

# FOOD SHOWS FROM MY CUISINE, FRANCE



## Traveling Chef De France in Hokkaido



### Second Season

Duration / 25 min x 4 eps  
Language / French (English Subtitled)  
Host / Amandine Chaignot

Locations / Hakodate, Shikabe, Matsumae, Tokyo  
Original Air / January, 2020 in France



Tokyo

*A French chef visited Hokkaido exploring beautiful foods and people who produce ingredients. Being taught the spirits of Hokkaido food, it's time for her to cook. What and how does she cook?*

#### Eps#1 Hakodate



Back in Japan, Amandine Chaignot begins this new season with the town of Hakodate in the south of Hokkaido Island with the most important fish market in the region. In this city the fishing industry is flourishing, seafood goes from port to plate, After the port's labyrinths, the chef learns the secrets of making the famous ramen. Finally, accompanied by chef Koji Fukaya with a surprising journey, Amandine goes to the kitchen for a two-handed cuisine and an

#### Eps#2 Shikabe



In this second episode, Amandine Chaignot introduces the method called "Ikejime," the way to process the fish not to lose its freshness. Hokkaido is also known in Japan for its viticulture. Amandine meets a winegrower who learned the brewing in Burgundy and tastes the famous Hokkaido wine. Finally, she tries a 100% feminine two-handed cooking for a meal that is good for the body and the mind based on vegetables.

#### Eps#3 Matsumae



In this second episode, After cooking the octopus in three different ways, Amandine Chaignot heads to the charming town of Matsumae in the far south of the island, home to the only Edo era castle in Hokkaido. Then, she gives you the keys to the cultivation of rice, the staple food of Japanese cuisine cultivated for over 2,000 years! After the cultivation, make way for sweet pleasures with Anko. This dough, found in many Japanese sweets, is made from red beans. After this appetite, Amandine makes delicious meals in front of the famous Matsumae Castle with her friend Natsuko-san,

#### Eps#4 Tokyo



For the last episode, Amandine Chaignot leaves Hokkaido Island for a gourmet getaway in Tokyo! On the Shinkansen, one of the fastest trains in the world, she introduces the Ekibento, a kind of gourmet and balanced meal platter that the Japanese love. In Tokyo, Amandine goes to a tofu factory, and while roaming the streets and restaurants of the city to discover the secrets of the street-food. In the megalopolis, Amandine meets a typical Japanese specialist in French cuisine with delicious dishes. Finishing her trip, Amandine takes the time to taste the famous Japanese whiskey.