



INSTRUCTIONS STAGE 3

Title	What you have to show
1 Cutting techniques	Cutting brunoises
2 Prepare a mayonnaise	Prepare mayonnaise, show only the highlights
3 Soup and sauce	Prepare a roux
4 Egg preparations	Prepare and present an omelette, show only the highlights
5 Blanching and glazing	Blanche and glaze some carrots
6 Potatoes	Show the piping of the pommes duchesse
7 Prepare a Waldorf salad	Present a Walldorf salad
8 Preparing a fruit bavarois	Show the whipping of the cream, at the end hold the bowl upside down to show the thickness
9 Preparing a lemon parfait	Show that you temperate the pâté a bombe
10 Preparing a brownie	Show The colouring of the hazelnuts and present the brownie

How to edit your video's with free editing software?

Remember: Your video can be maximum of 15 minutes!

To help you with finding free editing software, we have listed some recommendations for you:

- * **Blender** - [download](#)
- * **Lightworks** - [download](#)
- * **Shotcut** - [download](#)
- * **DaVinci Resolve** - [download](#)

We recommend you to search on Youtube for tutorial video's in your own language.

Some people prefer step by step guidance, where others prefer a more quick approach.

How to create a Youtube or Vimeo account?

When your video is ready, you have to use a video platform to upload it. We would like you to use one of the following platforms. Watch a quick step by step tutorial to create your own account:

- * **Youtube** - [watch tutorial](#)
- * **Vimeo** - [watch tutorial](#)

How to upload your video in your account?

In a few simple steps you can upload your video online. Watch the tutorials online for a step by step guidance.

- * **Youtube** - [watch tutorial](#)
- * **Vimeo** - [watch tutorial](#)

How to share the link with us?

Click [here](#) to go to your Horeca Academy account and click on "Submit Cooking Assignment".

Upload the link of the video that you just uploaded. There is an extra box for your explanation.

In case you use different ingredients or techniques, please explain why in this form.

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