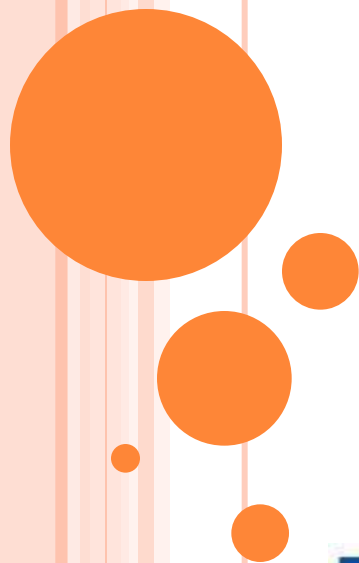




STÁŽ - FRANCÚZSKO

22. 09. 2014 – 26. 10. 2014

Františka Malučká



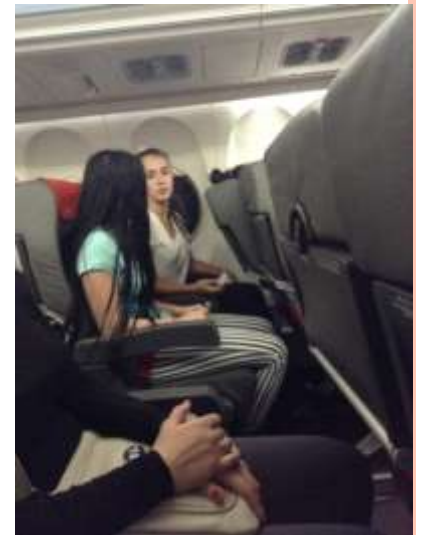
NA 5 TÝŽDŇOV SOM SA ZÚČASTNILA STÁŽE VO FRANCÚZSKU...

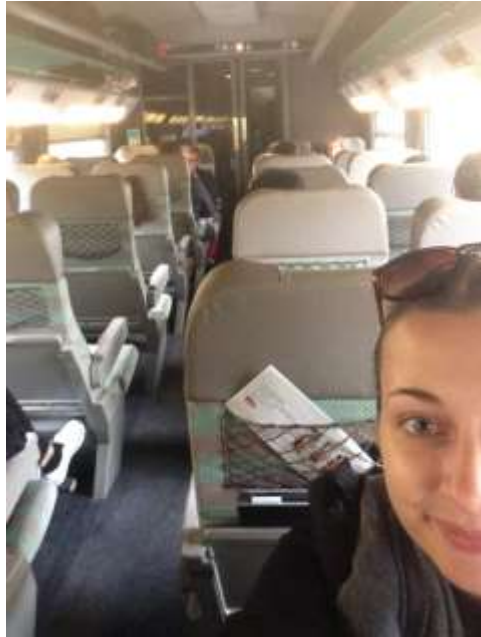
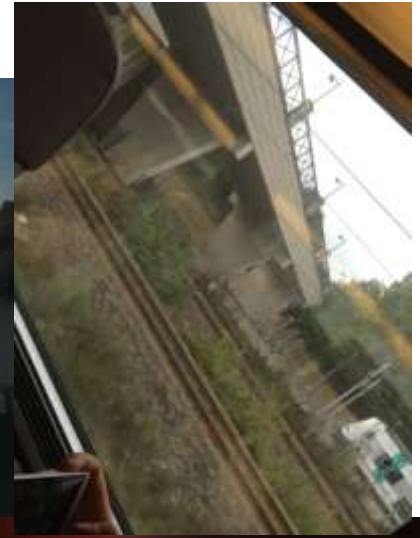
- So svojimi štyrmi spolužiačkami som absolvovala stáž v zahraničí.



CESTA...

BOLA TROŠKU DLHŠIA NEŽ
SME PREDPOKLADALI 😊





PRVÝ DEŇ



LE BALATA

- Pracovala som v stredisku Golf des Fontenelles, v reštaurácii Le Balata.



KOLEGOVIA

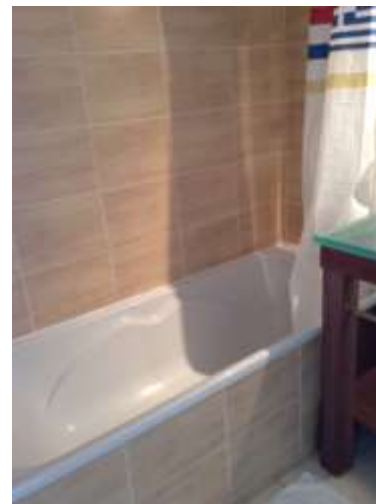
- Mojim šéfom bol Nicolas Boucher, majiteľ a šéfkuchár reštaurácie Le Balata.



Pracovala som a bývala som s troma ďalšími francúzskymi stážistami.



MOJE BÝVANIE



REŠTAURÁCIA



MENU (ANGLICKÁ VERZIA)

L'initiation au Balata...

- Olive 'Focaccia' (bread), sauteed organic snails, parsley pesto, garlic oil, rocket and parmesan crisp
Or
- Fillet of seared thozard (tuna) marinated in a 'tataki' style sesame sauce with coloured cauliflower
—
- Fillet of hake (line caught) and squid cooked on the plancha with crushed basil tomatoes
Or
- Breast of veal, slow cooked with langoustines, 'trompette de la mort' mushrooms and a reduced sauce
—
- Plate of Three local cheeses of Pascal Beillevoire
Or
- Pear cream desert, pastry with a peanut topping and candied ginger ice cream
Or
- 'Millefeuille' (layers) of spiced bread, raspberry cream, blackcurrant jam and white sauce

Menu 28€ with the possibility to have the cheese and dessert for a supplement of 4€

(Any changes to this menu will be charged at the à la carte prices)
(tva incluse à 10%)

L'esprit du Balata ...

- Langoustines and lamb sweetbreads, vanilla flavoured sweet potato mash and lemongrass sauce
Or
- Foie gras coated with 'spéculoos' grains, red onion chutney, pear coulis and warm bread
—
- Half of duckling (G. Burgaud) - the thigh braised, the fillet roasted, polenta, girolles mushrooms and fig marmelade
Or
- Fillet of wild seabass, braised artichokes, white onion with coriander and aubergine chips
—
- Plate of Three local cheeses of Pascal Beillevoire
Or
- 'Déclinaison' of Valrhona grand cru chocolate served two ways with mango
Or
- Peach poached in a verbena infusion with a yoghurt emulsion and peach sorbet

Menu 41€ with the possibility to have the cheese and dessert for a supplement of 4€

(Any changes to this menu will be charged at the à la carte prices)
(tva incluse à 10%)



VIDELA SOM A NAUČILA SOM SA RÔZNE TECHNIKY A SPÔSOBY
OBSLUHY, PRÍPRAVY JEDÁL A STOLOVANIA...



AK BOLA MOŽNOSŤ VO VOLNOM ČASE SOM NAVŠTÍVILA BLÍZKE MESTÁ.





NAŠLA SOM SI AJ PRIATELOV 😊



ĎAKUJEM ZA POZORNOST 😊

