

# This is an ideas book

A book to stimulate the imagination and help with the creation of menus, presenting new ideas for people coming into the trade, those already in the industry, the adventurous housewife and people with a general interest in food and cooking. The book gives new ideas and jolts memories of forgotten foods.

My book gives a vast insight into a variety of different foods and how they can be cooked and presented together with the best accompaniments. This is not a recipe book but an imaginative book, which gives descriptions of many classical dishes, which are in the glossary, and a selection of proven and tested recipes.

On a personal note I have always been an admirer and have enormous regard for French Cuisine and the methods used, which I feel portrays total class in both presentation and quality. It shows how to get the best out of food within the cooking techniques.

My career started as a fulltime student at Colchester Technical College, more years ago than I care to remember, followed by, various positions in some of the best restaurants in London and Switzerland.

In the West End of London, Epicure Holdings had a group of restaurants, which included, "The Caprice", "Ecu de France" and their flag ship, "The Empress", where I was very proud to be the Senior Sous Chef, with a brigade of thirty chefs under my command and which for many years was voted one of the best of the top seven restaurants in Europe. The quality and service was astounding.



**David G Amos studied at North-Essex College, Colchester and Westminster College, London. Practical work started at the La Tolbooth Hotel, Dedham, Suffolk then at The Casino in Berne, Switzerland. Finishing his training, he held senior positions at a number of restaurants including the Caprice Restaurant, Ecu de France, The Empress, Scotts Fish Restaurant, Madame Prunier's fish restaurant in Saint James', Coq d'or the Grand Metropolitan flagship in Stratten Street, Chez Victor, Hotel Waldhaus, Seelisberg, Switzerland, Arts Club, Dial 9 Night Club, Keats Restaurant, Woods River Services (Kingfisher), London and Pink Panda restaurant.**

**He now runs Admiral Enterprises, which he started in 1987.**

WELCOME