



English or French & Gastronomy



Learn English or French and Cooking in Canada's food capital!

Montreal is considered the gastronomy capital of Canada. Apart from New York City, it has the most restaurants per capita. There are over 6,000 restaurants in Montreal, so you can get a taste of cuisine from around the world!

What can you expect from this course?

You can learn the secrets of world-famous cuisine through the different gastronomy sessions while developing your culinary skills in an English or French environment. These practical sessions will give you the skills you need to become a Montreal chef in your own home!

If you are studying an English, French or bilingual programme in Montreal, you can add two Gastronomy sessions to the programme of your choice. Course includes:

- Culinary lessons
- Pastry making
- Mixology lessons
- Food tours
- Tour of food markets
- Beer tours
- Chocolate making
- Tastings

Included in the programme are 2 Gastronomy sessions.

Sessions are taught by a company called Ateliers & Saveurs.

Sample Sessions

World Cuisine: Your taste buds will travel to Japan, Italy, France, Thailand, and Italy! Two hours of cooking will be followed by one hour of eating!

Follow the chef to the market: Go grocery shopping with the chef at the market, cook, and enjoy! Spend 1.5 hours at the market, 2.5 hours cooking and 1 hour eating!

Pastry Delirium: Are you in love with pastries? Cupcakes, macaroons, and cookies are waiting for you! Two hours of baking and a beautiful cake box are to go!

Available in

[Montreal](#)

Level

Any level (English or French)

Course duration

Minimum 1 week General
French/English, 2 sessions of
Gastronomy

Lessons

Each session is an average of 2.5 hours. Sessions are outsourced to a company called Ateliers & Saveurs. Sessions can be booked afternoon, evening or weekends

Course start date

Every week



Fancy Tapas: This tapas cooking class, which includes two glasses of wine, will cheer you up! It's two hours of cooking and one hour of eating!

Mixology: Learn how to prepare classic cocktails from a professional cocktail mixer (mixologist) and invent your own 2.5 hours of preparation and 4 tastings!

Cocktail Passport: Let's travel the world with alcohol! We'll use rum from Cuba, tequila from Mexico, and gin from England. The trip will take 2.5 hours of preparation and three tastings.

