

# "COME AND SIT DOWN. IT'S READY!"

## THE ONLY BATCH COOKING SERVICE IN THE PRINCIPALITY!

Your meals designed and prepared by a chef for the whole week

No more shopping or cooking chores: I am your personal chef, and **I come to your home and prepare your meals for the whole week**, based on 10 meals a week (lunch & dinner) – that's 5 whole days. Each meal includes 3 dishes (starters, main, dessert). That is to say **10x3=30 dishes for a weekly batch**.

### IN A FEW WORDS

- ▶ **healthy, balanced gourmet** meals for the whole family
- ▶ **locally-sourced seasonal** products
- ▶ a **menu that changes** every day and every week, designed by your chef
- ▶ **dated, labelled dishes** to be **heated up** with advice and notes from the chef
- ▶ **transparency** and **expertise**. I answer all your questions on the spot and give you all the details you need
- ▶ a **head chef with a variety of different experiences**: I have worked in **three-star Michelin restaurants**, in **France** and **Japan**, and my techniques vary, with **flavours from across the world**.

### WHAT KINDS OF FOOD DO WE PROVIDE?

The challenge is to prepare a meal that can last for a week and maintain its flavours and nutritional values. It also needs to be convenient to heat up and pack away. These parameters guide our cooking, which may include Thai, Japanese, Ligurian and Niçois accents.

In general, a week's batch includes

- ... soups and stocks
- ... dishes to be heated up, such as vegetable gratins, lasagne and stuffed dishes
- ... mixed steamed vegetables
- ... poached meat dishes
- ... fish cooked in parchment, or in cold salads
- ... sweet and savoury tarts and pies
- ... cereals and legumes
- ... fruit, pastries and home-made ice creams and sorbets made with seasonal products!

UNE TABLE  
DANS  
LE MAQUIS



## **SAMPLE BATCH FOR THE WEEK OF 1 TO 7 OCTOBER**

Beef shin casserole with citrus fruits and fennel, baby vegetables and consommé  
Supreme of chicken made with free-range Red Label Burgundy black chicken  
Slivers of Red Label Burgundy black chicken marinated in soy, garlic and ginger  
Red Label Burgundy black chicken thighs marinated in olive oil and grilled

Aubergines with barley miso and sesame paste  
Aubergines sautéed in garlic, soya, ginger and Sichuan pepper  
Oven-grilled squash  
Niçois baby vegetables

Lumachoni with trumpet courgettes, mint and fresh garlic  
Beef cannelloni with a cream of squash sauce  
Gnocchi with Swiss chard  
Nettle risotto

Carrot and cumin soup  
Carrot top soup  
Curried courgette soup  
Chicken consommé

Beefsteak tomatoes  
Grilled marinated peppers  
Steamed aubergine salad with lemon, olive oil and thyme  
Potato salad with cumin

Steamed courgettes  
Steamed carrots  
Marinated carrots

Porchetta  
Barbajuan  
Vitello tonnato (veal with tuna sauce)

Almond and country honey panna cotta  
La Brigue peach sorbet  
*Confiture de lait* ice cream  
Seasonal fruits



## OUR ALL-INCLUSIVE WEEKLY RATES

- 1-2 persons: €600 (€30 per meal)
- 3-4 persons: €850 (€21.25 per meal)
- 5-6 persons: €1,100 (€18.33 per meal)
- 7-8 persons: €1,350 (€16.87 per meal)

## OUR PRICES INCLUDE

- **ingredients**, which are mostly purchased through **organic or similar short food circuits from the inland regions of the Côte d'Azur** (La Brigue, Breil-sur-Roya, L'Escarène, Sospel).
- the **creation of a different, balanced menu** every week, depending on the season and available products
- **transport**
- the **know-how** of a professional head chef
- **service**: I explain how to heat up every dish in person and answer your questions. A **gastronomic "concierge service"** is also included in the batch. You can contact me from your smartphone with any technical issues or specific questions.
- **dishware**: the dishes and cooked products are placed in boxes and dated. They therefore observe a rigorous sell-by date
- **preparation time**: our dishes are prepared with precision and care

## SUBSCRIPTION FORMULAS

Our monthly subscriptions repay your loyalty, with up to a 15% price reduction.

	<b>3 MONTHS (-5%)</b>	<b>6 MONTHS (-10%)</b>	<b>1 YEAR (-15%)</b>
1-2 persons	€2,400 → €2,280 a month <b>a saving of €360</b>	€2,400 → €2,150 a month <b>a saving of €1,500</b>	€2,400 → €2,000 a month <b>a saving of €4,800</b>
3-4 persons	€3,400 → €3,230 a month <b>a saving of €510</b>	€3,400 → €3,050 a month <b>a saving of €2,100</b>	€3,400 → €2,890 a month <b>a saving of €6,120</b>
5-6 persons	€4,400 → €4,180 a month <b>a saving of €660</b>	€4,400 → €3,980 a month <b>a saving of €2,500</b>	€4,400 → €3,740 a month <b>a saving of €7,920</b>
7-8 persons	€5,400 → €5,130 a month <b>a saving of €810</b>	€5,400 → €4,850 a month <b>a saving of €3,300</b>	€5,400 → €4,590 a month <b>a saving of €9,720</b>



## RESERVATIONS

Reservations can be made up to the maximum number of available places. I can come to your home once a week in the morning or the afternoon. We can agree together on the times that are most convenient for you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	RESERVED	AVAILABLE	AVAILABLE	AVAILABLE	AVAILABLE	RESERVED
Afternoon	AVAILABLE	AVAILABLE	RESERVED	AVAILABLE	AVAILABLE	RESERVED

## CONTACT

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Instagram

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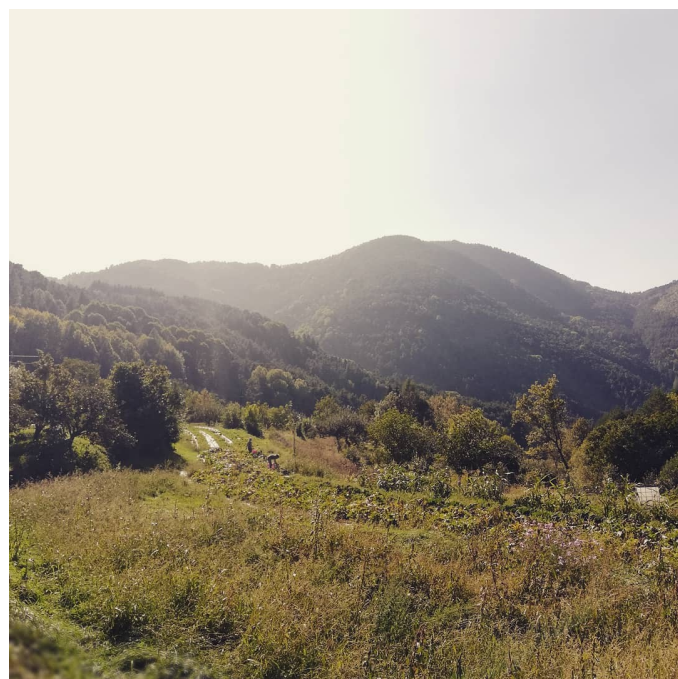
UNE TABLE  
DANS  
LE MAQUIS



# PHOTOS



**The hamlet of La Brigue...**



**...where vegetables come from**



**Nettle risotto**



**Madeleines, chestnut honey**

