

Berridge Programs

Find yourself in France.

Cooking and Culture

Program Structure and Curriculum

Program Structure

The program features hands-on cooking sessions, demonstrations, discussions about food and French culture, and collaborative work on our food anthology project.

Students will prepare at least one meal daily, with some meals prepared for you to allow time for field trips and other enrichment. Meal preparation takes place in teams to ensure a comfortable and engaging experience in our charming French country kitchen.

Cultural excursions include beach days, coastal hikes, visits to French markets, and exploring local towns like Saint-Vaast, Bricquebec, and Cherbourg.

The program includes meals out at a variety of restaurants, culminating in a Michelin-starred lunch at Le Pily in Cherbourg.

DAILY SCHEDULE

8:30: Breakfast

9:30: Community Hour (Two days per week)

10:30: Morning Session (Classes, demos, shopping or lunch prep)

12:30: Lunch

1:30: Afternoon Session (Classes, demos, field trip)

3:30: Food for Thought and/or dinner prep

6:00: Dinner

Day 1 - Orientation: Welcome to Normandy

10:00 - Introduction to Normandy: regional history and tour of the château grounds

12:30 - Lunch (Chef): Jambon Fromage & Tuscan Bean Soup

2:00 - Kitchen induction: tools, layout, and expectations

3:00 - Food safety workshop

6:30 - Dinner (Chef): Roasted chicken

Day 2 - Preparing to Cook

9:00 - Mise en place: organization, measurement, and recipe reading

11:00 - Cooking Class: Classic Quiche Lorraine

12:30 - Lunch: Quiche Lorraine and green salad

2:00 - Introduction: Food Anthology Project

6:30 - Dinner (Chef): Indian vegetable curry

Day 3 - French Market, Knife Skills

9:00: Presentation: The French Market Tradition

10:30 - Field Trip: Bricquebec Market - shopping, tasting, and photo journaling

12:30 - Lunch out: Market or café of choice

2:30 - Dinner prep/Knife Skills Class

6:30 - Dinner: Ratatouille, herbed sausages, jasmine rice, and fruit salad

8:00 - Film Night: Ratatouille!

Day 4 - Sauces & Specialty Shops

9:00 - Making roux and béchamel sauce

11:00 - Lunch prep: Croque Monsieur and vinaigrette salad

12:30 - Lunch: Croque Monsieur

2:00 - Field Trip: Cherbourg Specialty Shop

4:00 - Free time in Cherbourg

7:00 - Dinner out: Comptoir Libanais

Day 5 - Eggs, Cider & BBQ

9:00: Presentation: The Appellation d'Origine Contrôlée in France

10:00 - Eggs three ways - omelet, poached, fried

12:30 - Lunch: Mediterranean frittata with fennel-orange salad

2:00 - Field Trip: Théo Capelle cider farm - tasting apple juice and vinegar

4:00 - Food Anthology Session

6:00 - Dinner: BBQ

Day 6 - Saint-Vaast & Gatteville Lighthouse

9:00 - Field Trip: St-Vaast Market & oyster tasting on the quay

12:30 - Lunch out: own choice at market

2:00 - Gatteville Lighthouse Climb

4:00 - Tea in Barfleur

6:00 - Dinner: Le Panoramique

Day 7 -Student Led Dinner

9:30 - Shopping trip: Auchan Market for student led dinner

1:00 - Food Anthology Session

3:00 - Student-led dinner prep

6:00 - Student-led dinner

Day 8 - Beach Day & Norman Traditions

10:00: Field Trip: Carteret Beach

12:30 - Lunch out: own choice Terminus Carteret

3:00 - Field Trip: Maison du Biscuit - tea and tastings

6:30 - Dinner (Chef Bruno Roi): Saucisse and lentils, a Norman classic

Day 9 - Breadmaking at the Windmill

9:00 - Field Trip: Traditional breadmaking at 16th-century windmill

12:00 - Lunch out: Windmill Creperie

3:00 - Food Anthology Session

6:30 - Dinner (Chef): French onion soup with fresh bread

Day 10 - Crêpe Making Day

- 9:00 - Savory galettes with ham, cheese, and egg
- 12:30 - Lunch: Galettes and salad
- 2:00 - Sweet crêpe workshop: fillings, caramel, and whipped cream
- 3:30 - Guest Chef Demo: Crêpe Suzette with James Bokee
- 6:00 - Dinner: Sweet crêpe buffet

Day 11 - Beef Bourguignon & Picnic

- 9:00 - Field Trip: Local butcher visit
- 10:30 - Boeuf Bourguignon prep
- 11:00 - Pack French picnics for lunch
- 12:30 - Field Trip: Picnic at Château Ravalet
- 4:00 - Food Anthology Session
- 6:30 - Dinner: Boeuf Bourguignon

Day 12 - Seafood Masterclass

- 9:00 - Visit the local fish market to choose seafood
- 10:30 - Fillet demonstration: whole salmon
- 11:30 - Lunch prep: Salade Niçoise
- 12:30 - Lunch: Salade Niçoise
- 2:00 - Dinner prep: Fruits de Mer platter and seared salmon
- 6:00 - Dinner: Fruits de Mer platter and pan-seared salmon with dill beurre blanc

Day 13 - Isigny-sur-Mer & Omaha Beach

- 9:00 - Field Trip: Isigny A.O.P. butter and caramels - tastings and tour
- 12:00 - Lunch out: Own choice in Sainte-Mère-Église
- 2:00 - Visit Omaha Beach and American Cemetery
- 6:30 - Dinner out: Chez Roger

Day 14 - Student Led Dinner

9:30 - Shopping run for student dinner

3:00 - Student-led dinner prep

6:00 - Dinner: Student creations

Day 15 - Starters & Party Food

9:30 - Community Hour

10:30 - Lunch prep: Small plates - prosciutto melon, deviled eggs

12:30 - Lunch

2:00 - Shopping trip for charcuterie boards

3:30 - Preparation: Charcuterie & fondue party

6:30 - Aperio: Charcuterie boards

7:00 - Dinner: Cheese fondue

Day 16 - Michelin-Star Experience

11:30 - Lunch Out: Le Pily in Cherbourg - 6-course Michelin tasting menu by Chef Pierre Marion

6:00 - Light dinner at the château

Day 17 - Final Projects & Anthology Presentation

8:30 - Shopping for final meals

12:30 - Lunch by Team 1

2:00 - Food Anthology Final Session: Editing, layout, and design

6:30 - Dinner by Team 2

8:00 - Food Anthology Presentation: Showcase and celebration

Day 18 - Departure Day

10:00 - Departure for Paris

3:00 - Arrival at Paris CDG

FIELD TRIP LIST

Nez du Jobourg Coastal Hike

Embark on a breathtaking hike along the dramatic cliffs of Nez du Jobourg, one of France's most stunning coastal landscapes. Marvel at sweeping views of the English Channel, hidden coves, and windswept heathlands teeming with wildlife. Perfect for nature enthusiasts, this walk combines invigorating hiking with awe-inspiring scenery.

Château Ravalet Gardens

Wander through the enchanting gardens of Château Ravalet, a 16th-century masterpiece surrounded by lush greenery, ornamental ponds, and vibrant flower beds. The peaceful atmosphere invites you to relax and take in the harmonious blend of architecture and nature.

City of Cherbourg

Dive into the vibrant port town of Cherbourg, rich in maritime history and culture. Stroll along the bustling harbor, visit the famous Cité de la Mer museum, or enjoy local seafood in charming restaurants overlooking the water.

Saint-Vaast-la-Hougue and Tatihou Island

Discover the quaint charm of Saint-Vaast-la-Hougue, a picturesque fishing village, and explore Tatihou Island, a UNESCO World Heritage site. The area offers tranquil seaside views, historic fortifications, and unique maritime traditions.

16th-Century Windmill and Breadmaking in Fierville-les-Mines

Step back in time at a beautifully restored 16th-century windmill, where you'll learn the traditional art of breadmaking. Experience the satisfaction of crafting your own loaf and savor the aroma of fresh, oven-baked bread.

Barneville-Carteret Lighthouse and Beach

Climb to the top of the Barneville-Carteret Lighthouse for panoramic views of the coastline before enjoying a leisurely stroll along the golden sands of its pristine beach. A perfect blend of adventure and relaxation.

Bricquebec Market

Experience the lively charm of the Bricquebec market, where locals gather to sell fresh produce, artisanal goods, and regional specialties. Immerse yourself in the authentic flavors and vibrant culture of Normandy.

Saint-Vaast Market

Explore the bustling Saint-Vaast market, filled with stalls offering fresh seafood, cheeses, and other local delicacies. Engage with friendly vendors and soak in the coastal village atmosphere.

Barfleur

Visit the postcard-perfect village of Barfleur, known for its cobblestone streets, granite houses, and scenic harbor. This tranquil gem holds the distinction of being one of "Les Plus Beaux Villages de France" (The Most Beautiful Villages of France).

Gatteville Lighthouse

Scale the iconic Gatteville Lighthouse, one of the tallest in Europe, for breathtaking views of the rugged coastline and the sparkling sea. A must-see for lighthouse enthusiasts and adventure seekers alike.

Local Bakery Tour

Indulge your senses on a tour of a traditional Norman bakery, where the aroma of fresh baguettes and pastries fills the air. Watch artisans at work and enjoy tasting classic French breads and treats.

Cider Making Tour

Discover the craftsmanship behind Normandy's famous ciders with a visit to a local cider house. Learn about the production process, stroll through picturesque orchards, and savor tastings of this beloved regional beverage.

Butcher Tour

Dive into Normandy's culinary traditions with a tour of a local butcher, showcasing techniques honed over generations. Learn about regional cuts, sample cured meats, and gain a deeper appreciation for this artisan trade.