

MMMMH! CORPORATE



Mmmmh!

23 bt 402 Grand Place - 1348 Louvain-la-Neuve - Tel. +32 2 534 23 40 - sales@mmmh.be
www.mmmh.be

WHY MMMMH?

A COOKING EVENT AT MMMMH!... WHY?

Mmmmh! has been since 2004 the **leader in culinary team-building**. Cooking classes, battles of the chefs, culinary quiz as well as seminars aimed at improving the performance of your team, based on collaboration between the coach and the chef, have proved their **efficiency as far as team-building** is concerned.

Mmmmh! is a popular and strong brand, with one and only motto: **passion** for animation as well as for gastronomy, the guarantee of an unforgettable experience full of emotion and flavours.

Mmmmh! can boast of a **consolidated experience in " food "**, offering companies from different sectors marketing and product placement tools.

Mmmmh! joined **Les Secrets du Chef group** in 2018.

Mmmmh! facilities

We can accommodate groups of 10 to 30 people in our "Les Secrets du Chef" workshops and in our partner venues and even up to 300 people for your special events !

The Mmmmh! team

Cooking events cannot be improvised. They require a capacity to master cooking theory and practice as well as talent for leading a group and making the event dynamic and unforgettable. Our chefs have been chosen and trained to this end.

THEY TRUSTED US...



TEAM LUNCH

Objective : create a motivating activity with your colleagues in a limited time frame, with a limited budget.

The meal : main course and dessert

Minimum number of participants : 10

Duration : 2h

Budget : €85.00 excl. VAT/pp

FEATURES

Lunchtime only

Sharing a friendly and **pleasurable** moment

Original and unique alternative to a restaurant lunch

Our options

Mmmmh! recommends :

- Welcome with tapas
- Personalised aprons
- Beers
- Organic fruit juice

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Timing

Welcome, aperitif (wine, water, briefing) :
15 min

Cooking : 60 min

Meal : 45 min

The menu will be proposed on basis of our seasonal menus.

The price includes

Water, tea/coffee

Welcome drink : Cava

The Mmmmh! wine (1/3 bottle per person)

The meal

Lent apron



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TEAM COOKING

Objective : to reinforce ties between colleagues

The meal : drinks, starter, main course, dessert

Minimum number of participants : 10

Duration : 3h30

Budget : €95.00 excl. VAT / pp

FEATURES

- A real collaborating experience between participants in the workshop.
- A cooking and learning experience.
- A unique tasting experience in good company.

Our options :

Mmmmh! recommends :

- Welcome with tapas
- Champagne welcome
- Personalised aprons
- Beers
- Organic fruit juice

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Timing

Welcome, drinks, (wines, water and briefing) : 30 min

Cooking : 1h30

Meal time : 1h30

The menu will be proposed on basis of our seasonal menus.

The price includes

Water, tea/coffee

Welcome drink : Cava

The Mmmmh wine (1/2 bottle per person)

The meal

Lent apron



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TEAM COOKING MATCHING WINES/DISHES

Team cooking with the **addition of selected wines to accompany each dish.**

Minimum number of participants : 10

Budget : € 105.00 excl. VAT / pp

Once seated, you will receive a selection of wines, chosen according to the menu.

Next, an initiation in the basic principles of wine tasting and matching.

For this activity our sales' staff will propose a seasonal menu or a customized menu for an additional cost.

For the description, see Team Cooking, with the differences being :

- Instead of Mmmmh!-wine: selection made by the chef, in total the equivalent of half a bottle of wine per person

Our options

Mmmmh! recommends :

- Welcome with tapas
- Personalised aprons
- Beers
- Organic fruit juice



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THE GREAT RESTAURANT

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Objective : to improve team work performance

The meal : welcome drink, 2 starters, main course, dessert

Minimum number of participants : 10

Duration : 3h30

Budget : € 115.00 excl. VAT/ pp

FEATURES

An ambitious objective: to put together a 4 course-menu as part of a restaurant team and to plate and serve each dish, warm or cold, with the help of a Mmmmh chef whose mission is to transmit his/her know-how and to foster team spirit.

THE STAGES OF THIS ACTIVITY

The participants choose a chef to represent and organize their team. Everyone receives a chef's hat.

The Mmmmh chef gives a briefing about.

The work begins with the coaching of the Mmmmh chef(s) (depending on the number of participants).

The dishes are presented by each team in charge of the meal to the remaining participants and everyone eats together, respecting the tight timing similar to that of a fine restaurant.

At the end of the meal, the chef debriefs the team about: the level and quality of interaction within the group, the respect for timing, quality and tidiness of the preparations, the quality of the dishes (taste, presentation, temperature).

Our options

Mmmmh! recommends :

- Welcome with tapas
- Personalised aprons
- Beers
- Organic fruit juice

Timing

Welcome, drinks, (wines, water and briefing) : 30 min

Cooking : 1h30

The meal : 1h

Debriefing : 30 min

The menu will be proposed on basis of our seasonal menus.

The price includes

Water, tea/coffee

Welcome drink : Cava

The Mmmmh wine (1/2 bottle per person)

The meal

Lent apron



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BATTLE OF THE CHEFS

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Objective : to stimulate team competition, dynamism, and creativity

The meal : welcome drink, starters, main course, dessert

Minimum number of participants : 20

Duration : 3h30

Budget : € 125.00 excl. VAT / pp

FEATURES

The Battle of the Chefs is a genuine cooking competition during which two or more cooking teams face each other in order to :

- Create multiple recipes
- Prepare and serve the dishes for the entire team. Timing is a key factor and each team will be forced to work against the clock.

THE STAGES OF THE ACTIVITY

The group is divided into teams, each team in charge of cooking, plating, and serving a complete multi-course menu. Each team designates a chef among the participants.

The Mmmmh! chef(s) will provide a detailed briefing for all teams.

The menu **creating** and **cooking** begins under the supervision of one or more Mmmmh! chefs.

After 1h30, each team must have prepared and served the first starter to be followed by the remaining courses, one after the other. Be on your toes because you never know when you may be caught off guard by a surprise challenge!

At the end of the meal, the chef gives a **detailed debriefing** of the activity.

At the end of the debriefing, the winning team is announced and awarded a prize.

Timing

Welcome, aperitif (wine, water, briefing) :
30 min

Cooking : 1h30

The meal : 1h

Debriefing : 30 min

The menu for this activity will be composed based on seasonal ingredients and the creativity of the brigades.

The price includes

Water, tea/coffee

Welcome drink : Cava

The Mmmmh! wine (1/2 bottle per person)

The meal

Lent apron



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THE BIG QUIZZ

Objective : improve communication between team members and stimulate group dynamics

Minimum number of participants : 30

Duration : 2h

Budget : €65.00 excl. VAT/pp

FEATURES

A stimulating game for everyone, the goal: relaxation, pleasure and the development of team spirit. With the supervision of an Mmmmh! chef, several teams compete in a culinary quiz with theoretical and practical tests.

STAGES OF THE ACTIVITY

A Mmmmh! facilitator will brief the teams.

The tests are distributed among the different **stands**, facilitated by Mmmmh! chefs and oenologists.

Cuiz begins :

- Theoretical tests: theoretical questionnaire covering several subjects
- Practical tests: sensoral and tasting tests, demonstration tests: succeed in making mayonaise, whipping cream, cutting vegetables into different shapes and sizes etc...
- At the end of the tests, there will be a **final debriefing**, announcing the correct answers and the team results. The winning team will receive a special prize.

You can build on this activity with any another module from the catalogue.

Mmmmh! recommends : Team Cooking, The Great Restaurant and Battle of the Chefs

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Timing

Welcome, drinks (wine, water and briefing) : 15 min

Practical and theoretical tests : 1h30

Debriefing : 15 min

The price includes

Water

Welcome drink : Cava

Drinks and ingredients for the quiz



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INTRODUCTION TO WINE TASTING

Objective : strengthen ties between colleagues via a leisurely and instructive activity accessible to everyone

Minimum number of participants : 12

Duration : 2h

Budget : €75.00 excl. VAT/pp

FEATURES AND STAGES OF THE ACTIVITY

A competent oenologist, a rigorous selection (6 wines) including the best rural wines from wine growers, close to nature. Let's go and begin an initiation in wine tasting, learning the fundamental notions that make up the world of wines:

- Basic principles of red and white wine vinification
- Discussion of the principal wine making regions in France and Europe
- Principal wine types
- Tasting techniques
- Initiation in tasting vocabulary

Our options

Mmmmh! recommends :

- Lunch

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Timing

Welcome : 15 min

Discussion and tasting : 1h45

This activity is ideal in the morning or in the afternoon.

The price includes

Water

Wines

Bread and tapas tasting

Tasting sheet



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CHOCOLATE WORKSHOP

FIRST STEPS

Would you like to make your event even more special? Personalised apron with participant's name? A gift box? Champagne? Special wine selection?

Choose among our options.

Objective : to reinforce ties between colleagues

Minimum number of participants : 10

Duration : 3h

Budget : €75.00 excl. VAT/pp

FEATURES

You will learn the basic techniques, such as tempering and moulding, but also recipes, each tastier than the next, based on Valrhona's most emblematic chocolates.

You will make, with the help of our chef :

- Caribbean chocolate oval pralines with lime / ginger infusion
- Goccia Jivara bars to be broken with massala spices or dried fruits
- Chocolate coulant with a melting heart
- Caramel-chocolate spread

Little bonus:

With this course, we offer you 2 Le Parfait jam jars to take your spreads home and share them with your friends and family.

Timing

Welcome, drinks, (wines, water and briefing) : 30 min

Cooking : 2h

Meal time : 30 min

The price includes

Water, tea/coffee

Welcome drink : Cava

The Mmmmh wine (1/2 bottle per person)

Lent apron

Our options

Mmmmh! recommends :

- Personalised aprons



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OUR OPTIONS



Mmmmmh!

**Your Mmmmmh! event is “all inclusive”
but you can make it even more special, even more tasty!**

WE PROPOSE THE FOLLOWING ADDITIONAL OPTIONS

Welcome with tapas

An appetizer before starting your cooking event?
€20.00 excl. VAT/pp

Welcome Breakfast

Pastries, organic fruit juice, coffee, tea, seasonal fruit basket.
€20.00 excl. VAT/pp

Personalised aprons

If you want to purchase an apron with the logo of your company and/or the name of your guests. Order for the whole group only.
€30.00 excl. VAT/apron

Champagne welcome

Two glasses of Champagne.
€20.00 excl. VAT/pp

Wine extra

We provide a half bottle of our house wine per person. Additional bottles:
€16.00 excl. VAT/per bottle

Beers

A trendy and organic Belgian beer to accompany a Belgian menu?
A fresh Singha Beer to accompany your Thai menu?...
€10.00 excl. VAT/pp

Lunch

During your meeting, before the organization of your culinary activity, a light lunch: surprise sandwiches, organic fruit juice, still and sparkling water, seasonal fruit basket.
€25.00 excl. VAT/pp

Organic fruit juice

At the welcoming of a morning activity or to accompany a non-alcoholic meal, plenty of vitamins and a healthy alternative.
€10.00 excl. VAT/pp

Birthday cake

A birthday cake with candles?
A delicious chocolat cake?
€40.00 excl. VAT/cake (8 persons)

KITCHEN RENTALS

A shoot? An evening with your own chefs? Mmmmh offers its culinary spaces for hire in certain

Mmmmh offers its culinary spaces for hire.

Group : 10 to 20 participants

Budget : € 600.00 excl. VAT (additional hour : €125.00 excl. VAT)

Do you need a place to meet with your team? Are you looking for a more unusual setting? A welcoming venue?

Why not organise your meeting, seminar or workshop in our Les Secrets du Chef shops and workshops?

Our venue, the tables and chairs, a projector and flip chart are at your disposal and we can also cater the coffee breaks for the duration of your meeting.

We can also provide a breakfast upon arrival or a business lunch at a time that suits you.

The price includes

The rental of the kitchen for a period of 5 hours
The accompaniment of a Chef Mmmmh!
The provision of an assistant for the service, the dishes, ...

Of course you have the option of ending your day with one of our numerous cooking activities mentioned in our brochure.



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MMMMH! EVERYWHERE

Number of participants : 20 to 300

Budget : on request

A cooking class at your workplace, a live cooking in a castle or... in a factory?
All of the events described in this brochure can be organized by our teams outside of our kitchens.

Since 2004, our teams have organized and held events for 20 to 300 participants in diverse settings including :

- selective hotels
- museums
- castles
- large event halls
- private homes
- offices
- fairs...



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Our sales staff is available to make you an offer.
