



## The Alpine Chalet Chef Short Course Sainte Foy, France

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Mountain Chefs is pleased to offer our one week Chalet Chef Short Course in beautiful Ste Foy in the Isere Valley of the French Alps. If you are interested in combining your Chalet Chef Short Course with a stay in the beautiful mountains of the Tarantaise, then this course will be perfect for you.

The Ste Foy course is delivered by Adam Brown, Mountain Chefs Head Chef and takes place in a combination of commercial and chalet kitchens. The course price is £595.00 and this includes the full Mountain Chefs Chalet Chef training and materials as well as luxury accommodation in Venture Sun's chalets ([www.venturesun.co.uk](http://www.venturesun.co.uk)).

### The French Mountain Chefs Course

The Mountain Chefs French course includes a welcome drink and light dinner when you arrive in the chalets on Sunday evening, five full days of gourmet chalet cookery instruction, all training materials including our Mountain Chefs chalet cooking guide, a complete six day chalet menu plan including amendments for vegetarians, special dietary requirements and a children's menu, a full book of recipes, assistance in finding work in the Alps, all ingredients and equipment, all food during your stay including a gourmet dinner with wine each evening, luxury accommodation for six nights based on two sharing, linen and towels and a set time pick up and drop off to and from Geneva airport as below.



You will also receive Level 2 Kitchen Health and Safety accreditation as well as a Mountain Chefs Course Certificate upon successful completion of the course. We also provide you with the Chef's formal assessment and reference you can then use with all of your job applications.

We would advise you to please book your own travel insurance as this is not included in our course fee.

### Course Topics

- Gourmet cooking basics including knife handling skills and chopping techniques
- Kitchen health and safety and food hygiene
- Children's Meals planning and preparation
- Canapés – hot and cold dishes that are spectacular and easy to prepare
- Gourmet main dishes and sides to complete a Six Day Menu Plan
- Desserts and cakes
- Altitude cooking specifics
- How to be a successful Chalet Host – Chalet Host guidelines and a chalet-running timetable
- Working with food allergies and dietary requirements

## Course Structure

Your course day will start each day at 9:00am with 2 hours of cooking where you will learn to prepare a hot breakfast and an afternoon cake and also discuss the preparation for the evening three course dinner.

You will then have a long afternoon break where you will be free to enjoy the mountains and the resort facilities.

Evening dinner preparation will begin at approximately 3pm where you will learn to prepare a gourmet three-course dinner. Focus and emphasis will be placed on food preparation techniques, flavours and seasonings, plate presentation, wine presentation and pouring. We also closely monitor kitchen cleanliness and the following of good practice for food and personal hygiene.

You will sit down to dinner each evening with your fellow classmates, learning about guest service and how to create chalet ambience.

## Travel

For booking your flights – please arrive in Geneva on the Sunday prior to your course start date, by 5pm. Your transfer will pick you up from Geneva airport at 5pm.

The course finishes on a Friday evening with the final dinner and presentation of Mountain Chefs certificates and assessments.

The return transfer will travel to Geneva on the following Saturday morning, and will arrive in Geneva by 10:00am.

You can book your return flight from Geneva for any time after 10:00am on Saturday, August 15th.

Geneva Arrival Date	Course Start Date	Course Completion Date	Geneva Departure Date
Sunday, Aug 8 <sup>th</sup> , 2010 by 5pm	Monday, Aug 9 <sup>th</sup>	Friday, Aug 13 <sup>th</sup>	Saturday, Aug 14 <sup>th</sup> after 10:00am
Sunday, Aug 22 <sup>nd</sup> , 2010 by 5pm	Monday, Aug 23 <sup>rd</sup>	Friday, Aug 27 <sup>th</sup>	Saturday, Aug 28 <sup>th</sup> after 10:00am