oil

- salt, pepper

- 100g grated Beaufort cheese

-20cl pouring cream

**Preparation:**

Wash and chop the onions and carrots with the food processor

Pour some oil into the large pot, add half the onions and carrots and all of the tomatoes

Prepare some classic Béchamel sauce and put aside (see recipe b)

Put some oil in the other pot, add the rest of the onions and carrots, then add the sausage meat, leave to cook for roughly 5 minutes and add the beef

When the mixture is cooked, remove from the heat and mix with the Béchamel

Layer the pasta, tomato, Béchamel and so on with the rest of the ingredients in a gratin dish

Finish with a layer of pasta on top

Cover the top layer with 20cl of cream and 100g of grated Beaufort

Do the same with the second dish

Preheat the oven to 180°C (thermostat 6)

Leave to cook for approximately 40 minutes

**(b) Béchamel sauce**

**Materials:**

2 pots

**Prepare 2 pots**

**Ingredients for 1 pot (8 people):**

- 65g of flour

- 65g of butter

- 80cl of milk

- 1 teaspoon of salt

- 1 teaspoon of pepper

- 1 teaspoon of nutmeg

**Preparation:**

Melt the butter in a pot

Add the flour over a low heat and stir with a wooden spoon being careful to not let it brown, it should just thicken

Gradually pour in the milk, keep stirring until the sauce thickens

Season with salt, pepper and nutmeg

Do the same with the second pot

**(c) Apple and pear crumble**

**Materials:**

Electric mixer and flat beater attachment

2 pie molds

1 apple peeler

**Prepare 2 crumbles**

**Ingredients for 2 crumbles (16 people):**

- 14 apples

- 10 pears

- 260g of butter and 20g for the baking dishes

- 260g granulated sugar

- 180g almond powder

- 400g of flour

- 1 lemon juice

**Preparation:**

Butter the baking dishes

Peel and wash the apples with the apple peeler, cut into (roughly) 2cm pieces

Peel and wash the pears, dice and add to the apples

Divide the fruit between the 2 baking dishes and pour the lemon juice over them

Place the flour, sugar and almond powder in the mixing bowl

Mix for a few minutes on speed 1

Add the diced butter

Mix for a few minutes on speed 2

Mix everything with your fingers into a coarse breadcrumb texture

Divide the fruit between the 2 pie molds

Preheat the oven to 240°C (thermostat 8)

Leave to cook for 20 to 25 minutes

## Thursday

### - Midday -

### Courgette and parmesan pasta (a)

### Dairy/cheese

### Fruit

**(a) Courgette pasta**

**Materials:**

2 large pans

1 strainer

1 frying pan

**Ingredients (8 people):**

- 1kg of pasta

- 6L of water

- 50g of salt

- 2 courgettes

- 4 tomatoes

- 2 shallots

- 40cl of cream

- 1 tablespoon of oil

**Preparation:**

Finely chop the shallots and fry in the pan with oil

Dice the tomatoes and add to the shallots when they are golden, continue frying

Boil some water in a large pot

Dice the courgettes and drop them in the pan

Cook for 10 minutes

Drain the courgettes

Mix the courgettes, tomatoes and shallots in a pot

Simmer over a low heat for a few minutes then add the cream  
Leave it to simmer while the pasta cooks

Boil 6L of water in a second pot

Add the salt

Throw in the pasta and cook for 10 minutes

When the pasta is cooked, drain and mix with the vegetables

### - Evening -

### Potato gratin (a)

### Dairy/cheese

### Fruit

**(a) Potato gratin**

**Materials:**

2 gratin dishes

Food processor with grater attachment

**Prepare 2 gratin dishes**

**Ingredients for 1 dish (8 people):**

- 2kg of potatoes

- 125g of grated Beaufort

- 500ml of fresh cream

- 1 clove of garlic

- 15g of butter

- salt, pepper

**Preparation:**

Peel and cut the potatoes into thin slices using the food processor

Rub the gratin dish with a garlic clove

Arrange the potatoes, cheese and cream the salt and pepper in the dish

Repeat until the dish is full and finish with a layer of potatoes

Add thin strips of butter on the top

Do the same for the second dish

Oven bake at 200°C (thermostat 6) for 50 minutes then 5 minutes at 240°C (thermostat 8)

## Friday

### - Midday -

### Provençale tomato and rice (a+b)

### Dairy/cheese

### Fruit

**(a) Provençale tomato**

**Materials:**

2 gratin dishes

**Ingredients (16 people):**

- 34 tomatoes  
- olive oil

- 6 bunches of parsley

- 20 cloves of garlic

- 1kg of breadcrumbs

- salt, pepper

**Preparation:**

Halve the tomatoes

Salt them inside and place on a lightly oiled gratin dish

On each tomato half, place minched garlic and parsley, salt, pepper and a pinch of oregano

Then sprinkle with breadcrumbs

Lightly drip a little oil over the tomatoes

Put a little water (2 glasses) on the base of the dish

Cook in the oven at 210°C (thermostat 7) for approximately 30 minutes

**(b) Rice**

**Materials:**

1 large pot

**Prepare 1 pot**

**Ingredients for 1 pot (8 people):**

- 3L of water

- 500g of rice

- 2 teaspoons of salt

**Preparation**

Bring a large pot of salted water to the boil, throw in the rice and leave to cook for 15 minutes

Taste to check it’s done

### - Evening -

### Tartiflette (a) and green salad (b)

### Apple compote (c)

**(a) Tartiflette**

**Materials:**

2 large pots

2 gratin dishes

2 frying pans

**Prepare 2 dishes**

**Ingredients for 1 dish (8 people):**

- 2kg of potatoes

- 2 blocks of reblochon cheese

- 500g of smoked lardons

- pepper, salt

**Preparation:**

Peel the potatoes

Cook the potatoes in water for 30 minutes

Cut into slices

Place them in the baking dish with the lardons

Cut the reblochon in half, remove the crust

Slice the reblochon and arrange on top of the potatoes

Do the same for the second dish

Preheat the oven to 200°C (thermostat 6/7)

Oven bake for 30 minutes (gooey cheese, lightly coloured)

**(b) Green salad**

**Materials**:

1 salad bowl

1 small bowl

1 fork

**Prepare in a salad bowl**

**Ingredients (8 people):**

- 1 salad/lettuce

- Vinaigrette

* + 2 tablespoons of wine vinegar
  + 1 teaspoon of mustard
  + 1 pinch of salt
  + 1 pinch of pepper
  + 4 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Arrange in the salad bowl

***Vinaigrette***

Pour 2 tablespoons of wine vinegar into the small bowl

Add 1 teaspoon of mustard

Season with a pinch of salt and a pinch of pepper

Mix

Add 4 tablespoons of oil

Take a fork and mix everything into a smooth consistency

**(c) Apple compote**

**Materials:**

2 large pots

1 apple peeler

**Prepare 2 pots**

**Ingredients for 1 pot (8 people):**

- 8 apples

- 4 sachets of vanilla sugar

- 200ml of water

- 1 tablespoon of lemon juice

**Preparation:**

Peel and slice the apples with the peeler

Cut the apples into pieces (approximately 2cm)

Place them into a pot with the water

Add the vanilla sugar

Cook for 20 to 30 minutes stirring occasionally

When cooked, add the lemon juice

Do the same for the second pot

## Saturday

### Breakfast only

Cookbook

# Week 2

## Every day

## - Breakfast -

**To do in the morning:**

Prepare 1L of coffee

Prepare 1L of tea

Cut 4 baguettes into pieces approximately 10 cm long and divide into 2 salad bowls (make sure you have 16 pieces)

Take out 2 tablets of butter and 2 pots of yogurt

In addition, put 2 “breakfast” boxes on the table

**To do the night before:**

In each box we have:

- 1 pot of jam

- 1 pot of honey

- 1 box of sugar lumps

- 1 box of granulated sugar

- 2L of orange juice

- 2L of milk

- cereals

If anything’s missing, take it from the storeroom

## Sunday

### - Midday -

### Picnic or soup in the field

### Dairy/cheese

### Fruit

### - Evening –

### Dumplings (a) and rice (b)

### Dairy/cheese

### Fruit

**(a) Dumplings**

**Materials:**

2 gratin dishes

**Ingredients (for 16 people):**

- 16 dumplings (quenelles)

- 8 cans of financière sauce

- water

**Preparation:**

Put the dumplings in a dish

Cover with the sauce

Add 2 cans of water to the sauce

Oven bake for 30 minutes at 160°C (thermostat 5)

**(b) Rice**

**Materials:**

2 large pots

**Prepare 2 pots**

**Ingredients for 1 pot (8 people):**

- 3L of water

- 500g of rice

- 2 teaspoons of salt

**Preparation**

Bring a large pot of water to the boil

Add the salt

Throw in the rice

Leave to cook for 15 minutes

Taste to see if done

Do the same with the second pot

## Monday

### - Midday -

### Cakes (a) and salad (b)

### Dairy/cheese

### Fruit

**(a) Bell pepper, feta and black olive cake**

**Materials:**

Electric mixer and beater

3 cake molds

2 frying pans

1 baking tray

1 large bowl

**Ingredients for 3 cakes:**

- 9 eggs

- 450g of flour

- 3 sachet of baking powder

- 25cl of olive oil

- 40cl of full fat milk

- 3 green bell peppers

- 3 red bell peppers

- 6 tablespoons of olive oil

- 450g of feta cheese

- 100g of black olives

- 3 pinches of salt

- 6 pinches of pepper

**Preparation:**

Put the entire peppers on the baking tray

Grill them at 200°C (thermostat 7) until the skin starts to black, turn them over and continue grilling (roughly 15 minutes on one side and 15 minutes on the other)

Leave to cool down

Peel and seed the peppers

Cut into strips

Divide the peppers between 2 frying pans each with 3 tablespoons of olive oil and add salt

Gently simmer for 45 minutes

Leave to cool down

Dice the feta and cut the olives in half, place everything in the large bowl

Put the eggs, flour, baking powder and pepper in the mixer bowl

Mix on speed 2

Add the oil and milk little by little

Mix everything on speed 1 until you get a smooth paste

Then add the bell peppers and feta-olive mix to the paste

Mix on speed 1

Divide the mixture between 3 cake molds

Preheat the oven to 180°C (thermostat 6)

Oven bake for 45 minutes

### - Evening -

### Vegetable tian (a)

### Dairy/cheese

### Apple pie (b, c)

**(a) Courgettes and tomato tian**

**Materials:**

2 gratin dishes

2 frying pans

**Prepare 2 dishes**

**Ingredients (for 16 people):**

- 20 courgettes  
- 20 tomatoes  
- 5 onions  
- salt and pepper  
- 20cl olive oil

**Preparation:**

Slice the onions

Gently fry the onions (for roughly 20 minutes) with 2 tablespoons of olive oil, some salt and some pepper

Spread the onions on the gratin dish

Cut the tomatoes into 3/4mm slices

Cut the courgettes into 3/4mm slices, washed and peeled

Lay the courgettes and tomatoes (alternating) in the dish

Add salt and pepper

Add 20cl of olive oil

Do the same for the second dish

Preheat the oven to 210°C ( thermostat 7)

Bake for 1 hour

Press the vegetables occasionally during cooking so that the top doesn’t dry out

**(b) Piecrust**

**Materials:**

Electric mixer and beater

1 small bowl

**Prepare 2 portions of pastry**

**Ingredients for 2 portions :**

- 400g of flour  
- 200g of diced butter

- 2 beaten eggs  
- 1/2 teaspoon of salt  
- 2 tablespoons of water

**Preparation:**

Put the flour and salt in the mixer bowl

Add the diced butter

**Mix on speed 2 until smooth**

Beat the eggs in the small bowl

Add the beaten eggs and cold water to the mixer bowl

Mix on speed 2 until smooth

Separate into 2 equally sized balls

**(c) Apple pie**

**Materials:**

2 pie molds

Rolling pin

Fork

Apple peeler

**Prepare 2 pies**

**Ingredients for 2 pies (16 people):**

- 2 pastry balls

- 12 apples

- granulated sugar

- butter

**Preparation:**

Roll out the pastry

Place it in the 2 pie molds and prick with a fork

Peel and cut the apples into fine slices with the peeler

Place the apples on the pastry base

Sprinkle sugar on top and add little knobs of butter

Preheat the oven to 180°C (thermostat 6)

Bake for 30 minutes

## Tuesday

### - Midday -

### Quiches (a, b) and tomato, mozzarella salad (c)

### Dairy/cheese

### Fruit

**(a) Piecrust**

**Materials:**

Electric mixer and beater

1 small bowl

**Prepare 2 portions of pastry**

**Ingredients for 2 portions:**

- 400g of flour

- 200g of diced butter

- 2 beaten eggs

- 1/2 teaspoon of salt

- 2 tablespoons of water

**Preparation:**

Put the flour and salt in the mixer bowl

Add the diced butter

**Mix on speed 2 until smooth**

Beat the eggs in the small bowl

Add the beaten eggs and cold water to the mixer bowl

**Mix on speed 2 until smooth**

Divide into 2 equally sized balls

**(b) Leek and goat cheese quiche**

**Materials:**

2 pie molds

1 large pot

1 salad bowl

Rolling pin

Fork

**Prepare 2 quiches**

**Ingredients for 2 quiches (16 people):**

- 2 pastry balls

- 2 blocks of goat cheese

- 4 leeks

- 40cl of fresh cream

- 40cl of milk

- 6 eggs

- butter

**Preparation:**

Roll out the pie crusts and place each in a pie mold

Prick the pastry with a fork

Peel the leeks

Cut the leeks into roughly 1cm slices

Wash the leeks

Sauté in a large pot with 2 knobs of butter

When browned, add 2 glasses of water and simmer

Mix the cream, milk, eggs, salt and pepper in a large bowl

Slice the cheese and place on the bottom of the pie

Place half of the leeks in each pie

Pour the cream mixture on top

Preheat the oven to 180°C (thermostat 6)

Cook for roughly 40 minutes

**(c) Tomato, mozzarella salad**

**Materials:**

2 large bowls

1 small bowl

1 fork

**Prepare in 2 separate salad bowls**

**Ingredients (for 16 people):**

- 20 tomatoes

- 4 mozzarella balls

- Vinaigrette

* + 4 tablespoons of wine vinegar
  + 2 teaspoons of mustard
  + 2 pinches of salt
  + 2 pinches of pepper
  + 8 tablespoons of olive oil

**Preparation:**

Wash the tomatoes

Cut the tomatoes into slices

Divide between the 2 large bowls

Drain the mozzarella and dice it

Place half the mozzarella in each bowl and mix well

***Vinaigrette***

Pour 4 tablespoons of wine vinegar in the bowl

Add 2 teaspoons of mustard

Season with 2 pinches of salt and 2 pinches of pepper

Mix

Add 8 tablespoons of oil

Take a fork and mix everything into a smooth consistency

### - Evening -

### Omelette (a) and Gaspacho

### Dairy/cheese

### Yogurt cake (b)

**(a) Beaufort omelette**

**Materials:**

2 large bowls

3 large frying pans

1 small pot

1 fork

Food processor and slicer

**Prepare in 3 separate frying pans**

**Ingredients for 1 frying pan (for 6 people):**

- 10 eggs

- 300g of finely sliced Beaufort

- 20g of butter

- salt, pepper

**Preparation:**

Beat the eggs in a bowl with the fork, add salt and pepper

Add the Beaufort

Mix

Melt the butter in the small pan

Pour the butter into the beaten eggs

Mix

Pour the eggs into the pan over high heat and reduce to a simmer, folding the edges in as they cook

Shake the pan to stop the omelette from sticking

**(b) Yogurt cake**

**Materials:**

Electric mixer and beater

2 cake molds

**Prepare in 2 separate molds**

**Ingredients for 2 cakes (16 people):**

- 2 packets of baking powder

- 4 pots of yogurt

- 8 pots of sugar

- 12 pots of flour

- 8 eggs

**Preparation:**

Pour all of the ingredients into the mixer

Mix on speed 2 until smooth

Divide between the 2 cake molds

Preheat the oven to 180°C (thermostat 6)

Bake for roughly 30 minutes

## Wednesday

### - Midday -

### Tomato tart (a, b) and salad (c)

### Dairy/cheese

### Fruit

**(a) Piecrust**

**Materials:**

Electric mixer and flat beater

1 small bowl

**Prepare 2 pastries**

**Ingredients for 2 pastries:**

- 400g of flour

- 200g of diced butter

- 2 beaten eggs

- 1/2 teaspoon of salt

- 2 tablespoons of water

**Preparation:**

Put the flour and salt in the mixer bowl

Add the diced butter

**Mix on speed 2 until smooth**

Beat the eggs in the small bowl

Add the beaten eggs and cold water to the mixer

**Mix on speed 2 until smooth**

Divide into 2 equally sized balls

**(b) Tomato tart**

**Materials:**

2 pie molds

1 fork

**Prepare 2 tarts**

**Ingredients for 1 tart (8 people)**

- 1 pastry ball

- 5 tomatoes

- salt and pepper

- Dijon mustard

- olive oil

**Preparation:**   
Roll out the pastry and arrange in a pie mold

Prick the pastry with the fork

Pre-cook the pastry in the oven for 5 minutes at 230°C (thermostat 8)

Take the pastry out of the oven

Brush the base with Dijon mustard

Cut the tomatoes into 3mm thick slices

Arrange the slices on the pastry

Sprinkle 2 pinches of salt and 2 pinches of pepper on top

Sprinkle 1 tablespoon of olive oil on top

Do the same for the second tart

Preheat the oven to 230°C (thermostat 8)

Cook for 20 minutes then cover with aluminium foil

Bake for a further 20 minutes then remove the aluminium

**(c) Green salad**

**Materials**:

1 salad bowl

1 small bowl

1 fork

**Prepare in a salad bowl**

**Ingredients (8 people):**

- 1 salad/lettuce

- Vinaigrette

* + 2 tablespoons of wine vinegar
  + 1 teaspoon of mustard
  + 1 pinch of salt
  + 1 pinch of pepper
  + 4 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Arrange in the salad bowl

***Vinaigrette***

Pour 2 tablespoons of wine vinegar into the small bowl

Add 1 teaspoon of mustard

Season with a pinch of salt and a pinch of pepper

Mix

Add 4 tablespoons of oil

Take a fork and mix everything into a smooth consistency

### - Evening -

### Aubergine lasagne (a)

### Dairy/cheese

### Apple and pear cake (b)

**(a) Aubergine lasagne**

**Materials:**

2 gratin dishes

**Prepare 2 dishes**

**Ingredients (8 people):**

- 1 packet of lasagne sheets

- 1 jar 650g of riste d'aubergine

- 25g of thick cream

- 330ml of milk

- 200g of grated cheese

**Preparation**

Cover the bottom of a dish with lasagne sheets

Then add a layer of riste and continue alternating the layers like this

Finish with a layer of lasagne sheets on top

Mix the milk and cream in a small bowl

Pour over the lasagne

Add the grated cheese

Do the same with the second dish

Preheat the oven to 200°C (thermostat 7)

Bake for approximately 40 minutes

**(b) Apple and pear cake**

**Materials:**

Apple peeler

2 pie molds

Electric mixer with beater attachment

**Ingredients (for 16 people):**

- 8 tablespoons of flour

- 12 tablespoons of sugar

- 6 eggs

- 2 sachets of baking powder

- 200 of softened butter

- 4 apples

- 5 pears

**Preparation:**

Put the flour, sugar, eggs, baking powder and butter in the mixer bowl

Mix on speed 2 until smooth

Peel and cut the apples into slices around 2cm long

Peel and cut the pears into slices around 2cm long

Mix the fruit into the paste

Preheat the oven to 180°C (thermostat 6)

Bake for 40 minutes

## Thursday

### - Midday -

### Pizza (a,b) and green salad (c)

### Dairy/cheese

### Fruit

**(a) Pizza base (dough)**

**Materials:**

Electric mixer with whisk and dough hook

**Ingredients (for 2 portions of dough):**

- 500g of flour

- 1 sachet of baker’s yeast

- ½ teaspoon of salt

- 2 tablespoons of olive oil

- 25cl of warm water

**Preparation:**

Put the flour, salt and yeast in the mixer bowl

Whisk for a few moments on speed 2

Replace the whisk with the dough hook

Pour in the oil, set to speed 2 and gradually add the water

Leave to knead for 2-3 minutes, until the dough is smooth (still on speed 2)

If the dough seems too dry, add more water little by little

Cover the bowl with a cloth

Leave to rise for at least an hour in a warm place (e.g. near a radiator), the dough should double in size

After resting, knead the dough for a few moments and divide into 2 equally sized balls

**(b) Ham pizza**

**Materials:**

2 baking trays

Rolling pin

**Prepare 2 pizzas**

**Ingredients for 1 pizza (8 people):**

- 1 dough ball

- 4 slice of ham

- 500g of tomato coulis

- 100g of Beaufort cheese

- 1 ball of mozzarella

- salt, pepper, oregano

**Preparation:**

Spread the dough on a previously floured baking tray and prick with a fork

Spread the tomato coulis on top

Slice the mozzarella and place on top

Cut the ham roughly into 3cm squares and place on top

Cover with grated cheese

Season with salt, pepper and oregano

Do the same with the second pizza

Preheat the oven to 210°C (thermostat 7)

Bake for 30 minutes or a little more if necessary

**(b) Green salad**

**Materials**:

1 salad bowl

1 small bowl

1 fork

**Prepare in a salad bowl**

**Ingredients (8 people):**

- 1 salad/lettuce

- Vinaigrette

* + 2 tablespoons of wine vinegar
  + 1 teaspoon of mustard
  + 1 pinch of salt
  + 1 pinch of pepper
  + 4 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Arrange in the salad bowl

***Vinaigrette***

Pour 2 tablespoons of wine vinegar into the small bowl

Add 1 teaspoon of mustard

Season with a pinch of salt and a pinch of pepper

Mix

Add 4 tablespoons of oil

Take a fork and mix everything into a smooth consistency

### - Evening -

### Courgette gratin (a)

### Dairy/cheese

### Chocolate cake (b)

**(a) Courgette gratin**

**Materials:**

1 large bowl

2 gratin dishes

1 large saucepan

1 colander and skimmer (slotted spoon)

Clean cloth

Food processor and slicer

**Ingredients (for 16 people):**

- 40 courgettes

- 500g of fresh cream

- 8 eggs

- 130g of butter

- 280g of beaufort cheese

- grated nutmeg

- salt and pepper

**Preparation:**

Wash the courgettes without peeling

Wipe them with a clean cloth and cut them into 1cm slices with the food processor

In a large pan, cook them for 15 to 18 minutes in 3L of boiling salted water

Drain in the colander and press with the slotted spoon to remove excess water

Divide between 2 buttered gratin dishes

Beat the eggs in a large bowl, add the cream, grated beaufort, salt, pepper and sprinkle in some grated nutmeg

Pour over the courgettes

Mix

Preheat the oven to180°C (thermostat 6)

Cook for 15 minutes.

**(b) Chocolate cake**

**Materials:**

Electric mixer and beater

2 cake molds

1 small saucepan

**Prepare 2 cakes**

**Ingredients for 2 cakes (16 people):**

400g Nestlé dessert dark chocolate

3 tablespoons of water

8 eggs

300g of sugar

160g of flour

400g of butter

**Preparation:**

Break the chocolate into pieces and put it in a small saucepan with the water

Melt the chocolate, stirring regularly

Put the eggs, sugar then the flour into the mixer bowl

Pour in the melted chocolate then mix on speed 2 until smooth

Divide between the 2 cake tins

Preheat the oven to 200°C (thermostat 6)

Bake for around 20 minutes (adjusting the time for a more or less gooey centre)

## Friday

### - Midday -

### Ratatouille and rice (a+b)

### Dairy/cheese

### Fruit

**(a) Ratatouille**

**Materials:**

4 large pots

**Ingredients (for 16 people):**

- 1.4kg of aubergines

- 1.4kg of courgettes

- 1.4kg of red and green bell peppers

- 1.4kg of onions

- 1 kg of tomatoes

- 12 garlic cloves

- 24 tablespoons of olive oil

- salt and pepper

**Preparation:**

Quarter the tomatoes and slice the courgettes and aubergines into cross-sectioned discs

Slice the peppers into strips and the onions into discs

In 2 large pans, heat 2 tablespoons of olive oil and cook the peppers and onions

When tender, add the tomatoes

Add salt and pepper, cover, simmer gently for 45 minutes

Cook the aubergines and courgettes in another pot for 15 minutes

Once the aubergines and courgettes are cooked, add them to the tomato mixture and cook over a very low heat for a further 10 minutes

Add salt and pepper if needed

**(b) Rice**

**Materials:**

1 large saucepan

**Ingredients for 1 pot (8 people):**

- 3L of water

- 500g of rice

- 2 teaspoons of salt

**Preparation:**

Bring the water to the boil in the pan

Add the salt

Throw in he rice

Leave to cook for 15 minutes

Taste to check it’s done

### - Evening -

### Raclette (a) and green salad (b)

### Dairy/cheese

### Fruit salad

**(a) Raclette**

**Materials:**

2 large saucepans

**Ingredients (for 16 people):**

- 40 potatoes (4kg)

- 2kg of raclette cheese

- charcuterie (cooked ham, parma ham, dry sausage/saucisson)

- salt

**Preparation:**

Wash the potatoes

Place them in 5L of cold, salted water

Cook for 30-45 minutes

The potatoes are cooked when they can be pricked with a knife

Serve with the charcuterie and sliced cheese

**(b) Green salad**

**Materials:**

2 salad bowls

1 small bowl

1 fork

**Prepare in 2 separate bowls**

**Ingredients (for 16 people):**

- 2 salads/lettuces

- Vinaigrette

* + 4 tablespoons of wine vinegar
  + 2 teaspoons of mustard
  + 2 pinches of salt
  + 2 pinches of pepper
  + 8 tablespoons of oil

**Preparation:**

Separate and sort the salad leaves

Wash and dry the salad 3 times

Divide into the 2 bowls

***Vinaigrette***

Pour the 4 tablespoons of wine vinegar into the bowl

Add 2 teaspoons of mustard

Season with 2 pinches of salt and 2 pinches of pepper

Mix

Pour in 8 tablespoons of oil

Take a fork and mix well until you get a good consistency

## Saturday

### Breakfast only