



Our training at St Michel Mont Mercure...By the CAP 2.2

EDITORIAL

We are a group of cooks and waiters apprentices in 2nd year of CAP. Through this first newsletter, we will share with you our life as an apprentice at the MFR of Saint Michel Mont Mercure.

We decided to create this newsletter to talk about us, our training but also and especially to progress in English in our job

You will find some recipes, some subjects that we worked but shh!! We leave you the surprise...

*To all: we wish you a merry
Christmas!!*



SUMMARY

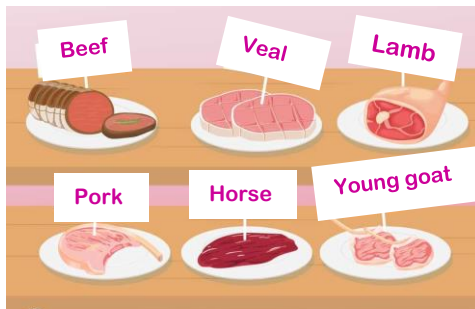
- The meats of butcher*
- Our colleagues in Europe*
- Our visit at Fire and Rescue Center*
- To discover fish, molluscs and crustaceans*
- About our professional and personal project*
- Thanksgiving*
- Chestnut and Apple Stuffed Turkey*



The meats of butcher

Viandes de boucherie

Meats without poultry



Last week, we studied the meats of butcher. Definition of butcher's meat: *The denomination "butcher's meat" or "meat excluding poultry" (Volaille) corresponds to red meat (beef, veal, lamb and pork)*

We chose to present the veal with a recipe:

Piece :	The price per kilo	Origin
Cushion of veal (Noix de veau)	17.90	75% from France 25% of Europe
Thread (Filet)	59.90	"
Rump of veal (Arrière train)	35.90	"
Veal blanquette	21.90	"



« BLANQUETTE DE VEAU A L'ANCIENNE »

- 1- Cut the pieces of meat if necessary and place them in a pot.
- 2- Wet with the white stock 2cm above the meat, salt with coarse (*grossièrement*) salt and bring to a simmer. (*Porter à ébullition*)
- 3- Meanwhile, cut the carrots into chunks (*tronçons*).
- 4- Cut the onion into quarters and prick one of the quarters with two cloves. (*Clous de girofle*)
- 5- Add the aromatic filling.
- 6- Poach over low heat and covered for 50 min to 1 hour.

Prepare the old-fashioned topping:

Glaze the white onions, cut the mushrooms and cook them covered with baking paper in a little water with butter
Finish the blanquette: make a roux and add the sauce



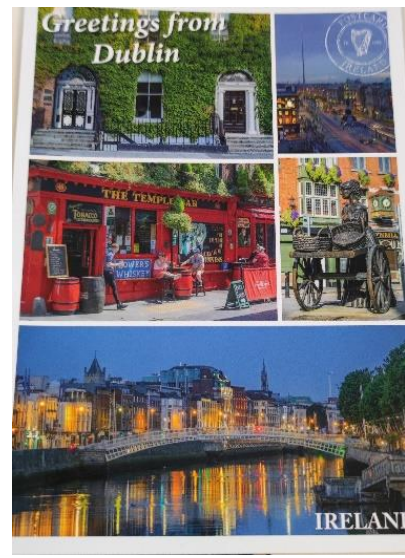
Some news about our colleagues in Europe...



Two of our colleagues went to Erasmus.
Flavie went to Luxembourg and Laura to Ireland.

They each sent us a card of their host country. They said us that it's very important to learn English to work in foreign countries later on!

They are both in Bac Pro as waiters .



Owen : my project is to do a BAC pro cuisine after my CAP and I wish to go in Spain or Portugal because I love this countries !

Sourov : After completing my CAP, I will make a BP so that I can reach my own destination.



Our visit to the Mouchamps Fire and Rescue Center

We visited this fire brigade on the 17th october.

We have got this visit to start our part of training of « SST ».
(SST / Salarié secouriste au travail

We went with Mr Soulard, our teacher of sports and PSE.



VSAV



CCF



VSR



They had a room to rest after their missions and talk about their missions, especially if itw as difficult. They had a sport here to work out and keep up the pace. They also had a room to change and put on their work clothes. There is a room to receive calls and a pager on them to be called in case of emergency.

For the most of us, it was very interesting !!

Axel Baudin et Axel Berthomé

To discover Fishes, mollucs and crustaceans....

The third week, we studied different fishes, crustaceans and molluscs. We will present you the sea bass and a recipe with it.



It's round fish who live in the sea around the gascogne golf and North méditerranée and he is carnivorous. Recipe of sea bass Price :19 euro /KG

To prepare the sea wolf we clean the fish then we escale the fish with knife the we cut the head and we remove the eyes and the gills then we lift the nets.

To cook the fish we cook the fish on skin face with salt and oil and with weight to have flat crisp skin

For the garnish we use green been and we cook in English for 2 min then we tie up the fagot of green been.

For the aroma we take the bone and the head and we put it in the oven to carmelize the bone during this time we cook shallot with aromate and garlic then we put the fish in the pan and we deglaze with white wine and we let reduce when it's reduct we put vermouth and we rise with butter



Raphaël Jousseau et Solal Cuzin



ABOUT OUR PROFESSIONAL AND PERSONAL PROJECT

The theme of the week from Monday 5 December to Friday 9 December

We are two apprentices of cooking in MFR at Saint Michel Mont Mercure.

At the first, I'm **Owen Gaigner**, I'm 16 years old. I live in La Boissière de Montaigu and work at the restaurant *le Relais landais* at Les Landes Genusson . My project is to become a head chef cook in a traditional or gastronomical restaurant.

Next, I'm **Sourov Hossain**, I'm 17 years old and I live in Saint Gilles Croix de Vie and work at the restaurant *les Voyageurs*. My project is to become a chef of cooking like Owen.



MFR at Saint Michel Mont Mercure.



This is why we decided to study in MFR Saint Michel Mont Mercure as apprentice of cooking. According to Owen Gaigner, I had been dreaming of becoming a head chef since my childhood because my mother studied as a waitress and cooking that was why I liked to study on restaurant services.

According to Sourov, it was my first priority to learn cooking where I can discover myself as a cook. As far as, the dream was growing on me and led me to be passionate about cooking. That's why today I am here in MFR Saint Michel Mont Mercure.

And finally we choose the cooking because it is famous over the world and because we are proud to make pleasure at people.

We had to make a CV and motivation letter to find a restaurant so that they give us opportunities for 2 years as a cook apprentice

Thanksgiving

Every last Thursday of November, it's Thanksgiving but what is it exactly?

The origin of Thanksgiving is American, to symbolize the gratitude of Americans to the Amerindians who welcomed them and helped them survive on the American continent. The first Thanksgiving was celebrated in Boston in 1621.



What is the symbol of this Thanksgiving?

The wealth and generosity brought by the autumn harvest are represented by the horn of plenty.



To congratulate his men, the governor sent them to hunt poultry so that they could gather around the table. Successful missions, several dozen turkeys were found on the table. Since then, she is the symbol of Thanksgiving.

A recipe for Thanksgiving

Chestnut and Apple Stuffed Turkey



For : 8

Ingredients :

Milk loaves: 3

Cooked chestnuts: 500 g

Milk : 100 mL

Eggs : 4

Poultry liver: 150g

Cognac : 5 cL

Apples granny : 2

Turkey 3.500kg

Garlic : 1 gousse

Salt / Pepper

Onions : 2

Flour

Butter : 50 g

Bread-crumb

Smoked brisket: 150 g

Cooking oil

Thyme : 2 brins

Steps :

❶ Preheat the oven to 180°C.

❷ Dip the rolls in the milk.

❸ Wash and dry the poultry liver and chop coarsely.

❹ Peel 2 apples, cut them in half, remove the cores and cut into small cubes.

❺ Peel the garlic and onions. Chop the onions and garlic and sweat them in a pan with 30 grams of butter until they become translucent.

❻ Cut the breast into strips and add the thyme and garlic to the onions. Mix and stir in the offal. Continue cooking for 3 minutes.

❼ Then add the sliced apples and 350 g chestnuts, coarsely chopped. Mix well and remove from the heat. compress and crumble the bread. and add to the pan.

⑧ Beat the eggs and add the Cognac to the preparation. Season with salt and pepper. Salt and pepper the turkey inside and out. Stuff it with the mixture and close...

⑨ Put the turkey in a frying pan and spread the remaining butter. Bake for 2.5 hours.

⑩ After half cooking, add the remaining whole chestnuts. Turn the turkey over.

During all cooking, water regularly with the cooking juices. You can add white wine, poultry stock or water as desired.

When the turkey is cooked cover it with aluminum foil and let it sit in the oven off for 20 minutes.

Peel the small apples, remove the cores with an apple corer and cut into about 1 cm rounds.

Turn the slices first in flour, then in beaten egg and last in breadcrumbs.

Fry them in hot oil. Filter the bottom and pour into a gravy boat.

Serve the stuffed turkey with the whole chestnuts and slices of fried apples with the sauce...

