

Chef Mickael

Culinary Technical Sheet

SAMPLE



AVOCADO TOAST



Creamy avocado spread on crispy rye bread, optionally topped with an egg.
A healthy, Instagram-worthy breakfast or snack.

Allergens

Gluten.

Highlight

Healthy, Vegetarian and Vegan (without the egg).

Selling Point

A nutritious start to your day with the right balance of carbs, fats, and protein.

Q&A

Q: Can I use any other bread?

A: Yes, but rye bread complements the avocado spread's texture and flavor best.

Nutritional Properties

Calories

311Kcal

Carbs

22g

Fat

22g

Protein

12g

Tools & Equipment:

Pan, Bowl, Potato Masher, Cooking Pan, Pot, Slotted spoon.

Skill Level:

Intermediate.

Serving Size:

1 toast.

Cross-Contamination:

Clean the cutting board and knife after using them for the avocado.

Ingredients & Preparation

- Avocado (1 pc, peeled and pitted).
- Lime Juice (1 tsp).
- Smoked Salt to season.
- Green Tabasco (5 drops).
- Chili Flakes (1 pinch).
- Extra Virgin Olive Oil (EVOO) (1 tbsp).
- Chili Oil (1 tbsp).
- Cajun Seasoning (1 pinch).
- Rye Bread (1 slice).
- Egg (1 pc, boiled or poached).
- White Vinegar (1 tbsp, for poaching).
- Salt and Pepper (to taste).

Cooking & Plating Steps

1. Prepare avocado spread by smashing avocado and seasoning it. Mix until creamy.
2. Pan fry the Bread: In a pan on medium heat, drizzle EVOO. Toast rye bread on both sides until golden. Remove and set aside.
3. Prepare the egg by boiling it for 9-12 minutes or poaching it in simmering water with vinegar for 3-4 minutes. Slice or remove with a slotted spoon and place on top of the avocado.
4. Plating:
 - Spread avocado mixture on the toast.
 - Arrange sliced avocado on top.
 - Drizzle with chili oil, sprinkle Cajun seasoning and smoked salt.
 - Optionally, place the egg on top of the avocado.

Substitute Suggestion: for a gluten-free and lower-calorie, use rice cake instead of rye bread.



BELUGA PILLOW



Gourmet snack featuring crispy rice paper topped with luxurious beluga caviar, creamy avocado puree, tangy sumac, and rich cured egg yolk.

Allergens

Dairy and Fish.

Highlight

One bite snack.

Selling Point

An exquisite combination of textures and flavors, from the crispiness of rice paper to the decadence of beluga caviar.

Q&A

"Is it possible to replace the avocado with something else?"

A: "Yes, sour cream or cream cheese with lemon would be suitable"

Nutritional Properties

Calories

179Kcal

Carbs

2g

Fat

4g

Protein

4g

Tools & Equipment:

Oven, baking tray, blender, small round pastry piping tip and grater.

Skill Level:

Intermediate.

Serving Size:

1 serving (3 pillow).

Cross-Contamination:

Use separate utensils for fish products.

Ingredients & Preparation

- Rice paper sheet
- 4 tsp avocado puree (check recipe book).
- 1.2 tsp sumac.
- ½ cured egg yolk (check recipe).
- 1 pc edible flower.
- 3 tsp beluga caviar.

Cooking & Plating Steps

- Stick together 2 sheets of rice paper previously brushed with water.
- Cut into a regular square, 2.5cm x 2.5cm dimension, season with sumac.
- Bake at 180 degrees until it puffs into a pillow shape.
- Make a small hole using a hot pastry piping tip.
- Stuff the pillow with avocado puree.
- Top with caviar, 1 tsp per pillow.
- Garnish with edible flower and grated cured egg yolk.

Substitute Suggestion: Use black pepper instead of sumac for a spicier version.



NEW GREEK SALAD



A modern twist on the Greek salad, featuring cucumber noodles and a smooth feta cream, paired with the rich flavors of sundried tomato and piquillo peppers.

Allergens

Dairy.

Highlight

Vegetarian and healthy.

Selling Point

A fresh and inventive take on the Greek classic, ideal for a light yet flavorful meal.

Q&A

Q: How is the cucumber transformed into noodles for this dish?

A: The cucumber is spiralized to create noodle-like strands that are refreshing and light.

Nutritional Properties

Calories

217Kcal

Carbs

15g

Fat

17g

Protein

8g

Tools & Equipment:

Mixing bowl, mandolin, chopping knife, spatula for mixing.

Skill Level:

Beginner.

Serving Size:

1 salad.

Cross-Contamination:

Use separate or cleaned utensils for different ingredients.

Ingredients & Preparation

- 90g cucumber, spiralized into noodles.
- 3 tbsp feta cream (refer to Culinary Repertoire for the recipe).
- 1 tbsp feta crumb.
- 2 sundried tomatoes, chopped.
- 1 piquillo pepper, sliced.
- 2 tsp black olive crumb.
- 5 pc Raw red onion ring cut thinly with mandoline.
- Arugula for garnish.
- 1 tsp Dry oregano
- ½ Lemon juice
- 4 tbsp EVOO.

Cooking & Plating Steps

1. In a bowl, combine all ingredients except for the arugula, onion rings, and black olive powder.
2. Twirl the cucumber noodles and place them at the center of a bowl plate.
3. Garnish the top of the cucumber noodles with the mixed salad ingredients.
4. Finish by sprinkling feta crumb, arranging arugula leaves, and dusting with black olive powder on top.

Substitute Suggestion: For a vegan alternative, replace the feta with marinated tofu.



SWEET POTATO BEEF SLIDER



A modern spin on the classic slider with sweet potato slices replace bread buns, creating a nutritious and gluten-free base.

Allergens

Dairy.

Highlight

Gluten Free.

Selling Point

This dish is perfect for the health-conscious gourmet – offering a delectable balance of richness from the beef and cheese, and wholesomeness from the sweet potato and arugula.

Q&A

Q: Can I switch the sweet potato to regular potato?
A: Absolutely, you can but it won't be as soft as it will be with sweet potato.

Nutritional Properties

Calories	Carbs	Fat	Protein
268kcal	22gr	18gr	22gr

Tools & Equipment:

Oven, frying pan, grater, spatula, knife, cutting board, small bowls.

Skill Level:

Beginner to intermediate.

Serving Size:

1 slider.

Cross-Contamination:

Ensure cleanliness when transitioning from raw meats to other ingredients.

Ingredients & Preparation

- Sweet potato: 4 slices, skin-on, 1.5cm thick.
- Beef: 2 mini patties, each weighing 45g.
- Sundried tomato paste: 1 tbsp.
- Mozzarella cheese (grated): 2 tbsp.
- Parmesan cheese (shaved): 1 tbsp.
- Arugula: picked for garnish.
- Pesto: 1 tbsp (refer to your recipe book).
- Balsamic glaze for drizzling.
- Salt and pepper.

Cooking & Plating Steps

1. Use an air fryer to crisp sweet potato slices at 200°C for about 15 minutes.
2. In a pan, cook the beef patties with salt and pepper seasoning until they're done to your liking.
3. Layer the melted mozzarella over the beef patties.
4. On a sweet potato slice, layer sundried tomato paste, arugula, beef patty, balsamic glaze, and parmesan cheese.
5. On another slice, spread pesto generously and place it atop the assembled slider.

Substitute Suggestion: use tofu or paneer can serve as vegetarian alternatives.



LAND & SEA GYOZA



Dive into a symphony of succulent prawn and beef encased in delicate gyoza wrappers, perfectly complemented by the fiery kick of spicy momo chutney.

Allergens

Seafood and Gluten.

Highlight

Pan fried.

Selling Point

Succulent prawn and beef filling within crispy-soft gyoza. Fiery momo chutney delivers a zesty punch.

Q&A

Q: How does the momo chutney enhance the prawn gyoza experience?

A: The spicy momo chutney introduces a contrasting heat and tanginess, elevating the umami-rich flavor of the prawn filling in the gyoza.

Nutritional Properties

Calories

270Kcal

Carbs

30g

Fat

10g

Protein

15g

Tools & Equipment:

Pancake pan, spatula, fitting lid for the pan, ramekin, serving plate.

Skill Level:

Advanced.

Serving Size:

Five pc of gyoza (1 serve).

Cross-Contamination:

Ensure proper hygiene and cleanliness, especially when handling raw prawns.

Ingredients & Preparation

- 5 pc land and sea gyoza (see recipe book).
- 1 ramekin spicy momo chutney (see recipe book).
- 1 ramekin slurry (see recipe book).

Cooking & Plating Steps

1. Heat a pancake pan and pan-fry the gyozas standing up.
2. Once they achieve a light coloration, pour the slurry around the gyoza.
3. Reduce the heat, cover the pan with a lid, and let the gyozas cook until the slurry becomes crispy.
4. Carefully invert the gyozas onto a round plate, presenting the crispy side upwards.
5. Artistically drizzle spicy momo chutney around the inverted gyozas.
6. Accompany the dish with a ramekin of additional momo chutney on the side.

Substitute Suggestion: use mix vegetable stuffing instead of meat for a vegetarian alternative.



CCC SALAD



A vibrant fusion of crunchy carrot and cucumber with the delightful sweetness of corn, elevated with the rich taste of parmesan.

Allergens

Dairy.

Highlight

Vegetarian and healthy.

Selling Point

Enjoy a refreshing salad with crunchy carrot, cucumber, and sweet corn. Topped with parmesan and zesty Italian dressing, it's a light and nutritious choice.

Q&A

Q: Can I add some protein to the salad?

A: Absolutely, grilled chicken or tofu would complement the salad nicely.

Nutritional Properties

Calories

148Kcal

Carbs

22g

Fat

2g

Protein

3g

Tools & Equipment:

Mixing bowl, mandoline, chopping knife, spatula for mixing.

Skill Level:

Beginner.

Serving Size:

1 salad.

Cross-Contamination:

Use separate or cleaned utensils for different ingredients, especially when chopping.

Ingredients & Preparation

- 1 pc Carrot, peeled and julienne.
- ½ Cucumber, peeled and julienne.
- ½ can of Sweet corn.
- 2 tbsp of grated Parmesan.
- 4 tbsp of light Italian dressing.

Cooking & Plating Steps

1. Prepare all ingredients.
2. Mix carrot, cucumber, corn, parmesan, and dressing in a bowl.
3. Plate the salad, adding height for visual appeal.
4. Garnish with grated parmesan.

Substitute Suggestion: For a vegan version use plant base yogurt instead of the light Italian dressing.



VITELLO TONNATO



A classic Italian appetizer, Vitello Tonnato pairs thinly sliced slow-cooked veal with a creamy tuna sauce espuma accented with the crunch of purple potato crisps.

Allergens

Fish.

Highlight

Gourmet.

Selling Point

Elevating traditional Italian fare with modern culinary techniques and a presentation that speaks to both the eyes and the palate.

Q&A

Q: What is "espuma"?

A: Espuma refers to a light, foamy texture given to the tuna sauce in this dish, using a siphon.

Nutritional Properties

Calories

310Kcal

Carbs

20g

Fat

12g

Protein

35g

Tools & Equipment:

Sous-vide, slow cooker, dehydrator, siphon, pastry rolling pin, mandoline and fryer.

Skill Level:

Intermediate.

Serving Size:

One portion (one whole veal fillet should be sufficient for 6 portion).

Cross-Contamination:

Maintain separate preparation areas for veal and crisps preparation.

Ingredients & Preparation

- Veal fillet, whole.
- 2pc of rosemary.
- 1pc bay leaf.
- 2pc crushed garlic cloves.
- 1 pinch black peppercorn.
- 3 tsp EVOO for the veal fillet sous vide.
- 200gr Tuna sauce (6x portion total, referee to Culinary Repertoire for recipe).
- Purple potatoes, thinly sliced for crisps.
- Capers, dried and ground into dust.
- 1 tsp capers.
- Parsley cress for garnish.
- Pink peppercorns, crushed for garnish.
- EVOO, drizzle for garnish.

Cooking & Plating Steps

1. Portion the veal fillet.
2. Marinate the veal fillet with olive oil, bay leaves, garlic, peppercorns, and rosemary overnight.
3. Dehydrate capers overnight at 60 degrees Celsius, blind into powder.
4. Vacuum seal the veal fillet.
5. Cook the veal fillet for 2 hours at 61.5 degrees Celsius.
6. Cook potato crisps twice: once at 160 degrees Celsius, let them rest for 2 minutes out of the oil, and fry again at 180 degrees Celsius.
7. Place the tuna sauce in a siphon with 2 soda charger cartridges; this should be sufficient for 6 portions.
8. Thinly slice the veal fillet once cooled down to 0.5 cm thickness.
9. Flatten the slice of veal between 2 sheets of baking paper with a pastry rolling pin until thin.
10. Place a large dollop of the tuna Espuma sauce in the center of the plate.
11. Cover the sauce with caper powder.
12. Fold the thinly sliced veal harmoniously around the Espuma.
13. Garnish with parsley cress, EVO, capers, and potato crisps.

Substitute Suggestion: For a different sauce flavor use anchovy instead of tuna.

SCALLOPS BLACK TRUFFLE



Seared scallops paired with black truffle, sage and brown butter, served alongside a trio texture of cauliflower.

Allergens

Dairy and Shellfish.

Highlight

Gourmet.

Selling Point

An elegant dish combining scallops, cauliflower, and black truffles with the earthy depth of fresh sage and brown butter.

Q&A

Q: What is brown butter?

A: Brown butter or beurre noisette in French, is regular butter that has been cooked just long enough to toast the milk solids found in the butter.

Nutritional Properties

Calories

320Kcal

Carbs

15g

Fat

22g

Protein

20g

Tools & Equipment:

Cooking pan, cooking pot, blender, tamis, truffle shaver, mandoline and mixing bowl.

Skill Level:

Intermediate.

Serving Size:

1 portion.

Cross-Contamination:

Use separate utensils for seafood.

Ingredients & Preparation

- 4pc scallops.
- Black truffle, shaved for garnish.
- 4pc sage leaves.
- 20ml brown butter.
- 10gr butter, basting
- 3 tbsp cauliflower puree (referee to Culinary Repertoire for recipe).
- 2 tbsp of cauliflower florets (referee to Culinary Repertoire for recipe).
- 1 pc cauliflower head, thinly sliced.
- ¼ lemon juice.
- 1 tsp chopped chives.

Cooking & Plating Steps

1. Clean scallops.
2. Sear scallops on one side only, once nicely golden, add butter and lemon juice for basting. Allow to rest 2 min, then cut in half.
3. Warm up cauliflower puree, and brown butter with sage
4. Make two comma shape cauliflower puree in the plate.
5. Place sliced cooked scallops in a circular shape on top of the puree.
6. Garnish plate with pickled cauliflower, raw shaved cauliflower, fried sage, chopped chives and shaved black truffle.
7. Season the scallops with seasoned brown butter.

Substitute Suggestion: For a vegetarian version, substitute scallops with king oyster mushrooms.



PUTTANESCA



Dive into the bold flavors of Italy with this spaghetti puttanesca, a dish vibrant with tomatoes, capers, and olives, accented with anchovy and chili.

Allergens

Dairy, gluten and fish.

Highlight

Spicy.

Selling Point

A vibrant medley of Mediterranean flavors in one hearty, satisfying dish.

Q&A

Q: Can puttanesca be made without anchovies for vegetarians?

A: Yes, we can remove the anchovy and add extra capers.

Nutritional Properties

Calories

570Kcal

Carbs

71g

Fat

12g

Protein

20g

Tools & Equipment:

Cooking pot, cooking pan, colander, pasta tongue and cooking spoon.

Skill Level:

Beginner.

Serving Size:

1 portion (80g of pasta).

Cross-Contamination:

Use separate utensils for fish and vegetables.

Ingredients & Preparation

- 80g of spaghetti, cooked al dente.
- 6 pcs of tri-color cherry tomatoes, cut in half.
- 4 basil leaves, torn.
- 2 tbsp capers, rinsed.
- 1 tbsp garlic, minced.
- 3 anchovy fillets, finely chopped.
- 3 Cerignola olives, pitted and cut into rings.
- 3 Kalamata olives, pitted and quartered.
- 1 tsp chili flakes.
- 1 mild red chili, cut into rings.
- ½ lemon, zest and juice.
- 2 tbsp of finely chopped canned tomatoes.
- 1 tbsp of aged balsamic vinegar.
- 2 tbsp of dry white wine.
- 1 cube of butter.
- Shaved aged Parmesan for garnish.
- EVOO for cooking.

Cooking & Plating Steps

1. Sauté the garlic, anchovies, and chili in EVOO.
2. Cook the pasta until al dente.
3. Add the cherry tomatoes, capers, and olives; let them simmer.
4. Deglaze the pan with white wine and lemon juice, then reduce the mixture.
5. Add the chopped canned tomatoes, balsamic vinegar, and butter, allowing it to reduce again.
6. Toss the spaghetti with the sauce.
7. Plate the spaghetti in a oval plate with a pasta tongue, garnish the top of the pasta with basil, lemon zest, and shaved Parmesan.

Substitute Suggestion: For a non-spicy version, reduce or omit chili and add more basil and lemon zest for freshness.



LETTUCE TACOS DE CAMARÓN



Lettuce shrimp tacos with buffalo sauce, avocado, and corn for a tasty mix of flavors and textures!

Allergens

Dairy and seafood.

Highlight

Healthy.

Selling Point

Light and flavorful, these tacos offer a perfect blend of spicy, savory, and fresh elements, making it a refreshing option for any meal.

Q&A

Q: What is buffalo sauce?

A: Hot sauce is a spicy blend of cayenne pepper, vinegar, and salt.

Nutritional Properties

Calories

216Kcal

Carbs

11g

Fat

7g

Protein

17g

Tools & Equipment:

Boiling pot, sauté pan, mandoline, taco holder.

Skill Level:

Intermediate.

Serving Size:

3 pc of lettuce taco shell (1 portion).

Cross-Contamination:

Always use separate utensils for raw and cooked ingredients, particularly seafood, to ensure safety.

Ingredients & Preparation

- Shrimp: 6 (medium-sized, deveined, peeled).
- Buffalo sauce: 5 tbsp.
- Baby cos lettuce leaves: 3 (fresh).
- Pink radish: 1 (thinly sliced).
- Avocado wedges: 3 (lightly grilled).
- Fresh corn: 3 tbsp (shaved and grilled).
- Fresh coriander: 3 sprigs.
- Avocado puree drizzle.
- Seasoning: salt & pepper.

Cooking & Plating Steps

1. Boil shrimp for 3 min. Toss with buffalo sauce in pan.
2. Layer lettuce shells with avocado puree, glazed shrimp, pan-fried avocado, corn, radish, and coriander.
3. Season with salt and pepper.

Substitute Suggestion: consider using different types of lettuce like butterhead or iceberg for varying textures.



STEAK FRITE



Savor the richness of cast iron grilled Angus steak, complemented by a walnut and mixed herb butter, fresh walnut salad, and crispy golden French fries.

Allergens

Dairy.

Highlight

High calorie.

Selling Point

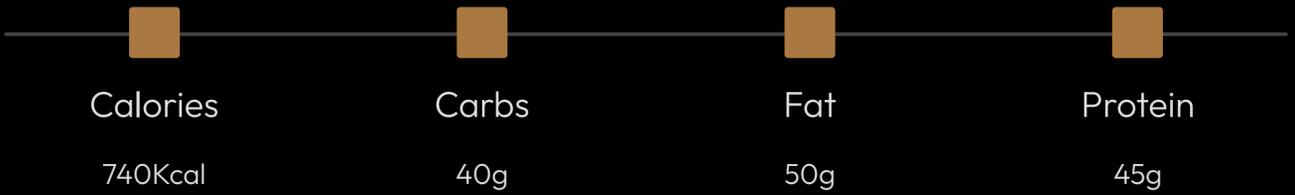
Unique relais de l'entrecote butter enhances the steak with a blend of herbs and nutty flavors.

Q&A

Q: How does the walnut and mixed herb butter elevate the dish?

A: It melds the nutty undertones of walnut with aromatic herbs, providing a luxurious finish to the steak and enhancing its natural flavors.

Nutritional Properties



Tools & Equipment:	Cast iron pan, meat mallet, bowl, bain-marie setup (pot & bowl), serving plates, and cutlery.
Skill Level:	Advanced.
Serving Size:	1 portion.
Cross-Contamination:	Ensure separate utensils and cutting boards for the steak and vegetables.

Ingredients & Preparation

- Steak: 180g Angus sirloin, tenderized with a meat mallet.
- Butter: 60g of relais de l'entrecote butter (refer to recipe book).
- Salad: 3 pieces each of red leaf lettuce, green leaf lettuce, and iceberg lettuce (all washed and torn into large pieces); 3 toasted and chopped walnuts; 2 soup spoons classic vinaigrette (refer to recipe book).
- Sides: 80g of seasoned French fries (refer to recipe book).

Cooking & Plating Steps

- Season the steak and let it sit at room temperature for 5 minutes. In a hot cast iron pan, cook the steak, turning frequently to ensure even cooking. Once desired doneness is reached, let the steak rest for 2.5 minutes, slice, and rest for another minute.
- Gently warm the relais de l'entrecote butter using the bain-marie method. Monitor closely and turn off the heat as needed to prevent splitting.
- In a bowl, toss together the mixed lettuce leaves, chopped walnuts, and vinaigrette. Season as needed.
- For plating, place a generous dollop of butter on the plate, lay the sliced steak atop, and serve alongside the walnut salad and golden French fries.

Substitute Suggestion: use grilled portobello mushroom instead of beef for a vegetarian alternative.



HOT CHOCOLATE MOUSSE



Dive into the indulgence of warm, fluffy chocolate mousse paired with a rich espresso caramel, blending sweet and bitter in a delightful symphony.

Allergens

Dairy.

Highlight

Gourmet.

Selling Point

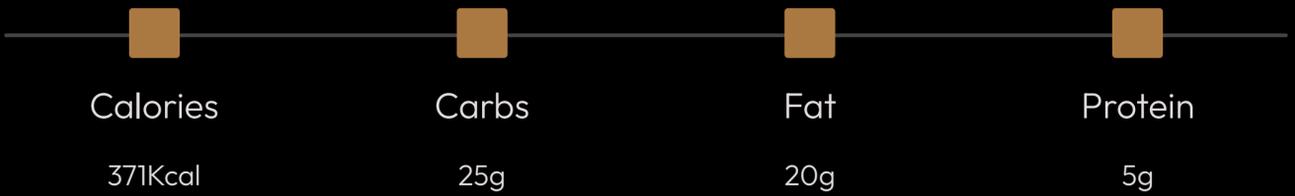
A sophisticated dessert offering the perfect balance of chocolate richness and the invigorating kick of espresso coffee caramel.

Q&A

Q: Does it contain gluten?

A: No this is dessert is gluten free.

Nutritional Properties



Tools & Equipment:	Stand mixer, cooking pot, espresso machine, microplane, spatula and scale.
Skill Level:	Intermediate.
Serving Size:	1 serving.
Cross-Contamination:	Use separate utensils while handling dairy product.

Ingredients & Preparation

- 100g of the hot chocolate mousse recipe (refer to Culinary Repertoire for the recipe).
- 20ml of coffee caramel (refer to Culinary Repertoire for the recipe).
- Cocoa powder shaker for garnish.
- 1 pc of black chocolate, grated, for garnish.

Cooking & Plating Steps

1. Preheat the oven to 180 degrees Celsius.
2. Pipe 100g of the chocolate mousse into the center of a bowl plate that can withstand the heat of the oven.
3. Bake for 6 minutes.
4. Allow to cool down for 2 minutes.
5. Place the coffee caramel around the baked mousse.
6. Garnish the top of the mousse with cocoa powder and finely grated dark chocolate.

Substitute Suggestion: For a non-coffee variant, replace espresso caramel with vanilla bean caramel for a classic, aromatic flavor profile.



TIRAMISÙ CLASSICO



Embrace the quintessence of Italian desserts with this classic Tiramisù, layering espresso-soaked savoiardi with a velvety mascarpone cream.

Allergens

Dairy and gluten.

Highlight

Italian Classic.

Selling Point

An iconic blend of bold espresso, and creamy mascarpone, offering a timeless taste of Italy.

Q&A

Q: What does the name "tiramisu" mean in English?

A: The name "tiramisu" translates to "pick me up" or "cheer me up" in English.

Nutritional Properties

Calories

381Kcal

Carbs

27g

Fat

22g

Protein

6g

Tools & Equipment:

Stand mixer, spatula, shallow dish, serving spoon and scale.

Skill Level:

Intermediate.

Serving Size:

1 portion (the recipe for one tray equal 8 portion).

Cross-Contamination:

Separate utensils for eggs and cream, careful handling of gluten-containing savoiardi.

Ingredients & Preparation

- 1 large spoon of tiramisu (refer to Culinary Repertoire for the recipe).

Cooking & Plating Steps

- Using a large serving spoon, perform a 'come-and-go' motion to scoop a generous serving of the dish. Place it in the center of the plate.

Substitute Suggestion: For a lighter version, swap mascarpone with a blend of ricotta and Greek yogurt.

