

*Chef Marie*



Chef Marie is a French Canadian Chef on a mission since 1996 in making the cooking experience a fun event for the pleasure of taste buds: colors, flavors, sprinkles with an entertaining culinary event at the “**rendez-vous**”!

Chef Marie is a developer of one of the first line of organic filler-free allergy-free herbs and spices and also R&D expert specialized in allergens, a cookbook author, a business owner since 2003, an international show guest, a conference speaker and a recent host of her podcast co-hosted by Lee Cummings, titled MCHEF Burst of Flavors.

Introduction of the Chef Marie Masterclasses:

## THE 60 MINUTES PRESENTATION ABOUT HEALTHY COOKING

**Price per guest for groups from:**

**\$125.00 - 6-12 guests**

**\$95.00 - 13-25**

**\$75.00 - 50 guests and up**

**HOW TO PICK THE BEST INGREDIENTS – IMPROVE YOUR NUTRITION AND LIFESTYLE**

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposes a weekly grocery list and menu for a family of 4, the essential nutrition needs for a better eating plan.
- Chef Marie offers 4 choices of menu (entry-main course-dessert and snack): French - Thai - Italian - Vegan (Plant-based).
- Chef Marie proposed tips to save time, create cooking activities! Nothing better than home cooking!
- MCHEF Spice Gifts for everyone!
- This Masterclass is performed by the Chef for you.

During the presentation, Chef Marie will make these dishes:

- Spinach and Arugula Salad, Grated Cheese, Roasted Praline Nuts and Lyophilised Blueberry, Easy French Salad Dressing Classic and Cherry-tomato Tulip
- Roasted Chicken à la Provençale and Ratatouille (variant of tofu)
- Avocado-Chocolate Cream, Chantilly 5-Spice Whipped Cream and toppings



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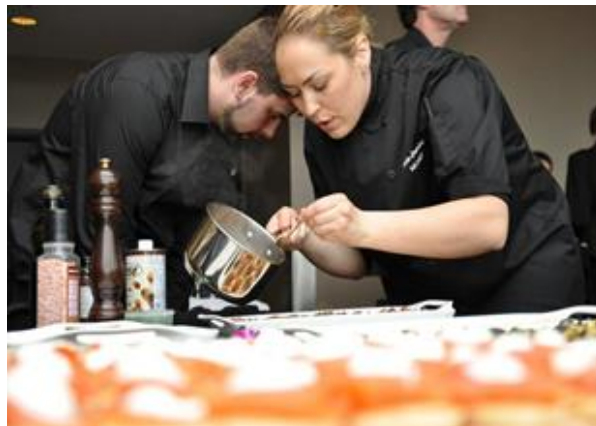
## THE 90 MINUTES SAUCE TECHNICS PERFECTION MASTERCLASS

**\$155.00 - 6-12 guests (hands-on / partially cooking)**

**\$125.00 - 13-25 guests (Chef demo solo)**

**\$95.00 - 26 guests and up (Chef demo solo)**

**HOW TO PERFECT the BEST FRENCH SAUCES to accompany meat, fish, tofu, veggies and desserts!**



- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposed tips, advice and delicious sauces recipes, nothing but the best tips from her mentors and chefs.
- Sauces for white fish, red fish, white meat, read meat, dressings for vegetables and a trio sauce for desserts!
- MCHEF Spice Gifts for everyone!
- This masterclass is performed by the Chef for you.



-Easy Salad Dressings Trio: Virgin Oil and Creamy Caesar and Dragon Sauce for tofu! Yummy!

-Sauce Chasseur (Mushroom Creamy Sauce) for meat

-Beurre Blanc for fish

-Creamy Vanilla Fudge Sauce and Hot Fudge Sauce for your desserts and treats!



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## THE 90 MINUTES FAST LEARNING WEEKLY MENU FOOD PREPARATION MASTERCLASS

Price per guest for groups from:

**\$150.00 - 6-12 guests (hands-on / partially cooking)**

**\$110.00 - 13-25 guests (Chef demo solo)**

**\$100.00 - 26 guests and up (Chef demo solo)**

**HOW TO PREPARE DELICIOUS HEALTHY MENU WHILE MAXIMAZING YOUR TIME**

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposed tips, advice and easy recipes to initiate the clean-eating behaviors at home.
- Chef Marie shows how to cook a weekly menu, all can be done in a 2 hours window during the weekend, 5 prepared ready-to-eat meals + accompaniments, quick snacks and desserts to emphasize in-cooking at home.
- MCHEF Spice Gifts for everyone!
- This masterclass is performed by the Chef for you.

-Marinated and Oven Baked Salmon

-Creole Sautéed Chicken Breast

-Turkey loaf the Island Way

-Mini-Frittata (Spanish Egg Dish)

-Plant based burger

-Oven-baked Ginger-Tofu

-Oven-baked Sweet Potatoes, Texan Style

-GF Muffins! Why not!



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## THE 90 MINUTES HANDS-ON AND COOK THE BEST CLASSICS OF FRENCH CUISINE!

Each dish is showcased as a 90 minutes class – PARTIALLY COOKING! Let's have FUN!

Price per guest for groups from:

\$150.00 - 6-12 guests (hands-on / partially cooking)

\$135.00 - 13-25 guests (Chef demo solo)

\$125.00 - 26 guests and up (Chef demo solo)



Learn to perfect cooking with fun, ease and simplicity.  
Apprendre à cuisiner avec plaisir, aisance et simplicité.

### French Cuisine - Revisited Classics

- Chicken Ballotine, Chasseur Sauce (mushrooms)\*
- Seared Fish Fillet, Beurre Blanc\*
- Sautéed Shrimps, Creamy Ginger-Garlic-Shallot-Parsley Sauce & Sautéed Onion and Tofu à la Provençale\*
- \*These dish include Quinoa à la Persillade (parsley and garlic) and Grilled Veggies - Accompaniment
- Soups and Creams to Perfection
- Make the Best Salads and Salad Dressings with New Flavors
- – Learn how to cook with herbs and spices
- Gourmet Gifts Workshops: GF Brownies, CHOCO-BIJOUX, Praline Nuts, Cookies, all the sweetest bites!



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## THE HALF DAY MASTERCLASS: PLANNING COOK

**BRUNCH FOR THE ENJOYMENT OF THE WHOLE FAMILY**

**FAMILY REUNION BUFFET**

**THE PERFECT COCKTAIL APPETIZER PARTY TO CELEBRATE WITH A LOT OF PEOPLE IN THE HOUSE!**

**3-7 COURSE MEAL TO IMPRESS YOUR GUESTS**



**Price per guest for groups from:**

**\$185.00 - 6-12 guests (hands-on / partially cooking)**

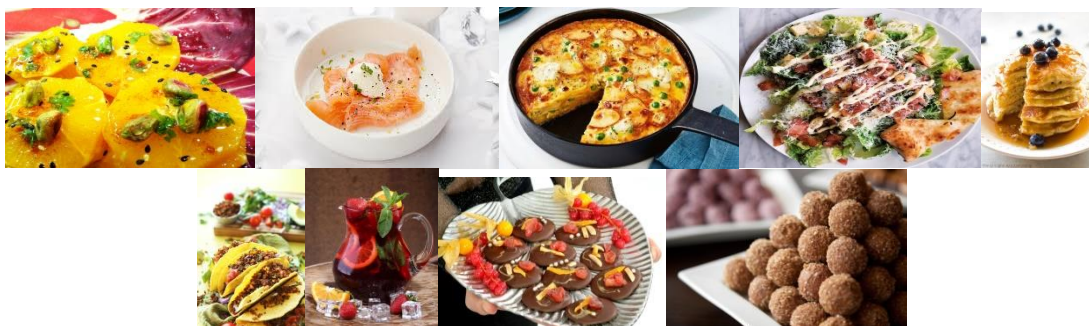
**\$175.00 - 13-25 guests (Chef demo solo)**

**\$165.00 - 26 guests and up (Chef demo solo)**

**BRUNCH MENU with neighbors, friends and family!**

**LET'S MAKE FALL A TOAST OF FRIENDSHIP!**

- Glowing Orange Blossom and Fennel Salad with the MCHEF® SWEET PUMPKIN SPICE
- Classical Salmon "Aigrelette" with the MCHEF® THAILAND
- Traditional Spanish Frittata with the MCHEF® MEDITERRANEAN
- Super Brain Food Salad with the MCHEF® SOUTH OF FRANCE
- Protein Pancakes & Divine Caramel Sauce MCHEF® SWEET GRANDMA PUMPKIN SPICE
- Caramelized Bacon and Morning Beef Taco
- Exquisite Sangria – Homemade – Trendy... Cheers!
- Truffles!



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### FAMILY REUNION BUFFET: LET'S MAKE OUR SPECIAL EVENTS SIMPLY WONFERDUL AND MEMORABLE!

- Sweet Cheese Bites, Best Onion Confit Ever and Bacon
- Salmon Rilletes with the amazing MCHEF® THAILAND
- Irresistible Tender Meatballs Skewers
- Old-Fashioned Roast beef, Roasted Root Vegetables, the SOUTH OF FRANCE Way
- BBQ Style Sauce with the MCHEF® ISLAND Way
- Creamy Duo Potato Gratin "Dauphinois" with the MCHEF® SOUTH OF FRANCE
- MCHEF® MEDITERRANEAN Roasted and Grilled Vegetables with a Lemon Twist
- "Hymn of Joy" Mocha Cake the way my Grandma was baking it for us for special events! Traditional Butter Cake and Mocha Icing / Creamy Fudge Sauce
- Truffles!
- Roasted Praline Pecans Snack with the MCHEF® SWEET GRANDMA DESSERT SPICE



### COCKTAIL PARTY MENU TO PERFECTION

#### Appetizers

- Butter Sablé Rosemary-Parmesan Cookies and Bacon Jam
- Brie, kiwi and maple caramelized pecans on walnut oil crouton
- Mini Brie (or goat cheese) croustade, drizzle of truffle oil, honey caramelized onions and roasted nuts
- Tartlet à la Bourguignonne (crispy bacon, mushrooms, leek, veal demi-glace)
- Sautéed shrimp, white wine, parsley and wild garlic, MCHEF way!
- Tender Irresistible Meatballs
- Mini skewer of Creole Chicken & Shallot Yogurt Sauce
- Salmon rilletes, MCHEF way with avocado, fried shallots and mango...Sweet and lovely!
- Salami, Cheese, Olive Skewers
- Cherry-Tomato, Italian Cheese and Basil Emulsion
- Beet Jar, green apple, goat cheese, maple praline pecan and fresh herbs
- Seared tofu, raw beet and daikon, dragon sauce

#### Sweet Bites

- Marie 's Brownies and sugar cream fudge icing
- CHOCO BIJOUX of Marie
- Fruity, Caramel, Chocolaty Verrine



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## GASTRONOMIC 6 COURSE MCHEF SIGNATURE MENU APPETIZERS

### TO START:

- Brie croustade, honey caramelized onions and a drizzle of truffle oil
- Tartlet à la Bourguignonne (bacon, leeks and mushrooms)

### CAESAR SALAD

### ENTRY (Please select one choice please)

- Salmon Aigrette, a delicious classic to start the gastronomy event!

### ENTREMET, the in between meal

- Lemon sorbet, ginger and basil, raspberry syrup & Moroccan orange salad

### MAIN DISH

### (Please select one choice please)

- Veal medallions, creamy wild mushroom sauce, gratin Dauphinois, sautéed green beans and candied garlic and honey caramelized carrot

### OR

- Filet mignon and foie gras poêlé, Cognac and pepper sauce, gratin Dauphinois, sautéed green beans and candied garlic and honey caramelized carrot

### CHEESE PLATTER

### DESSERT

Classical Crème Brûlée

And MINI BITES, cookies, meringues and CHOCO-BIJOUX



## THE 90 MINUTES ACTIVITY: HOW TO PREPARE GOURMETS GIFTS FOR YOUR GUESTS AND FAMILY. CELEBRATION!

Chef Marie shares the most delicious little treats that everybody would love to receive as a gourmet gifts! The whole family will love this! Chef Marie proposed the best gourmets gifts ideas according to different budget. Chef Marie focuses on homemade gourmet recipes to initiate family and friends cooking and baking activities at home.

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