

# CULINARY WORKSHOPS



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Looking to blend indulgence and relaxation with education? *Sel* can provide a series of tailored educational culinary experiences for you and your guests. From hands-on ateliers to guided market tours and tastings, our workshops are designed to enrich your stays by providing an immersive educational experience in the world of French cuisine. Workshops with 2 dedicated chefs can be offered privately for both families- we love working with children of all ages - and adult only groups.

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## TECHNICAL WORKSHOPS

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Learn to master French culinary techniques in the comfort of your own rental! From macarons to crêpes, to croissants, to boeuf bourgignon and more. Interested in combining a hands-on experience with a chef-prepared meal? Try a *dîatoire* workshop where you'll help prepare the entrée alongside the Chefs and let us take care of the rest!

## CULINARY TOURS

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Experience the ultimate slice of Parisian life like a local with a Chef guided market tour. Learn about the social and cultural importance of markets in France while tasting and getting a deeper understanding of some of France's most renowned products.

## GUIDED TASTINGS

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Enjoy a sensory experience where you can learn more about gourmet staples in French cuisine in a guided tasting. Learn about the origin, production methods and unique characteristics of delicacies like caviar, cheese, champagne, oysters and more.

# CULINARY WORKSHOP SAMPLE

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THE ART OF PARISIAN BRUNCH & PICNICKING (3 hours)

Custom designed for a family of 4 with two young children (*ages 3 and 5*), this workshop provides a unique opportunity to sample and master the techniques behind iconic Parisian brunch items. It also includes a chef-packed picnic and map of picturesque picnicking locations for the ultimate family culinary experience in Paris. Guests also take home small equipment to replicate recipes at home along with aprons and recipe books (*and recipe colouring books for the kids*). We love adding a little something unexpected and magical for our “*petits chefs*”!



## 9:00 AM - WELCOME & FRENCH PASTRY TASTING

Enjoy croissants, pain au chocolat and a mimosa (*and 'mockmosa' for the kiddos, bien sûr!*) while getting outfitted and debriefed on the workshop to follow.

## 9:30 AM - FAMILY FRIENDLY CULINARY WORKSHOP

**Madeleines - Mickey Mouse Macarons -  
Perfect French-Style Scrambled Eggs**

Learn to make 3 French classics with a family-friendly spin. You'll be sent home with a full recipe booklet and small equipment required to remake creations at home.

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## AT LEISURE - CHEF- PACKED FAMILY PICNIC

Enjoy a picturesque chef-packed picnic along the banks of the Seine near the Eiffel tower - map and picnic utensils provided.

# CULINARY WORKSHOP SAMPLE

“A SLICE” OF FRENCH LIFE:  
MARKET TOUR, APÉRO & BISTRO CLASSICS WORKSHOP (6 hours)

An experience that combines a market tour and a culinary workshop, this atelier was designed for a group of travelling couples who wanted to spend an afternoon and evening stepping into the world of Parisian cuisine like a local - first by visiting a market to procure ingredients and then by enjoying a traditional French apéro and workshop where they learned to prepare (*and then enjoy, bien sûr!*) a dinner of classic Parisian bistro dishes.



## 3:00 PM- WELCOME + MARKET TOUR

Explore the historic Marché Saint-Germain with 2 Parisian chefs and locals who will help teach you how to navigate the market and learn about their cultural and social significance in French life while you shop for ingredients for your workshop.

## 4:30 PM.-THE ART OF FRENCH APÉRO

Stimulate your appetite while relaxing and socializing as the French do - with an apéritif alongside light bites from the market. Enjoy a glass of champagne or Pastis (*or both!*) as you prepare for the workshop ahead.

## 6:00PM - PARISIAN BISTRO CLASSICS WORKSHOP & DINNER

- Poireau Vinaigrette
- Steak Frites w. Béarnaise Sauce
- Mousse au Chocolat

Learn to make bistro classics and then enjoy the fruits of your labours in a relaxing 3 course meal with wine. You'll be sent home with a full recipe booklet and small equipment required to replicate your creations at home.