THE INTERNATIONAL KITCHEN



A French Culinary Escape

Spend a week discovering French cuisine and the art of French living with Chef Eric. Stay six nights in a four-star boutique hotel in historic Vitré, cook hands-on at the Cookery School, explore local markets and cheese traditions, and visit Mont-Saint-Michel with a guided Calvados tasting in Normandy.

Day 1

1:00pm — Pick up is at 1pm near Eiffel Tower. Transfer from Paris with chauffeur to your luxury boutique hotel in Vitré

5:00pm — Champagne Welcome at the hotel bar. An informal introduction to the week ahead, the structure of the course, and the techniques you will explore together.

7:00pm — Dinner at a fine restaurant in Vitré with Chef Eric

Day 2

From 6:30am — Breakfast at the hotel

9:00am — Departure to Laval. Visit Laval's market to source ingredients and explore the medieval part of the town.

1:00pm — Lunch at The Cooking School A relaxed lunch using market produce.

2:00pm — Kitchen Session — Hands-on & Demonstration

- Introduction to the kitchen, equipment, and workflow

- Knife skills: care, safety, and sharpening
- Fundamental cuts: onion, carrot brunoise, macédoine, mirepoix, and leek julienne

Preparation includes:

- Scallops in the shell lutée, leek fondue, and ratatouille
- Salmon preparation and gravadlax
- Hazelnut crumble and purée
- Soufflé

5:00pm — Aperitifs and nibbles
6:00pm — Dinner
Menu

Scallop in its shell lutée, leek fondue
Mystery sorbet
Seared salmon, Hollandaise sauce, ratatouille, and hazelnut crumble
Cheese
Grand-Marnier soufflé
Tea and coffee

9:00pm — Transfer to the luxury boutique hotel in Vitré

Day 3
From 6:30am — Breakfast at the hotel
8:30am — Transfer to The Cooking School
9:15am — Menu Explanation
Kitchen — Demonstration / Hands-on

- Bread and brioche making
- Crème brûlée
- Chicken butchery: how to butcher and use every part of a whole chicken

1:00pm — Lunch: Charcuterie and cheese platter, fresh bread, and salad.
2:00pm — Kitchen — Demonstration / Hands-on French onion soup, smoked purée, black garlic jus, chicken stock, Boeuf Bourguignon, and vegetable preparation.
5:00pm — Aperitifs and nibbles
6:00pm — Dinner

Menu
French onion soup with Gruyère croutons
Mystery sorbet
Chicken medley, smoked purée, crispy skin, and black garlic jus
Cheese
Lemon verbena crème brûlée
Tea and coffee

9:00pm — Transfer to the luxury boutique hotel in Vitré

Day 4
From 6:30am — Breakfast at the hotel
8:30am — Transfer to The Cooking School

9:15am — Menu Explanation
Kitchen — Demonstration / Hands-on

- Brioche
- Pasta dough
- Tagliatelle
- Foie gras tortelli
- Bavarois in a chocolate teardrop
- Chocolate and Earl Grey tea ice cream

1:00pm — Lunch: Tagliatelle with bacon and tomato sauce, followed by cheese and bread.
2:00pm — Kitchen — Demonstration / Hands-on
Potato gratin, pea purée, brandy snap baskets, caramel cages, crêpes, and salted butter caramel.
5:00pm — Aperitifs and nibbles
6:00pm — Dinner
Menu

Foie gras tortelli, sweet pea purée, and truffle foam
Mystery sorbet
Boeuf Bourguignon and gratin Dauphinois
Cheese
Pear and chocolate teardrop with chocolate and Earl Grey tea ice cream
Tea and coffee

9:00pm — Transfer to the luxury boutique hotel in Vitré

Day 5
From 6:30am — Breakfast at the hotel
8:30am — Transfer to The Cooking School
9:15am — Kitchen — Demonstration / Hands-on
Discover the art of the French macaron in this hands-on masterclass, one of the most exacting and rewarding disciplines in classical French pâtisserie.
Under Chef Eric's guidance, you'll master the precise techniques behind a perfect shell: whisking meringue to the right consistency, macaronage—the crucial folding technique that determines texture—piping, and reading your oven to achieve the signature smooth dome and delicate "foot."
You will learn to create perfectly textured shells and explore classic sweet fillings, including ganache, buttercream, and fruit curd, as well as refined savoury variations, combining precision technique with creative flair.
12:30pm — Lunch: Croque monsieur or madame with garden salad and fresh fruit salad.
1:30pm — Visit to a Passionate Local Cheese Specialist
This afternoon, step outside the kitchen to immerse yourself in the world of French cheese with a true expert in the field. Discover the depth and diversity of French cheese culture—from the soft, bloomy rinds of Normandy to the region's lesser-known artisanal varieties—and learn how to select, cut, and present cheeses beautifully.

You'll come away with a genuine understanding of flavor, texture, and seasonality, as well as the confidence to create a refined, perfectly balanced cheese board of your own—a skill you'll use long after you return home.
3:30pm — Transfer to the luxury boutique hotel in Vitré
The rest of the afternoon and evening are free to enjoy Vitré.

Day 6
From 6:30am — Breakfast at the hotel
9:00am — Excursion to Mont-Saint-Michel
Culinary Heritage & Regional Context. Today, we step outside the kitchen to explore how history, landscape, and tradition shape French cuisine. Visit Mont-Saint-Michel, where monastic life influenced bread culture, broths, and seasonal cooking.
Continue with a visit to a traditional Calvados producer to explore Normandy's apple heritage through a guided tasting.
Return to The Cooking School in the late afternoon.
6:00pm — Dinner
Menu

Smoked snail bonbons, garlic purée, and arugula oil
Mystery sorbet
Beef filet Rossini with truffle jus
Cheese board
Flambéed crêpes Normande with salted butter caramel
Tea and coffee

Day 7
6:30am — Breakfast at the hotel
9:00am — Departure to Paris with your chauffeur. Drop off point near the Eiffel Tower around 12 noon.

Included:
Group chauffeur transfer FROM and TO Paris (pickup/dropoff at set time near the Eiffel Tower)
Accommodations at Luxury Boutique Hôtel Le Magic & SPA in Vitré
No single room supplement
Unlimited access to the wellness area (spa, pool, sauna, fitness room)
All course instruction & equipment at the school
Excursions, as noted, in the course descriptions.
Daily Breakfast, Lunch & Dinners as noted in the course descriptions.
A welcome Champagne reception in Vitré
Welcome dinner at a fine restaurant in Vitré
Wine pairing served with each included dinner
All transportation for activities listed in each itinerary is included, providing smooth and hassle-free travel throughout your entire experience.
Complimentary access to Wi-Fi

A comprehensive recipe folder to guide your culinary journey, making it easy to recreate delicious dishes at home.

Not included:
Laundry service
Additional wine, spirits, or bar purchases beyond those served with included dinners
Any gifts purchases on-site
Airfare, train or car rental fees associated with your travel