



La Grande Maison

Elaine Well I'm here at 'La Grande Maison' in Mûr-de-Bretagne to talk to the chef here, Christophe Le Fur about his, how he came to be the chef here and, hopefully he'll give us a recipe as well. This restaurant is particularly known because it has won Michelin stars and has become very popular in the region. Hello Christophe and, thank you very much for agreeing to talk to us. Could you tell us first of all something about yourself?

Christophe I am Christophe Le Fer. I am the chef of the auberge 'La Grande Maison. I work in Paris eighteen years after my catering school in Dinard where I trained for two years. I go in 2004 after working grand restaurant in Paris.

Elaine So, how long have you actually been the chef here at 'La Grande Maison?

Christophe I've been here for eight years.

Elaine Eight years? Eight, eight years.

Christophe Yes.

Elaine Now I believe recently you've started a atelier cuisine. Could you tell us something about that?

Christophe Yes I start the atelier cuisine in January 2011. I receive twelve people two times a week, Thursday and Saturday. I start at nine o'clock, three hours demonstration and after, eating the three recipes I prepared during the morning. I cook seasonal food one starter, one main course and one dessert.

Elaine Ah, so you've had a busy day today, I believe doing, uh, the course this morning? Where do you get your actual ideas for the, your menus?

Christophe I prepared recipes using fresh food that I can buy in the market. My ideas for recipes come with experience.

Elaine Sounds very, very, I'm getting hungry the more I'm talking about this now. So perhaps you could, uh, finally give us a, a recipe for Coquilles?

Christophe Yes, noix de Coquilles Saint Jacques.

Elaine Ah oui.

Christophe So, yes, 'Scallops with vinaigrette gourmande'. It's balsamic vinegar, oil of nuts. Nuts, *noix (Walnuts)* pistachios, parsley and salads. First cook the scallops in olive oil, two minutes on each side. Pour the vinaigrette over and serve with salad.

Elaine Excellent, did you do that this morning, that particular recipe?

Christophe Yes, yes, this morning and you can prepare with, uh, salad and, and, uh, uh, *jambon. Jambon*, it's uh, ham. Ham, it's good too.

Elaine I shall be trying that out because, it sounds, it sounds something that I could cope with
Well thank you very much for your time today Christophe.

Christophe Thank you too.

Elaine And perhaps you could tell our listeners where they can find out more about 'La Grande Maison'?

Christophe Yes you can go to www.auberge-grande-maison@wanadoo.fr
(www.auberge-grande-maison.com)

Elaine Thank you very much indeed.

Christophe Thank you.

