

## PROVENCE - CULINARY HOLIDAYS IN THE SOUTH OF FRANCE

6-days / 5-night at the *HOSTELLERIE BÉRARD* – *non-cooking guests also welcome*

This is your introduction to the art of fine cuisine. In a typically French *Provençal* environment join **Chef René Bérard** for a hands-on introduction (in English) to his kitchen, his kitchen garden, his fruit and vegetable markets and to the fisherman who supply him with fresh fish daily. Explore the sights and sounds of Provence in a comfortable hotel and spa in a typical village setting. Nearby the Bastide cooking school and kitchen garden follows the seasons. Discover the fresh, annual herbs and grasses of Provence mint and lavender.

**Course costs Includes:**

- \* Welcome dinner on Sunday evening (excluding drinks)
- \* 5-nights twin share / double accommodation with ensuite bathroom
- \* 5-buffet breakfasts, 4-lunches with drinks
- \* 4-days of cooking tuition from 10am – 4pm (with a graduation certificate)
- \* All recipes (translated into English)
- \* 4-afternoon excursions ie vineyards, a honey farm, olive grove, cheese farm

**Cost does not include:** Transfers to or between the hotel and the bastide, other dinners, personal expenses.

**Cost per person:** Regular season: AU\$2040 per person (twin/double share) Single person cost: AU\$2495  
High (June/July): AU\$2205 per person (twin/double share) Single person cost: AU\$2640

**Dates for 2012:** Regular season: 4 – 9 Mar, 18 – 23 Mar, 1 – 6 Apr, 15 – 20 Apr, 20 - 25 May, 27 May – 1 Jun  
High season : 10 - 15 Jun, 24 - 29 Jun, 1 - 6 Jul  
Regular season: 9 - 14 Sep, 23 – 28 Sep, 7 - 12 Oct, 21 – 26 Oct, 4 – 9 Nov, 18 – 23 Nov



Meals - Lunches are served under the arbour of the Bastide (weather permitting) or in the beautiful dining room. Four dinners are at your own arrangement.



After midday, one of our staff will accompany each group to discover the Bandol appellation wines with a vintner, to visit olive oil groves or a mill for oil tasting.

### Suggested program (to be confirmed each day):

- Sunday:** Arrival on Sunday evening with a dinner reception.
- Monday:** Departure to our Provençal bastide, 3km from the hotel to visit the vegetable garden.
- Tuesday:** Early morning at the country market in Sanary, meet the fishing boats to purchase fish for lunch
- Wednesday:** Preparation of vegetables (stuffed aubergine caviar, tian, truccia...) followed by lunch "tasting"
- Thursday:** Day of desserts (honey, tarts, chocolate "moelleux", sorbets) & the presentation of diplomas
- Friday:** Depart after breakfast.

**Places are strictly limited contact Outdoor Travel for more details and reservations:**

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