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Cooking Show

• French Chef to Demonstrate Culinary Flair at Metro Café

Jan. 11, 2005 - From his early days as a chef at Maxim's in Paris to owning and operating "The Cookery Restaurant" in Carmichael, a renowned establishment near Sacramento, French-born chef Jean Luc Chassereau has come a long way.

Now an executive chef for Sodexho, the national umbrella organization that includes the Metro Café, Chassereau travels the western region of the United States to entice the palates of the many patrons of the kitchens in Sodexho's realm.

"Today, healthy eating has the greatest influence on the menu," says the chef. "People are very concerned about the nutritional benefits of what they are eating."

The opportunity to meet Chassereau and sample his cuisine presents itself on Wednesday during the lunch period at Metro Café.

In a retail-style cooking exhibition, the chef will be dishing up a variety of wraps made with naan, a popular Indian bread that looks similar to a conventional wrap but is made of wheat and served warm and puffy.

"It's a quick, cooking technique using fresh ingredients," Chassereau says.

"In our traveling 'Live Action Cooking' show, we customize the meal to the patron's palate and they can take home some quick and easy cooking tips as well." -- *from Gayle Anderson*



Sodexho Chef Jean Luc Chassereau will dish up "On Naan Wraps" in "Live Action Cooking" demonstration set for Metro Café at lunchtime on Wednesday.