BRAVO CHEF - List of segments*

* all the segments are delivered as separate video files

Tittle	Chapter	Duration
Vegetariana	1_Mushroom ragout	0:08:00
	2_Cream of pea soup	0:10:00
	3_Brussels sprouts in butter	0:11:00
	4_Goat`s cheese	0:08:00
	5_Napoleon caramelised apple fig…	0:12:00
Total duration		**0:49:00**
Czech	1_Breast of pheasant	0:06:00
	2_Casserole of wild boar	0:12:00
	3_Czech buchty	0:08:00
	4_Kulajda with poached egg	0:07:00
	5_Potato soup	0:05:00
	6_Roast duck with red cabbage	0:12:00
	7_Smoked eel	0:05:00
	8_Venison in a creamy root vegetable sauce	0:12:00
Total duration		**01:07:00**
Sushi	1_Preparing the rice	0:04:00
	2_Preparing wasabi	0:02:00
	3_Preparing soy sauce	0:02:00
	4_Preparing salmon	0:02:00
	5_Preparing tuna	0:02:00
	6_Preparing prawns for sushi	0:04:00
	7_Marinated mackerel	0:04:00
	8_Grilled Eel	0:07:00
	9_Tamagoyaki rolled omelette	0:04:00
	10_Sushi	0:31:00
	11_Preparing dashi	0:02:00
	12_Tempura	0:09:00
	13_Soup Miso	0:03:00
	14_Soup Suimono	0:03:00
	15_Wafu salad	0:05:00
	16_Sharpening knives	0:02:00
Total duration		**01:26:00**
Chicken	1_Portioning chicken	**0:02:19**
	2_Ballotine of Chicken	0:07:48
	3_Chicken Cordon Bleu	0:04:43
	4_Chicken in beer	0:06:20
	5_Chicken Kiev	0:03:21
	6_ Poached breast of chicken	0:09:29
	7_Chicken with honey and lemon	0:06:40
	8_Stuffed chicken wings with a garlic	0:13:06
	9_Tandoori chicken with couscous	0:06:16
Total duration		**1:00:02**
French	01_Grilled pike-perch with slices of salmon	0:16:53
	02_Pan-seared duck foie gras	0:04:53
	03_Capon bourguignon	0:05:02

	04_Grilled quail with mushroom and	0:10:15
	05_Tian with whipped goat's cheese	0:05:50
	06_Escargots bourguignon au gratin	0:06:49
	07_Creme brulée	0:08:53
Total duration		**0:58:35**
Italy	1_Tuscan cantuccini biscuits	0:07:49
	2_Gnocchi with wild mushrooms	0:06:35
	3_Lasagne with Bolognese sauce	0:18:13
	4_Ravioli with a creamy parmesan filling	0:09:49
	5_Seafood Risotto	0:11:41
	6_Spaghetti aglio, olio, peperoncino	0:06:14
	7_Tiramisu with Amaretti biscuits	0:06:38
	8_Tuna in breadcrumbs	0:06:34
	9_Vittelo tonato	0:09:40
Total duration		**1:23:13**
Sea food -Fish	1_Steamed cod with saffron risotto	0:10:24
	2_Fish stock	0:02:36
	3_Grilled lobster with courgettes	0:09:05
	4_Grilled mackerel with vierge sauce	0:08:21
	5_Monkfish with pommes bouchon,	0:11:40
	6_Mussels steamed in Martini	0:04:59
	7_Oysters Kirk patrick	0:07:21
	8_Sea bass baked in a salt crust	0:12:58
	9_Sole with vegetable and baked potato	0:09:21
	10_Tiger prawns with gazpacho	0:10:50
Total duration		**1:27:35**