

A 'Lot' of Cooking

Cross your cooking boundaries in
the Lot Region in
'La Douce France'

10-17 May 2014

The 'fast food era' seems to have ended as the 'slow food trend' is gradually taking over; a trend in which food has to be good, pure and fair, based on fresh and healthy ingredients. Fortunately, the awareness that cooking should lead to healthy and tasty food keeps on growing, but beside that: it can also be an excellent and creative pastime!

So, it is certainly not surprising that taking your time to prepare a nice meal is becoming more and more popular. Just think of the many trendy cooking programmes we can watch on tv!



If you enjoy expanding your knowledge and crossing your cooking boundaries in 'La Douce France', then '**A Lot of Cooking**' is truly something for you !

Finding super fresh ingredients on authentic French markets, preparing creative recipes, selecting matching wines and, above all, enjoying delicious meals and sharing your experiences with other gastronomes are the main targets during this week.

Of course there will be enough time left to explore the area with all its fabulous sights, or to simply sit back and relax!

DOMAINE DE MONTSALVY



'Chef de Cuisine'

The cooking classes will be led by Fabrice Lemonnier; a chef cook, who has been active in the culinary field for many years. Fabrice has got a distinct passion for fair, healthy and local ingredients, which enables him to create the most pure and startling dishes. He was a 'chef' in Oxford for several years, is married to an English lady and speaks English fluently. For more about him: <http://www.fabricelechef.fr/En/welcome.html>

What do we offer you during this week?

- A unique and culinary exploration;
- A tapas night on the day of arrival;
- Atmospheric accommodation;
- A visit to the markets of Caussade, Domme and Prayssac
- 2 dinners on workshop-days;
- 1 lunch and 1 picnic during the day trips;
- 'Closure' dinner on Friday;
- The use of all the facilities on the domain.

NB: Of course we will give you a reference booklet with a short description of the prepared courses and their recipes to take home with you.

Location

You will stay in one of the 6 authentic gîtes of Domaine de Montsalvy (Dégagnac, France), which offers you a combination of tranquillity, good atmosphere, cosiness and hospitality. On the domain there are a lot of possibilities to fill in your spare time, like a large swimming pool, a tennis court, a pingpong table, a volleyball field, a jeu-de-boules field, various terraces, a lovely garden, etc.

Surroundings

Domaine de Montsalvy is situated in the Bourriance/Quercy; an area in the Lot which is famous for its varying landscapes (hills, forests, meadows), its gastronomy and its hospitable inhabitants. Idyllic places such as Domme, Sarlat, Cahors and Rocamadour are very nearby and easily reachable.



Number of participants

The number of participants will be between a minimum of 6 and a maximum of 14 people.

Costs

The costs p.p. are € 695- all-in (incl. stay, tapas night, day trips, 1 lunch/ 1 picnic, cooking classes and 'closure' dinner on Friday night), excl. transport and extra consumptions within your free time. NB: Get 10% off your second subscription for your partner or boy-/girlfriend!

Reservation

To complete your registration, please transfer 50% of the total amount to the SNS bank in The Netherlands; bank details are: Account number 86.63.57.289 attn. Mr & Mrs DRUMMEN-NIJSSSEN BIC: SNSBNL2A IBAN: NL 98 SNSB 0866357289 ref. '**A Lot of Cooking**'. The balance will have to be transferred before 20 April 2014.

Our address and extra info

Domaine de Montsalvy, 46340 Dégagnac (Fr.)
tel. 0033-(0)565415157; mobile: 0033-(0)684016353
www.domaine-de-montsalvy.com
e-mail: info@domaine-de-montsalvy.com



PROGRAMME *A Lot of Cooking* 10 to 17 May 2014

Saturday

- From 16:00 Arrival on Domaine de Montsalvy
- 19:00 – 22:00 Meeting your fellow participants during the tapas night in La Ferme

Sunday Day off

Monday

- 9:00 – 12:00 Visit to the market of Caussade in the Aveyron, and finding the ingredients for your first cooking class
- 12:30 – 14:30 Lunch in Cahors, the capital of the Lot
- 15:00 - 18:00 Exploring the city, with its world-famous 'Pont Valentré' (Unesco list) and a visit to the 'Maison du Vin' with a wine-tasting of the Cahors wines

Tuesday

- 15:00 – 18:00 Cooking Class 1, based on the ingredients bought in Caussade, led by Fabrice
- 19:00 – 22:00 Joint dinner in La Ferme

Wednesday Day off

Thursday

- 9:00 – 12:00 Visit to Domme, with its impressive views of the river Dordogne and finding the ingredients on its market for your second Cooking Class with Fabrice
- 12:00 – 13:30 Picknick in Domme
- 14:00 - 16:00 Time off (e.g. to discover the picturesque villages of La Roque-Gageac, Beynac and the fabulous gardens of Marqueyssac)

- 17:00 – 20:00 **Cooking Class 2** based on the ingredients bought in Domme, led by Fabrice
- 20:30 – 22:30 Joint dinner in La Ferme

Friday

- 9:00 – 13:00 Via a scenic route, we will go to the authentic market of Prayssac, situated in the Lot Valley
- 13:00 – 14:00 Return to Domaine de Montsalvy
- 16:00 - 19:00 Preparing the 'closure' dinner' dishes in various groups, together with Fabrice
- 19:30 – 22:30 'Closure dinner' in La Ferme

Saturday 'Au revoir et bon voyage'!