

# MCHEF® BURST OF FLAVORS

STARRING CHEF MARIE



## MCHEF® BURST OF FLAVORS

Chef Marie believes strongly and passionately in the natural burst of flavors of organic filler-free allergy-free herbs and spices that bring JOY to our daily nutrition!

"Herbs and spices are definitely the stars of each recipes!"

In a 10 year process, Chef Marie and her team of experts have developed a unique "clean-label" MCHÉF® spice line as never seen before on the market place: USDA Organic / Totally filler-free / Allergen-free / Vegan-friendly / Kosher / Low or even salt-free / MSG free / GMO free



Chef Marie's Lifestyle Food Guide New Cookbook

## DYNAMIC CHEF MARIE

Chef Marie is a French Canadian Chef on a mission since 1996 in making the cooking experience a fun event: colors, flavors, sprinkles, entertaining like a magical discovery at the rendez-vous. Developer of one of the first line of organic filler-free herbs and spices, R&D expert specialized in allergens, she is a cookbook author, business owner since 2003, international show guest, event speaker, masterclass tutor, team building animator and newly hosting her podcast MCHÉF Burst of Flavors co-hosted by Lee Cummings on IHeart Radio, Spotify and Radio FM.

A 2003 graduate of the Institut d'Hôtellerie et de Tourisme du Québec, an International Culinary School in Montreal, Canada, Marie learned her culinary skills from renowned Chef Jean-Paul Grappe.

From 1996 to 2009, Marie developed her own particular cooking style, utilizing fresh ingredients at the core of her recipes. Working in fashionable restaurants around Montreal, Marie held her first chef position in 2005 at the Nizza restaurant. In 2009, Chef Marie founded back in 2003 a very successful and innovative in-home chef private service in people's home and for corporate events

Chef Marie's Masterclasses:

- French Cuisine - Revisited Classics
- Healthy Nutrition
- Mediterranean Cuisine
- Thai Cuisine
- How to Perfect Sauces
- Plan and Cook : The Best Brunch Menu
- Plan and Cook: The Cocktail Party Reception
- Plan and Cook: A 3-7 Course Dining Experience
- 5 Ways in Cooking with Spices
- The 90 Minute Weekly Menu (vegan or paleo or keto or low-carb diet or French or Italian)
- All About Thanksgiving
- Gourmet Gifts Workshops
- And more practical thematic!

Visit Chef Marie's websites:

[www.mchef.com](http://www.mchef.com)

[www.topchefmarie.com](http://www.topchefmarie.com)

# MCHEF® BURST OF FLAVORS

STARRING CHEF MARIE

## MASTERCLASS PACKAGES: THE GASTRONOMY EXPERIENCE

CHEF MARIE MASTERCLASSES ARE PERFORMED IN 2 WAYS:  
CHEF SOLO DEMONSTRATION OR AS A GROUP WORKSHOP PARTIALLY COOKING  
FOR TEAM BUILDING ACTIVITY

### THE 60 MINUTES PRESENTATION ABOUT HEALTHY NUTRITION HOW TO PICK THE BEST INGREDIENTS

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposes a weekly grocery list and menu for a family of 4 to better understand the essential nutrition needs for a better eating plan.
- Chef Marie offers 4 choices of menu (entry-main course-dessert and snack): French - Thai - Italian - Vegan (Plant-based)
- Chef Marie proposed tips to save time, create cooking activities! Nothing better than home cooking!.
- **MCHEF Spice Gifts to everyone!**

This masterclass is performed solo by the Chef

Price per guest for groups from:

\$125.00 - 6-12 guests

\$95.00 - 13-25

\$75.00 - 50 guests and up



### THE 90 MINUTES FAST LEARNING MASTERCLASS: HOW TO PREPARE A DELICIOUS HEALTHY MEALS AS WEEKLY MENU?

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposed tips, advice and easy recipes to initiate the clean-eating behaviors at home.
- Chef Marie shows how to cook a weekly menu, all can be done in a 2 hours window during the weekend, 5 prepared ready-to-eat meals + accompaniments, quick snacks and desserts to emphasize in cooking at home. Chef Marie offers 4 choices of menu (entry-main course-dessert and snack): French - Thai - Italian - Vegan (Plant-based)
- **MCHEF Spice Gifts to everyone!**

This masterclass is performed solo by the Chef

Price per guest for groups from:

\$150.00 - 6-12 guests (hands-on / partially cooking)

\$110.00 - 13-25 guests (Chef demo solo)

\$100.00 - 26 guests and up (Chef demo solo)



### THE 1/2 A DAY MASTERCLASS: PLANNING COOK 4 CHOICES OF MENU: BRUNCH OR 3 TO 7 COURSES DINING EXPERIENCE OR COCKTAIL PARTY OR PERFECTING CLASSIC DISH!

- Chef Marie proposed tips, advice and delicious recipes to make the perfect gastronomic menu at home. Chef Marie offers a choice of appetizers, tapas, entries, entremets, main courses, desserts and fine cheese platter and more.
- Chef Marie gives a 4 hours masterclass so you can perfect a spectacular culinary experience at home for the pleasure of tastes buds. Your family and guests will be honored to find the Chef in you. Chef Marie offers 4 choices of menu: French - Vegan (Plant-based)
- **MCHEF Spice Gifts to everyone!**
- **This masterclass is performed solo by the Chef**

Price per guest for groups from:

\$185.00 - 6-12 guests (hands-on / partially cooking)

\$175.00 - 13-25 guests (Chef demo solo)

\$165.00 - 26 guests and up (Chef demo solo)



# MCHEF® BURST OF FLAVORS

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## MASTERCLASS PACKAGES: THE TEAM BUILDING EXPERIENCE

### THE 90 MINUTES MASTERCLASS: HOW TO PERFECT THE BEST FRENCH SAUCES TO ACCOMPANY MEAT, FISH, TOFU, VEGGIES AND DESSERTS!

- Chef Marie shares the best tips for making food choices in grocery stores.
- Chef Marie proposed tips, advice and delicious sauces recipes, nothing but the best tips from her mentors and chefs.
- Sauces for white fish, red fish, white meat, read meat, dressings for vegetables and a trio sauce for desserts!
- **MCHEF Spice Gifts to everyone!**

Price per guest for groups from:

**\$155.00 - 6-12 guests (hands-on / partially cooking)**

**\$125.00 - 13-25 guests (Chef demo solo)**

**\$95.00 - 26 guests and up (Chef demo solo)**



### THE 90 MINUTES ACTIVITY: HOW TO PREPARE GOURMETS GIFTS FOR GUESTS AND FAMILY FOR SPECIAL EVENTS CELEBRATED AT HOME BONUS! ALL ABOUT THANKSGIVING'S MENU AND TIPS!

- Chef Marie shares the most delicious little treats that everybody would love to receive as a gourmet gifts! The whole family will love this!
- Chef Marie proposed the best gourmets gifts ideas according to different budget. Chef Marie focuses on homemade gourmet recipes to initiate family and friends cooking and baking activities at home.
- **MCHEF Spice Gifts to everyone!**

Price per guest for groups from:

**\$155.00 - 6-12 guests (hands-on / partially cooking)**

**\$125.00 - 13-25 guests (Chef demo solo)**

**\$95.00 - 26 guests and up (Chef demo solo)**



Chef Marie can offer her masterclasses individually, to small group under 6 people for additional fees:

Individually \$750.00 / for 2 guests \$700.00 / for 4 guests \$675.00

Chef Marie can adapt each masterclasses by integrating her specialties: Allergy-friendly / Dairy-free / Gluten-free / Ketogenic / Macrobiotic / Paleo / Vegan / Vegetarian



Chef Marie can bring her production team to camera shoot the masterclass events to make this unique experience memorable..

Having a production team on site,

1 camera and editing \$1,000.00

2 cameras and editing \$5,000.00\$

3 cameras and editing \$10,000.00 + drone that brings a "glam" to Chef Marie's Masterclasses.

