



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 has developed a line of organic filler-free allergy-free herbs and spices. Chef Marie is an R&D expert specialized in allergens, a cookbook author, business owner, an international show guest, a conference speaker and a recent host of her podcast titled MCHEF® Burst of Flavors.

RESERVE YOUR GROUP FOR A ONE OF A KIND MASTER COOKING CLASS EXPERIENCE

During the event, you get to taste what we cook. You can bring your own wine to the event; Chef Marie will give you food and wine pairing recommendations. You leave with the food you make. We will provide an apron, recipes, and the chance to win the new CHEF MARIE LIFESTYLE FOOD GUIDE. Gourmet gifts are always offered at the end of the event as a memorable souvenir of the culinary event. Bon Appétit!

1. THE 120 MINUTES PRESENTATION ABOUT HEALTHY COOKING

Price per guest for groups from:

\$77.00 - 8-14 guests (hands-on / partially cooking)

\$67.00 - 15-20 guests (hands-on / partially cooking)

\$57.00 - 21 guests and up (Chef Demo solo)

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

- ✓ Chef Marie shares the best tips for making the best 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 proposes tips to save time, create cooking activities! Nothing better than home cooking!
- ✓ MCHEF Spice Gifts for everyone!
- ✓ This Masterclass is a Chef Demo.

During the presentation, Chef Marie will make these dishes:

- Spinach & Arugula Salad, Grated Cheese, Roasted Praline Nuts & Confit Fruits, Easy French Salad Dressing Classic and Cherry-tomato Tulip
- Roasted Chicken à la Provençale and Ratatouille (variant with tofu)
- Chia Chocolate Pudding, Chantilly 5-Spice Whipped Cream and sweet decadent toppings



2. THE 90 MINUTES SAUCE TECHNICS PERFECTION MASTERCLASS

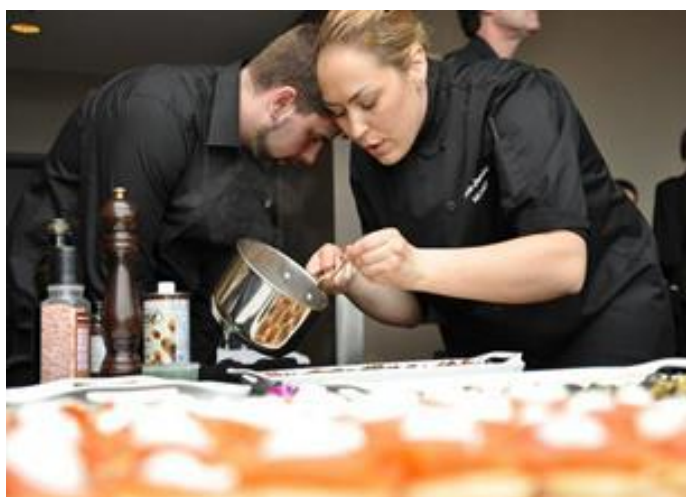
\$87.00 - 8-14 guests (hands-on / partially cooking)

\$77.00 - 15-20 guests (hands-on / partially cooking)

\$67.00 - 21 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 the best 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.



During the presentation, Chef Marie will make these dishes:

- 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!



3. THE 90 MINUTES FAST LEARNING: HEALTHY & DELICIOUS WEEKLY MENU FOOD PREPARATION MASTERCLASS

Price per guest for groups from:

\$77.00 - 8-14 guests (Chef Demo solo)

\$67.00 - 15-20 guests (Chef Demo solo)

\$57.00 - 21 guests and up (Chef Demo solo)

HOW TO PREPARE DELICIOUS HEALTHY MENU WHILE MAXIMIZING YOUR TIME

- ✓ Chef Marie shares the best tips for making the best 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.

During the presentation, Chef Marie will make these dishes:

- 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!



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

Each dish is showcased as a 90 minutes class – PARTIALLY COOKING! Have FUN! And enjoy savoring your meal

Price per guest for groups from:

\$67.00 - 8 guests and up (Chef Demo solo) OR \$87.00 – 8 guests and up (hands-on / partially cooking)



French Cuisine – Revisited Classics, choose one dishes between these delicious choices:

- Seared Chicken Scallops, Chasseur Sauce (mushrooms)*
- Seared Salmon Fillet, Beurre Blanc*
- Sautéed Shrimps, Creamy Ginger-Garlic-Shallot-Parsley Sauce & Sautéed Onion and Tofu à la Provençale*
- Gingery Tofu and Confit Onion

**These dish include accompaniments of: Garden Salad and French Salad Dressing, Quinoa à la Persillade (parsley and garlic) and Grilled Veggies*

As a final, enjoy making a delightful dessert that everyone will indulge, this is “La grande finale”!

Duo Hot Fudge Chocolate & Creamy Vanilla Fudge Sauce Fondues with cookies, cakes and fruits!



5. THE HALF DAY MASTERCLASS: PLANNING COOK FOR AN AMAZING AND UNIQUE EVENT!

4 choices of master cooking classes are offered, please choose your favorite menu below:

- BRUNCH FOR THE ENJOYMENT OF THE WHOLE FAMILY
- FAMILY REUNION BUFFET
- THE PERFECT COCKTAIL APPETIZER PARTY – CELEBRATION!
- 3-7 COURSE MEAL – THE 5 STARS DINING EXPERIENCE TO IMPRESS YOUR GUESTS

Price per guest for groups from:

\$187.00 - 6-12 guests (Hands-on / partially cooking)

\$167.00 - 13-20 guests and up (Chef Demo solo)



6. BRUNCH MENU with neighbors, friends and family!

LET'S MAKE FALL A TOAST OF FRIENDSHIP!

During the presentation, Chef Marie will make these dishes:

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



7. FAMILY REUNION BUFFET

LET'S MAKE OUR SPECIAL EVENTS SIMPLY WONDERFUL AND MEMORABLE!

During the presentation, Chef Marie will make these dishes:

- 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



8. COCKTAIL PARTY MENU TO PERFECTION

During the presentation, Chef Marie will make these dishes:

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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**9. GASTRONOMIC 6 COURSE MCHIEF SIGNATURE MENU APPETIZERS****APPETIZERS:**

- 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!

ENTREMETS, 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



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

Chef Marie shares the most delicious little treats that everybody would love to receive as gourmet gifts! The whole family will love this! Chef Marie proposes the best gourmet gifts ideas in line with your budget. Chef Marie focuses on homemade gourmet recipes to initiate family and friends with cooking and baking activities at home. Taste and bring back home the gourmet sweet treats that you made during the class!

\$155.00 - 6-12 guests (Hands-on / Partially cooking)

\$140.00 - 13-20 guests (Hands-on / Partially cooking)

During the presentation, Chef Marie will make these sweet recipes:

- Ganache Truffles
- Mini Choco-Love Cup Cakes
- Lemon & Butter Cake with Vanilla and Lavender Frosting
- Choco-Bijoux Confectionary Chocolate



11. THE 90 MINUTES ACTIVITY: HOW TO PREPARE A FOOD AND WINE PAIRING TASTING CHARCUTERIE AND FINE CHEESE PLATTERS AND WINE RECOMMENDATIONS

\$85.00 - 6-12 guests (Hands-on / Partially cooking)

\$75.00 - 13-25 guests (Hands-on / Partially cooking)

During the presentation, Chef Marie will show you how to prepare a divine cheese platter and an exquisite charcuterie platter / with wine pairing suggestions:

