



# health cooking school®

## 2021 TRAINING PROGRAM

in partnership with FERRANDI in **PARIS** 

In 2021, we organize 2 training sessions in Health Cuisine & Pastry® in Paris, in partnership with **FERRANDI Paris, the French School of Culinary Arts.**

Our Chef teaches the basics of Michel Guérard's Health Cuisine & Pastry® in one of FERRANDI's new culinary laboratories, in the heart of **Paris 6<sup>th</sup> arrondissement.**

### Health Cuisine & Pastry®

5 days / €2 450 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal recipes, basic and intermediary levels (4 days of cooking, 1 day of pastry)
- Dietetic workshops

**Public :** all-level cooking professionals

all-level cooks & pastry chefs in **Eugénie les Bains** 

### Health Cuisine®

5 days / €2 320 net

- The basics of Health Cuisine®
- 40 seasonal recipes, basic and intermediary levels
- Dietetic workshops

**Public :** all-level cooking professionals

1 session

### Health Cuisine & Pastry®

10 days / €4 360 net

- The basics of Health Cuisine & Pastry®
- 80 seasonal recipes, basic and intermediary levels (8 days of cooking, 2 day of pastry)
- Dietetic workshops

**Public :** all-level cooking professionals

1 session

all-level pastry chefs in **Eugénie les Bains** 

### Health Pastry®

2 days / €950 net

- The basics of Health Pastry®
- 20 seasonal recipes, basic and intermediary levels

**Public :** all-level cooking professionals

1 session

## gastronomic restaurant professionals in Eugénie les Bains



### Health Cuisine & Pastry® advanced level

5 days / €2 450 net

- The basics of Health Cuisine®
- 45 seasonal recipes, intermediary and advanced levels
- Dietetic workshops
- Medical lecture

**Public :** experienced chefs in gastronomic restaurants

**1 session**

### Health Cuisine® advanced level

3 days / €1 500 net

- Advanced basics of Health Cuisine®
- 20 seasonal recipes, intermediary and advanced levels

**Public :** experienced chefs in gastronomic restaurants

**1 session**

## mass catering professionals in Eugénie les Bains



### Health Cuisine & Pastry® for mass catering

5 days / €2 400 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal mass-catering recipes (mass production, modified textures)
- Dietetic workshops
- Medical lecture

**Public :** mass catering professionals (hospitals, retirement homes, schools)

**1 session**

## health professionals in Eugénie les Bains



### Health Cuisine & Pastry® for health professionals

5 days / €2 400 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal recipes, basic and intermediary levels (4 days of cooking and 1 day of pastry)
- Produce knowledge workshop
- Medical lecture

**Public :** health professionals (doctors, nurses, dieticians)

**1 session**

Rates include all training fees, tasting lunches, and exclude lodging, dinners and transportation.

**20% of VAT must be added to these rates.**

# Institut Michel Guérard® Calendar 2021

January	February	March	April	May	June
1 F	1 M	1 M FERRANDI	1 T	1 S	1 T
2 S	2 T	2 T Health	2 F	2 S	2 W
3 S	3 W	3 W Cuisine &	3 S	3 M	3 T
4 M	4 T	4 T Pastry	4 S	4 T	4 F
5 T	5 F	5 F	5 M	5 W	5 S
6 W	6 S	6 S	6 T	6 T	6 S
7 T	7 S	7 S	7 W	7 F	7 M
8 F	8 M	8 M	8 T	8 S	8 T
9 S	9 T	9 T	9 F	9 S	9 W
10 S	10 W	10 W	10 S	10 M	10 T
11 M	11 T	11 T	11 S	11 T	11 F
12 T	12 F	12 F	12 M Advanced	12 W	12 S
13 W	13 S	13 S	13 T Health	13 T	13 S
14 T	14 S	14 S	14 W Cuisine &	14 F	14 M Health
15 F	15 M	15 M	15 T Pastry	15 S	15 T Cuisine &
16 S	16 T	16 T	16 F	16 S	16 W Pastry for
17 S	17 W	17 W	17 S	17 M	17 T Health
18 M	18 T	18 T	18 S	18 T	18 F Professionals
19 T	19 F	19 F	19 M	19 W	19 S
20 W	20 S	20 S	20 T	20 T	20 S
21 T	21 S	21 S	21 W	21 F	21 M
22 F	22 M	22 M	22 T	22 S	22 T
23 S	23 T	23 T	23 F	23 S	23 W
24 S	24 W	24 W	24 S	24 M	24 T
25 M	25 T	25 T	25 S	25 T	25 F
26 T	26 F	26 F	26 L	26 W	26 S
27 W	27 S	27 S	27 M	27 T	27 S
28 T	28 S	28 S	28 M	28 F	28 M
29 F		29 M	29 J	29 S	29 T
30 S		30 T	30 V	30 S	30 W
31 S		31 W		31 M	

July	August	September	October	November	December
1 T	1 S	1 W	1 F	1 M	1 W
2 F	2 M	2 T	2 S	2 T	2 T
3 S	3 T	3 F	3 S	3 W	3 F
4 S	4 W	4 S	4 M	4 T	4 S
5 M	5 T	5 S	5 T	5 F	5 S
6 T	6 F	6 M	6 W	6 S	6 M
7 W	7 S	7 T	7 T	7 S	7 T
8 T	8 S	8 W	8 F	8 M	8 W
9 F	9 M	9 T	9 S	9 T	9 T
10 S	10 T	10 F	10 S	10 W	10 F
11 S	11 W	11 S	11 M	11 T	11 S
12 M	12 T	12 S	12 T Health	12 F	12 S
13 T	13 F	13 M	13 W Cuisine	13 S	13 M
14 W	14 S	14 T	14 T	14 S	14 T
15 T	15 S	15 W	15 F	15 M Mass	15 W
16 F	16 M	16 T	16 S	16 T Catering	16 T
17 S	17 T	17 F	17 S	17 W Health	17 F
18 S	18 W	18 S	18 M Advanced	18 T Cuisine &	18 S
19 M	19 T	19 S	19 T Health	19 F Pastry	19 S
20 T	20 F	20 M Advanced	20 W Cuisine	20 S	20 M
21 W	21 S	21 T Health	21 T Health Pastry	21 S	21 T
22 T	22 S	22 W Cuisine &	22 F	22 M FERRANDI	22 W
23 F	23 M	23 T Pastry	23 S	23 T Health	23 T
24 S	24 T	24 F	24 S	24 W Cuisine &	24 F
25 S	25 W	25 S	25 M	25 T Pastry	25 S
26 M	26 T	26 S	26 T	26 F	26 S
27 T	27 F	27 M	27 W	27 S	27 M
28 W	28 S	28 T	28 T	28 S	28 T
29 T	29 S	29 W	29 F	29 M	29 W
30 F	30 M	30 T	30 S	30 T	30 T
31 S	31 T		31 S		31 F