



French Cooking Class



Ferguson Valley Escape
French Cooking Retreat

BONJOUR

Run Sheet and Agenda

FRIDAY ARRIVAL 3PM

Meet and Greet your fellow guests

Welcome Aperitif on arrival!

Pate & Baguette, baked Camembert & Rillettes!

3.30 PM

Meet and Greet - Getting acquainted with your fellow guests

4PM

Tour of property, room assigning and settling in & soaking in the magic of Ferguson Valley Escape

The fun begins...

5.30PM

Cooking Class
Chocolate Fondants & Chicken Coq au Vin

7pm

Dinner



Le Dinner

Chicken Coq Au Vin Blanc

Ingredients



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



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 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

Typical French Classics

Types of French Cuisine Dishes



Coq au Vin



Bouillabaisse



Ratatouille



Quiche Lorraine



Croque Mousieur



Escargots de Bourgogne



Duck Confit



Tarte Tatin



Crêpes



Cassoulet



Sole Meunière



Moules Marinères



Pâté de Foie Gras



Salmon en Papillote



Salade Niçoise



Soupe à l'Oignon



Saturday Agenda

- ❖ 9AM - Breakfast - Croissants and coffee
- ❖ 10AM - 1PM COOKING CLASS 3 COURSES WITH DAY RETREAT GUESTS
- ❖ 1PM - LONG TABLE LUNCH & WINE TASTING
- ❖ 3 - 6PM - FREE TIME TO RELAX
- ❖ 6PM - COOKING CLASS
- ❖ 7PM DINNER



Le petit-déjeuner français

the French breakfast

www.FrenchLearner.com



le croissant



le pain au chocolat



la tartine



le café



la baguette



la brioche

Saturday Breakfast

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

- ❖ 9am - We will prepare a classic style French breakfast for you



Orange Cointreau Liver Pate

Ingredients;

Chicken Livers: 250g

Butter: 200g unsalted (softened and cubed, divided)

Aromatics: 1 small onion or shallot (finely chopped) and 2 cloves garlic (minced)

Citrus: Zest and juice of 1 small orange

Liqueur: 2 -3 tablespoons Cointreau

Herbs & Seasoning: 1 tsp fresh thyme leaves, salt, and freshly ground black pepper

Optional Glaze: 2 tbsp melted butter + extra thyme leaves for topping

Instructions;

1. Sauté the Aromatics

Melt 50g of the butter in a pan over medium heat. Add the chopped onion and cook until soft.

Add the garlic and thyme, cook for 1 more minute until fragrant.

2. Cook the Livers

Add another 50g of butter to the hot pan. Add the chicken livers and orange zest. Sauté for about 5-6 minutes, stirring. They should be nicely browned on the outside but still slightly pink in the middle.

3. Deglaze the Pan

Add the Cointreau and deglaze add orange juice and zest. Add to the food processor * blitz smooth.

4. Blend and Chill

Add the remaining 100g of softened butter into the food processor. Blend continuously until the mixture is incredibly smooth and silky. Season well with salt and pepper. Pour into ramekins or a serving dish.

Top with a thin layer of melted butter and a few extra thyme leaves



CONFIT OF DUCK a L' orange

Ingredients;

CONFIT;

1 WHOLE DUCK OR PIECES OF MARYLAND'S
DUCK FAT
4-6 FRESH THYME SPRIGS
4-6 CLOVES GARLIC

ROASTING veg;

1 MEDIUM CARROT, THICKLY SLICED
1 MEDIUM ONION, THICKLY SLICED
1 LARGE CELERY RIB, THICKLY SLICED
(2 LITRES) DUCK OR BROWN CHICKEN STOCK (RESERVED FROM CONFIT)

sauce;

(115 g) GRANULATED SUGAR OR 2 TBSP HONEY
1/2 CUP (118 ML) RED WINE VINEGAR
1 TABLESPOON SOY
2-3 STAR ANISE PODS
1 CINNAMON POD & 1 TEASPOON CINNAMON POWDER
4-6 PODS OF CRUSHED CARDAMON SEEDS
1 TEASPOON CRUSHED GARLIC
2-4 GLUGS OF GRAND MARNIER TO TASTE
3 -4 FRESH THYME SPRIGS
1 BAY LEAF
ZEST OF 1- 2 ORANGES
JUICE OF 1 - 2 ORANGES
FRESHLY GROUND WHITE OR BLACK PEPPER
2 TABLESPOONS (30 g) COLD UNSALTED BUTTER, CUT INTO 1/2-INCH CUBES



CONFIT OF DUCK a l' orange

METHOD;

CONFIT; PRICK DUCK SKIN and Lay in roasting pan. POUR OVER MELTED DUCK FAT TO COVER AND ADD WHOLE GARLIC CLOVES & THYME, COVER IN FOIL AND SLOW ROAST ON 100 - 120 DEGREES CELSIUS FOR 6 HOURS

Make the sauce; ADD ALL THE INGREDIENTS TO THE PAN AND BRING TO BOIL, TURN OFF, SEASON TO TASTE AND LET IT INFUSE, (HEAT BEFORE SERVING)

REMOVE THE DUCK FROM CONFIT AND PAT THE DUCK DRY. (RESERVE 1 CUP FOR BAKING OFF AND FREEZE THE REMAINING DUCK FAT FOR FUTURE USE)

ROASTING; PRE HEAT OVEN TO 180 DEGREES CELSIUS. IN A ROASTING DISH, ARRANGE THE SLICED CARROT, CELERY AND ONION IN A BAKING DISH AND SIT THE DUCK PIECES SKIN SIDE UP ON TOP OF THE VEGGIES. (KEEP DUCK SKIN DRY) THE BAKING WILL CRISP THE SKIN. POUR IN THE RESERVED JUICES INTO THE PAN, AND ADD HALF THE PREMADe SAUCE TO PAN ALSO, BAKE UNCOVERED FOR 30 MINS UNTIL DUCK IS CRISP AND VEGETABLES HAVE MADE A STOCK *WATCH THE STOCK DOES NOT EVAPORATE, YOU CAN COOK COVERED FOR 30 MINS AND THEN REMOVE FOIL AND GRILL THE DUCK TO CRISP THE SKIN.

SIEVE THE BAKING JUICES INTO A PAN WITH THE REMAINING PREMADe SAUCE TO HEAT.

SERVE THE DUCK WITH POTATO GRATIN, GREEN FRENCH BEANS, BUTTER AND TOASTED ALMONDS.

POUR OVER THE SAUCE AND SERVE

OH LA LA! DELICIOUS!



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CRÈME BRULÉE RECIPE

Ingredients:

2 CUPS PURE HEAVY CREAM

□ 1 VANILLA POD OR 1 TSP VANILLA BEAN PASTE

□ 5 EGG YOLKS

□ 1/4 CUP CASTER SUGAR

TOFFEE TOPPING

□ 2 TSP CASTER SUGAR

METHOD:

INFUSE CREAM: SIMMER UNCOVERED OVER LOW HEAT FOR 10 MINUTES WITH VANILLA.

PREPARATION: PREHEAT OVEN TO 130°C/265°F (120°C FAN).

WHISK EGG YOLKS AND SUGAR: WHISK YOLKS AND SUGAR UNTIL COMBINED.

ADD CREAM: POUR CREAM INTO EGGS AND GENTLY STIR TO COMBINE. DIVIDE MIXTURE BETWEEN RAMEKINS. PLACE RAMEKINS IN A BAKING TRAY

WATER BATH: POUR IN ENOUGH BOILING WATER SO IT COMES HALFWAY UP THE SIDES OF THE RAMEKINS.

BAKE: BAKE FOR 35 - 40 MINUTES, OR UNTIL THE CUSTARD IS SET BUT THERE IS STILL A SLIGHT WOBBLE

CHILL

TOFFEE TOPPING:

BLOW TORCH METHOD: SPRINKLE 1/2 TSP SUGAR OVER THE SURFACE OF EACH CRÈME BRULÉE. USE A BLOW TORCH TO MELT AND CARAMELISE THE SUGAR.

SERVES 4



Rhubarb Crème Brulé

VARIATION – ADD RHUBABRB

Serves 6

Ingredients & Method;

Rhubarb Mix;

To a pot, add, 500g chopped rhubarb, zest 1 orange, 1 cinnamon stick, a few cardamon 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 tbsps 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



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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





SUNDAY AGENDA

We carry on with the cooking classes, more food, wine & chill time!



TIME	ACTIVITY	DURATION	OPTIONAL
9AM	BREAKFAST	60 MINS	✓ yes
11AM	Cooking Class	2 HOURS	✓ yes
12PM	LUNCH	2 HOURS	✓ yes
3PM	CHILL TIME	2 HOURS	✓ yes
5PM	CHECKOUT		✓ yes

SUNDAY 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



11am Cooking Class + 1pm Lunch

FRENCH ONION SOUP & BRULEED BLUE CHEESE CROUTONS

INGREDIENTS

100 G UNSALTED BUTTER

1.25 KG ONIONS , PEELED & THINLY SLICED

3/4 CUP (185ML) DRY WHITE WINE

2 TBSP FLOUR, PLAIN / ALL PURPOSE

1.5 LITRES / 6 CUPS GOOD QUALITY BEEF BROTH/STOCK
OR CHICKEN STOCK

□ 2 DRIED BAY LEAVES (OR 3 FRESH)

□ 6 SPRIGS FRESH THYME

□ SALT & PEPPER

CHEESY TOAST ALA BLUE CROUTONS

6 - 8 SLICES FRENCH BAGUETTE

200G GRUYERE OR BLUE CHEESE

FRESH PARSLEY FOR GARNISH



11am Cooking Class + 1pm Lunch

FRENCH ONION SOUP & BLUE CHEESE CROUTONS

METHOD

CARAMELISE THE ONIONS

1. MELT BUTTER IN A HEAVY BASED CASSEROLE POT OVER MEDIUM HEAT. WHEN IT STARTS TO FOAM
2. ADD SLICED ONIONS AND STIR TO COAT IN BUTTER. ADD THYME, S&P AND A SPLASH OF BALSAMIC VINEGAR, 1 TSPN BROWN SUGAR, STIR & COOK LOW & SLOW FOR 30 MINS, STIRRING OCCASSIONALLY
3. DEGLAZE: ADD WINE, THEN SIMMER RAPIDLY FOR 2 MINUTES UNTIL MOSTLY EVAPORATED, STIRRING TO SCRAPE THE BOTTOM OF THE POT.
4. FLOUR: SPRINKLE FLOUR OVER THE ONION AND COOK FOR 1 MINUTE.
5. ADD BROTH, THYME AND BAY LEAVES.
6. COVER, SIMMER OVER LOW HEAT SO IT'S GENTLY SIMMERING FOR 30 MINS AND SEASON TO TASTE
7. CROUTONS; SLICE THE BAGUETTE AND CRUMBLE BLUE OR GRATED GRUYERE CHEESE OVER THE TOP AND GRILL UNTIL GOLDEN.
8. SERVE SOUP WITH CROUTONS AND PARSLEY



Sunday 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 Gruyère cheese

Bunch chives

1 sheet butter puff pastry



Sunday 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!



Sunday Lunch 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 caramelize 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



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-qrpljw1zeae/review>

Sasha & Marty

Curators

Ferguson valley escape

Thank you



You are not leaving us...

You are leaving a part of you with us...

And for us, we leave a part of us with you...

Until we meet again...

Sasha & Marty Ott



We would love you to SHARE YOUR JOURNEY WITH US...

Please share your photo's, video's, testimonials & positive thoughts with us and help us to continue to grow, and nurture our journey with you

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A special offer to returning guests;

- ❖ 1 free night when you book 3 nights (group bookings only) \$2990 worth free
- ❖ Book another retreat, bring a friend and receive a \$500 discount per couple