

BONJOUR A BIEN VENUE

Chateau Gudannes

French Food & Wine Retreat

August 8 - 13 - 2026





Chateau Gudannes



Agenda

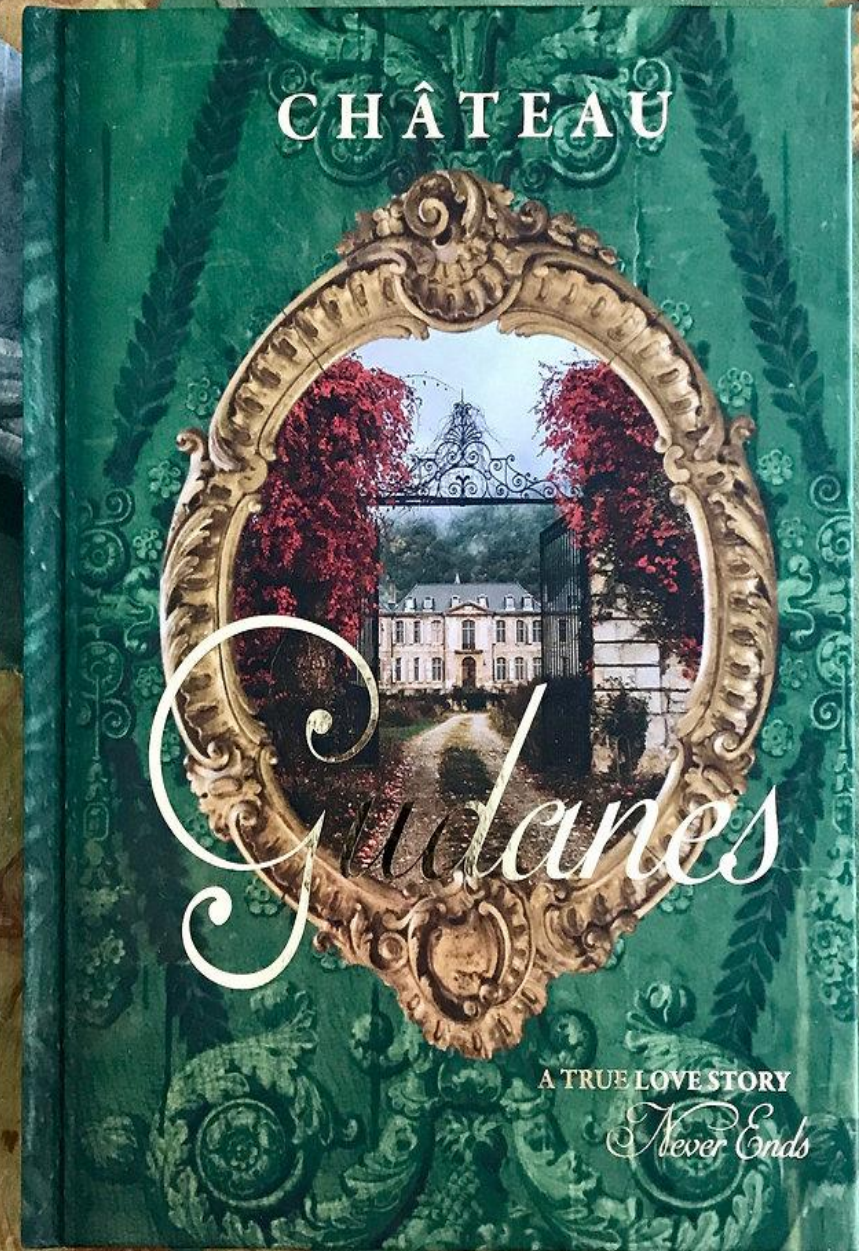
WELCOME MEET & GREET
Day 1

THE 10 DAYS AHEAD
3-31,

INCLUSIONS
30

NON-INCLUSIONS
30

FLIGHTS &
IMPORTANT INFO 31





The Luxury Accommodation

Stay in a French Castle...Oh La La

CHATEAU GUDANNES

The Luxury Accommodation

CHATEAU
GUDANNES





The Experiences & Agenda of the Chateau

STAYING IN A STUNNING CHATEAU

COOKING IN THE CUISINE CLASSES

THERMAL SPA TREATMENTS

MEDIEVAL VILLAGE TOURS

MOUNTAIN WALKS

ARRIVAL DAY - TOULOUSE

You will arrive in Toulouse prior to August 8th, 2027.

*We suggest an optional stayover in Toulouse before or after the retreat

Morning; Make your way to the chateau via a direct train or take private transport

Welcome morning or refreshments on arrival!

Tour of property, room assigning and settling in & soaking in the magic of your French escape

The fun begins...

1PM - Light French Lunch to enjoy

Getting acquainted with your fellow guests

7pm - Le Dinner

Tonight, you relax and let us cook for you so you can chill, sleep and get over jetlag!



The 5 Day Agenda

Day 1

Day 1 – Arrival & Welcome Evening
Morning (10:00 – 12:00)

Make your way to Chateau Gudannes to check in and enjoy morning tea

Lunch (13:00 – 14:00) Enjoy a chef prepared French lunch at the Chateau with wine tasting

Afternoon (15:00–17:00) – Enjoy the château grounds, pool or chill while you settle in, then, enjoy welcome drinks on the terrace. 🏰 🥂

Evening (19:00) – Seasonal welcome dinner prepared by the chef with wine pairing introduction. 🍷 🍴



The 5 Day Agenda

Day 2

Morning (08:00–09:00) – Gentle yoga session in the garden. 🧘 🌿

Late Morning (10:00–12:30) – Join the chef for a relaxed cooking experience preparing a Lunch (13:00 – 14:00) Help us prepare lunch then, enjoy your French lunch at the Chateau with wine 🥖 🍷

Afternoon (14:00–17:00) – Trip to Foix Castle or opt for Poolside lounging, reading, or strolls through château gardens or village. 🗺 📖

Evening (19:00) – Join in and learn to cook with us. Dinner al fresco with seasonal produce and regional wines. 🌅 🍷



The 5 Day Agenda

Day 3

Morning (8:00- 9:00) morning mountain walk to awaken the senses

(09:00–11:30) – Optional Visit to Mirepoix medieval village or chill by the pool

Lunch (13:00 – 14:00) Enjoy a fresh seasonal lunch in the Chateau

Afternoon (13:00–17:00) – Help us prepare dinner, bake pastries, or desserts with the chef to enjoy later 🍷🍰 at the Chateau with wine 🍷🥗

Evening (19:30) – Provençal-style dinner under the château's garden lights. ✨📸



The 5 Day Agenda

Day 4

Day 4 – Pamper Day at Ax-les-Thermes

Morning (09:00–13:00) – Excursion to Ax-les-Thermes thermal spa for a day of relaxation: thermal pools, hydrotherapy, and optional treatments. 💧 🛀

Lunch (13:00 – 14:00) Enjoy lunch in the village 🥖 🥗
(*At your cost)

Evening (19:30) – Rustic dinner back at the château: onion soup, charcuterie, and fresh breads. 🍲 🥖





The 5 Day Agenda

Day 5

DAY 5 – SLOW MORNING & FAREWELL BRUNCH

MORNING (09:00–11:00) – LATE BREAKFAST AND FINAL GENTLE YOGA STRETCH IN THE GARDEN.



BRUNCH (11:00) – FAREWELL CHAMPAGNE BRUNCH WITH PASTRIES, FRUITS, CHEESES, AND FRESH JUICES.



AFTERNOON (12:00) – CHECK-OUT AND TRANSFERS.



The Experiences Food and Wine Awaits...



Le petit-déjeuner français

the French breakfast

www.FrenchLearner.com



le croissant



le pain au chocolat



la tartine



le café



la baguette



la brioche

Le Breakfasts

Relax...Sleep in, you deserve a rest!

- ❖ 8am - We will prepare a classic style French breakfast for you





Le French BREAKFAST

FRENCH TOAST Serves 2

METHOD:

Whisk 2 eggs with

1/2 cup of milk

1/2 tsp cinnamon

& 1 tsp vanilla extract

Dunk brioche bread (stale)
into the egg mix

Pan fry in butter until
blushing gold on the
surface and crispy golden
on the edges.

Douse with maple syrup

Top with berries

Dust with Icing sugar



Le Recipes Por Le Dinner...

Chicken Coq Au Vin Blanc

METHOD:

Step 1: In a large, heavy bottomed pot, cook bacon

Step 2: Brown seasoned & lightly floured chicken thighs & drumsticks on both sides in hot bacon fat and transfer to platter

Step 3: Add shallots, onion, and garlic to pot and sauté until softened.

Add carrot, celery, mushrooms and thyme, tarragon, parsley, rosemary & a bay leaf or 2, (bouquet garni) & cook 5 mins.

Add white wine and chicken broth; bring to boil.

Arrange chicken skin side up in pot; sprinkle bacon lardons over. Reduce heat and cover; simmer 30 minutes.

Step 4: Add butter and stir to melt; season to taste with salt and pepper.. Garnish with herbs & serve with champ or potato gratin

Le Dinner

Chicken Coq Au Vin Blanc

Ingredients



Add Tarragon, parsley, bay leaf, rosemary, thyme (bouquet garni)
Add carrots, celery & mushrooms



Le Dessert...Chocolate Fondants

Serves 6

Ingredients:

50g melted butter, for brushing
cocoa powder, for dusting
200g good-quality dark chocolate, chopped into small pieces
200g butter, in small pieces
200g golden caster sugar
4 eggs and 4 yolks
200g plain flour

Serve with Caramel sauce (1 tin coconut cream, good knob butter, 2 tbsp. brown sugar, splash of vanilla, heat in pan until bubbling)

Method

Brush moulds with melted butter , then add a good spoonful of cocoa powder into the mould. Rotate mould so the powder coats the butter.

Melt 200g good-quality dark chocolate & 200g butter, chopped into small pieces, melt in microwave for 2 mins, stir until smooth.

In a separate bowl whisk 4 eggs and 4 egg yolks together with 200g golden caster sugar until thick and pale

Sift 200g plain flour into the eggs, then beat together.

Pour the chocolate into the egg mixture beating well until combined.

Pour the fondant batter into a jug & evenly divide between the moulds. *The fondants can now be frozen for up to a month and cooked from frozen. Chill for at least 20 mins if serving immediately

Heat oven to 200C/fan 180C/gas 6. Place the fondants on a baking tray, then cook for 10-12 mins until the tops have formed a crust and they are starting to come away from the sides

Cooking Class

Menu; Beef Cheek Bourguignon + Rhubarb Crème Brule

Here's what you need...

Ingredients; Serves 6 - 8

- 4 shallots or 1 onion, coarsely chopped
- 4-6 rashers bacon or spec
- 3 sticks celery, coarsely chopped
- 2 carrots, coarsely chopped
- 4 cloves garlic, bruised
- 1L red wine (Burgundy or Pinot Noir)
- 500 ml quality beef stock
- 6 sprigs thyme
- 1 bunch parsley
- 2 bay leaf
- 1 punnet whole baby mushrooms
- 1.5kg beef cheeks, trimmed and connective tissue removed, cut into halves
- 1 1/2 tbsp.. oil
- 60g unsalted butter, chopped
- Sea salt
- 20g plain flour
- Flatleaf parsley leaves to serve



Menu Beef Cheek Bourguignon + Rhubarb Crème Brûlée

METHOD

Fry the onion/eschalot, bacon, carrot, celery, 2 crushed garlic cloves, thyme, bay leaf until soft & set aside

Fry the mushrooms in oil and good knob of butter, add 2 crushed cloves & handful chopped parsley until just soft and set aside


Add seasoned flour to a bowl, add diced beef cheeks & coat.

Heat the oil and butter in a large enamelled cast-iron casserole over medium-high heat. When the butter begins to foam, cook the seasoned floured meat in batches, seasoning with salt as you go, until golden all over.

Remove from the pan, reduce the heat to low, then add the reserved vegetables and herbs and stir for 6-8 minutes or until light golden. Return the meat to the pan, add red wine and beef stock & bring to the boil. Season

Simmer, covered, over very low heat for 4-6 hours or until the beef is tender in the slow roaster or covered in baking paper and foil in the oven.





Cooking Class Cont... Menu Beef Cheek Bourguignon + Rhubarb Crème Brule

TO MAKE THE POTATO CHAMP;

Boil peeled potatoes until soft (1-2 potatoes pp) Whilst boiling, in a pan add ½ cup cream, 150 grams butter and 1 cup finely diced spring onions, S&P and bring to boil, turning off immediately as it reaches the boil (watch this, it happens fast so you don't want to burn the milk) put the lid on and infuse while potatoes are boiling. Drain and mash the potatoes and add the infused cream mix, add more butter, S&P if desired to taste.

Horseradish Crème Fraiche sauce:

Add 2-3 tbsp. of creamed horseradish to a 300ml tub of sour cream or crème fraiche and mix

Serve the Beef Cheeks on top of the potato Champ adding a dollop of crème fraiche horseradish sauce on top & garnish with parsley to serve



Serves 6

Ingredients & Method;

Rhubarb Mix;

To a pot, add, 500g chopped rhubarb, zest 1 orange, 1 cinnamon stick, a few cardamom seeds, 1 star anise, 40g caster sugar & stew until soft. Place 2-3 tbsps. into ramekins

Crème Brule

600ml double cream
150g caster sugar
1 vanilla pod, split lengthways & scrap the seeds
4 large eggs
6 tbsp demerara sugar

Pour the double cream, sugar and vanilla pod (as well as the scraped-out seeds) into a pan & simmer. (discard the pod)

Whisk the eggs in a separate bowl and gradually pour in the simmering cream, whisking continuously.

Pour the mixture back into the pan. Cook over a low heat, continuously stirring, until it thickens.

Pour over the cooled rhubarb & chill overnight.

Sprinkle the demerara sugar over the top and caramelize using a blowtorch until deep golden brown. Serve with berries and mint

Rhubarb Crème Brulé



Classic French Cheese Fondue

Serves 8

INGREDIENTS

600 grams chopped or grated Gruyere cheese
600 grams chopped camembert or Swiss
600 mls dry white wine
2 teaspoons cornflour
4 tablespoons kirsch
1 tbsp.. lemon juice
1-2 cloves garlic (peeled)
good grinding of pepper
good grating of nutmeg

METHOD

Put the chopped or grated cheese into the fondue pot with the wine and heat gently, stirring frequently, until boiling on the hob, by which time the cheese should have melted.
Turn the pot down to a simmer.
Slake the cornflour with the Kirsch in a small bowl and add to the fondue pot along with the garlic clove.
Season with the pepper and nutmeg, stir well and place the fondue pot over a flame at the table.

SERVE with crunchy baguette, sausage, dill pickles & apples or pears



Classic Lunch Recipe

Bacon, Leek and Goats cheese Tart

INGREDIENTS

6 rashers thickly sliced double-smoked bacon, cut crosswise into 1/4-inch strips

1 leek, thinly sliced

1 teaspoon pure maple syrup

4 tablespoons crumbled soft goat cheese

2 tablespoons sour cream

1 cup heavy cream

6 large eggs

1/4 teaspoon ground allspice

1 1/4 teaspoons fine sea salt

1/4 teaspoon freshly ground white pepper

3/4 cup shredded Gruyere cheese

Bunch chives

1 sheet butter puff pastry



Lunch Recipe

Bacon, Leek & Goats cheese Tart

METHOD

1. In a large fry pan, cook the diced bacon over moderately low heat, stirring frequently, until crisp. Then transfer the bacon to a paper towel-lined plate.
2. Add the leek to the pan and cook over moderate heat, stirring, until softened, reduce the heat to low, add the maple syrup and cook until the onion is lightly caramelized, about 5 minutes.
3. In a blender or Thermomix combine the goat's cheese, sour cream, eggs, cream, allspice, salt and pepper and blend until smooth.
4. Line a quiche dish with a sheet of butter puff pastry, crimping the edges and fill with the cream/egg mix.
5. Bake on a hot oven 200 degree C until the pastry is crispy and the egg mix has just set.
6. Cool slightly and garnish with chives and serve with a crisp pear and parmesan salad and a glass of cold white wine! Bon Appetit!



Classic Dessert

Apple Tart Tatin

Ingredients (Serves 8)

1 sheet of puff pastry dough, thawed

5-6 medium Granny smith apples

2/3 cup granulated sugar

1/3 cup water

100 gms unsalted butter

1/4 tsp table salt

1 star anise

1 stick cinnamon + 1 tsp. cinnamon powder

1 tsp. cardamon powder or 1/2 teaspoon seeds

1/3 cup chopped up crystalised ginger

vanilla ice cream to serve



Apple Tart Tatin

METHOD

- ❖ Preheat the oven to 200 Celsius
- ❖ Peel apples, core and slice
- ❖ Pour the sugar into a large fry pan over medium heat, with 100 gms butter & the cinnamon, cardamon, salt and star anise
- ❖ add the apples and ginger and caramelise the apples until golden brown and soft, stirring occasionally
- ❖ Place the apples into a fan shape around the pan removing the star anise and cinnamon stick
- ❖ Make a pretty pattern
- ❖ Take your puff pastry and lay it over the apples in the pan tucking the edges of pastry into the pan.
- ❖ Bake the tart for approximately 35 to 40 minutes, until the pastry is crispy and golden.
- ❖ Serve with ice cream



Inclusions & Exclusions

INCLUSIONS;

CHATEAU ACCOMMODATION

TRANSPORT WHEN ON TOURS

GUIDED TOURS WITH HOSTS SASHA & MARTIN

ALL MEALS IN-HOUSE

COOKING CLASSES

ACTIVITIES LISTED

NON INCLUSIONS;

FLIGHTS

WINE

***OPTIONAL EXTRA'S

MICHELIN STAR DINING EXPERIENCES 100+E PP

SPA VILLAGE LUNCH OUT

ADDITIONAL OPTIONAL ACTIVITIES

*PRICES SUBJECT TO CHANGE





AUGUST 8 – 13 - 2026

PRICES;

COUPLE'S PRIVATE SUITE

SHARED BATHROOM

\$11,999 PER COUPLE

SINGLE SHARED ROOM

SHARED BATHROOM

\$7999 PER PERSON

SHARED ROOMS FOR LADIES

ARE LARGE 70 SQM ROOMS

WITH A DOUBLE BED PER PERSON

& SEPARATE SHARE BATHROOM

LIMITED SPOTS AVAILABLE

BOOK EARLY

PAYMENT PLANS AVAILABLE

BOOK ONLINE

WWW.FERGUSONVALLEYESCAPE.AU

Flights & Important Info

FLIGHTS - You are to book your own flights from;

- Perth to Toulouse to arrive by the 8th August 2027 (at your own expense)
- Stay overnight in Toulouse prior to August 8th (optional - additional expense)
- Travel via direct train or private transport (can be arranged at extra cost)
- Please send us a copy of your flights, passports & travel insurance
- Please send us any food allergies or requests
- Please send us next of kins and emergency no's
- Tour ends 13th August



We hope you enjoyed your retreat & leave here with full bellies, new recipes & happy memories

Please feel free to share your photos and reviews on the link below

<https://g.page/r/cZ-grpljw1zeae/review>

Sasha & Marty

Curators

Ferguson valley escape & Chateau Gudannes

Thank you



Ferguson
Valley Escape