



# Whisked Away Cooking School

## Itinerary for The Loire Valley Culinary Getaway

*Tuesday 20<sup>th</sup> June to 28<sup>th</sup> June 2017*

Day 1  
Tuesday 20<sup>th</sup>

- Transfer from Paris Airport to cooking school in the Loire Valley  
*No later than 10.30am*
- Check into accommodation and early afternoon free to discover the quaint village of Yzeures sur Creuse.
- 16.00 Welcome Moroccan Dinner

Day 2  
Wednesday 21<sup>st</sup>

- 08.30 Traditional French Breakfast
- 09.30 We visit Les Halles Food Market and weekly outdoor market in Tours. Here we will visit two of Tours Finest Cheese Mongers.
- Lunch in Tours for your own account and free time to walk around and discover the city, have a drink at Place Plumereau which was voted France's best place to have a drink, or stroll down the historical roads.
- 16.00 We depart to visit Vouvray one of France's finest white wine and sparkling wine areas where you will be taken on a guided tour of 3km of wine caves, holding on average 4 million bottles of wine, petillant and sparkling wine. You will be given an in-depth tour of the production and bottling plant and then return for a wine tasting.
- Tonight you dine with Michelin Starred, Jacky Dallay at the renowned Promenade Restaurant in le Petit Pressigny.

Day 3  
Thursday 22<sup>nd</sup>

- 08.30 Traditional French Breakfast
- Fish Demonstration  
*This morning at 4am, our fish delivery arrived off the boats that came in late last night at the Atlantic port of La Rochelle a two-hour drive from le Calabash.*
- 13.00 Lunch
- You can relax or explore the area this afternoon, cycle, walk along the river, play boules in the village square, or why not spoil yourself to a relaxing massage, or spa treatment at La Roch Posay's renowned spa.  
For this you will need to bring along a swimsuit and sandals.
- The property has four bicycles for your use as well as will provide you with a map of a cycle route through the country side.
- Dinner Demonstration

Day 4  
Friday 23<sup>rd</sup>

- 08.00 Traditional French Breakfast
- 09.00 We visit one of France's finest Duck and Foie Gras producers, who supply some of the finest restaurants in Europe and Asia. Here we will discover the truth behind the world of Foie Gras, which is so misunderstood and misreported by the press around the globe.
- 12.30 Lunch with at a traditional French Bistro.
- 14.30 Practical Cookery Course.  
This afternoon we uncover the art of preparing Foie Gras. Foie Gras Terrine, Pan Seared Foie Gras set on a Cep Risotto.
- 19.30 Classic French Recipe Dinner

Day 5  
Saturday 24<sup>th</sup>

- 08.30 Traditional French Breakfast
- 09.30 We Depart for Chateau Chenonceau where you have the morning to explore Chenonceau at your leisure Property of the Crown, then royal residence, Chenonceau Castle is an exceptional site not only because of its original design, the richness of its collections, its furniture and its decorations, but also because of its destiny, since it was loved, administrated and protected by women, who were all extraordinary and who, for the most part have marked history. For the historical background, the "Château des Dames" was built in 1513 by Katherine Briçonnet, and successively embellished by Diane de Poitiers then Catherine de Medici. Chenonceau was protected from the hardship of the revolution by Madame Dupin.
- 12.30 Picnic Lunch Box
- 15.30 This afternoon we visit the Mushroom caves of 'les Caves Champignonnières des Roches'
- 19.00 Dinner in troglodyte caves

Day 6  
Sunday 25<sup>th</sup>

- 08.30 Traditional French Breakfast
- Macaron Class
  - Millionaires Chocolate Macaron
  - Seasonal Macaron Creation
  - Taking the Macaron on a Contemporary journey into the future
- Lunch in the orchard
- This afternoon we learn The Art of Paella. Paella is a Valencian-Catalan word which derives from old French word paella for pan, which in turn comes from the Latin word paella for pan as well. Valencian paella is believed to be the original recipe and consists of calasparra rice, green vegetables, chicken and rabbit, land snails, beans and seasoning as saffron, rosemary and occasionally lemon. We share with you a Trio of Paella dishes including a contemporary take on this classic.
- We enjoy our Paella for dinner.

Day 7  
Monday 26<sup>th</sup>

- 08.00 Traditional French Breakfast
- 09.00 Visit to a Goats Cheese Farm and Factory  
We visit a traditional family run St Maures Goats Cheese farm where you will be introduced to what is arguably one of the world's finest goat's cheese's St Maures A.O.C.  
It has the form of a small log, around 16–17 cm in length, and weighs at least 250 g. It is white and soft under a greyish moldy rind. It has a straw through its center, marked by the AOC seal and a number indicating the producer. The straw is used, in the making, to keep the roll together. The finished cheese has 45% milk fat.
- Soufflé for Lunch.
- 14.00 Lunch
- This afternoon we learn the art of Soufflé Preparation with an array of Savoury and Sweet Soufflé dishes.
- Traditional French Buffet Dinner
- Tonight we also enjoy a Food and Wine Quiz with a 'Chocolate and Wine Tasting'

*The Wine Tasting is delivered by an award winning sommelier and wine buyer, Xavier who will share his in depth knowledge of French Wine and together with one of the chefs, they pair the wines with some of the finest chocolate varieties in the world, working with Valrhona.*

Day 8  
Tuesday 27<sup>th</sup>

- 11am Brunch in Orchard

*You need to pack up and place your entire luggage at reception as after dinner tonight you can sleep whilst on journey to Paris.*

- ‘The Mystery Box’ cookery challenges, with the chefs (including me) as instructors judging.
- 18.00 Certificate Presentation and 1<sup>st</sup> Place Team Medal Award.
- 20.30 Farewell Dinner.
- 22.00 Journey to Rungis, the world’s largest and finest food market.

Day 9  
Friday

- 02.00 Paris is home to The Marché International de Rungis, the largest wholesale food market in the world. Spanning 232 hectares, this monster market caters to all of your culinary needs. Set up in the city center in the 10th century, demand for suppliers was so high by 1969 that Rungis had to relocate. The current market site is in the southern suburbs, a little further afield than the original site but easily accessible by train or car. Rungis is a go-to supply spots for many a Parisian chef. And it’s no surprise: high-quality, fresh products are sold here in large quantities from fruit and vegetables to fish, meat, dairy products.  
The chefs take you on what they say, is one of the biggest inspirational visits they enjoy and ensure they visit Rungis at least six times a year so as to keep up with trends and seasonal produce.
- After a 4 Hour Tour of the Market, we enjoy an all-time classic French Breakfast ‘Croque Madame’ with the people working in the market, with a glass of wine!
- 09.30 Arrive Charles de Gaulle Airport Paris for Check In

### ***Included in the Program:***

- *Seven nights' accommodation in Relais de la Mothe*
- *One night in transit to Paris's Rungis market*
- *Recipe folder and apron*
- *Certificates and Three Medals for Mystery Box Challenge Winners*
- *Two Glasses of Wine per Lunch and Dinner*  
*We do have a Wine and Beverage list and extra beverages ordered will be charged for.*
- *Round-trip transfers Paris CDG airport.*  
*Any pick up or drop off to alternative points will be charged for.*
- *Meals and excursions as per itinerary*
- *Entrance to all excursions as per itinerary.*

### ***Not included in Program:***

- *Phone calls*
- *Spa visit*
- *Extras orders at restaurants or excursions*
- *Airfare*

### ***Pricing Information***

- *A 50% deposit is required at the time of booking.*
- *Price based on double occupancy (2 people in one room)*  
*\$2742 per person*  
*+\$525 single supplement (1 person in a room)*