



## Have a culinary Christmas with Le Manoir de L'Aufragère - festive cookery courses at the Normandy gastronomic retreat -

Responding to demand, Le Manoir de L'Aufragère, Normandy's ultimate gastronomic experience, is to re-run its popular programme of Christmas cookery courses in 2007.

Designed to de-stress festive entertaining and inspire alternative yuletide menus, the three-night courses will run during November and December. Visitors to the 18<sup>th</sup> century manor house will:

- Learn how to prepare an array of cocktail nibbles and simple delicacies which can be prepared in advance for stress-free entertaining;
- Craft edible gifts that you can reproduce at home for your friends and family. These include flavoured salts, oils, chocolate truffles and sweets;
- Sample a range of home-made cheese ideas for the Christmas cheese board – plus each course will actually make at least one cheese;
- Sip mouth-watering wines and cocktails and learn how to choose the best beverage to accompany your festivities;
- Taste a selection of champagnes, ideal for helping you choose the perfect bubbly to ring in the New Year;
- Take advantage of a little pre-Christmas shopping in Normandy;
- Take home your Christmas meal! An oven-ready duck that you will have boned and prepared with your hosts

Le Manoir de L'Aufragère is ideal for English-speaking visitors – host Nicky is English and her husband, Régis, is a fluent English-speaking Frenchman. So, whilst the courses are conducted in English, Régis keeps things authentic during visits to the market, fromagerie, distillery etc. Nicky, who is completely consumed by gastronomy and simply loves anything and everything to do with food,

shares her culinary knowledge and expertise with guests in a very relaxed atmosphere, making cooking a real, unpretentious, joy. Their lovingly-restored home is the perfect festive backdrop to the Christmas courses – each evening, guests can enjoy their aperitif in front of the crackling open fireplace in the sitting room, before devouring the results of the day's cooking.

The courses also make ideal gifts for that difficult-to-buy for friend or relative, so if you're struggling with ideas for an original or alternative present, why not treat them to a break at Le Manoir de L'Aufragère? Gift vouchers are also available at [www.laufragere.com](http://www.laufragere.com).

The three-night residential Christmas courses run from 01 November\* and are priced 600 Euros per person – this includes accommodation, all meals and tuition. For more information and to book your course, visit [www.laufragere.com](http://www.laufragere.com) or call (00 33) 2 32 56 91 92.

-ENDS-

**Notes to Editors:**

Le Manoir de L'Aufragère is a lovingly-restored 18<sup>th</sup> century manor house, offering three-night gastronomic experiences in eight acres of tranquil countryside in the heart of Normandy, France. Courses run from Sunday to Wednesday or Thursday to Sunday and are hosted by cordon bleu chef, Nicky Dussartre, and her husband, former goat's cheese producer, Régis – two fluent English-speakers with a depth of culinary knowledge to share. Trips to the local market, fromagerie and Calvados distillery are included as well as cheese and wine tastings.

**\* Actual Christmas course dates in 2007, subject to availability:**

01-04 November

08-11 November

29 November - 02 December

13-16 December

**Press Enquiries:**

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