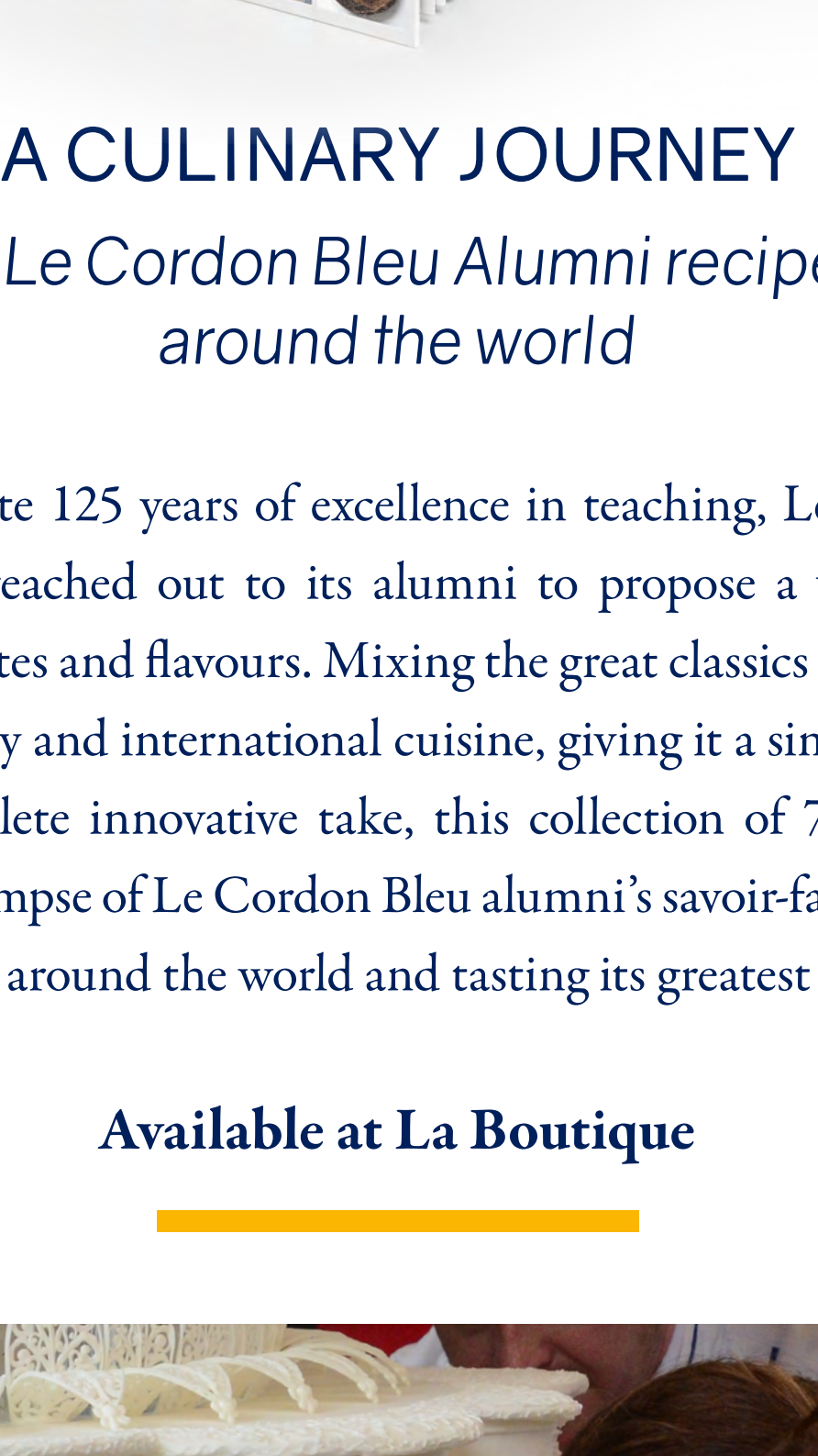


Coming up this month



A CULINARY JOURNEY

70 Le Cordon Bleu Alumni recipes around the world

To celebrate 125 years of excellence in teaching, Le Cordon Bleu has reached out to its alumni to propose a voyage of unique tastes and flavours. Mixing the great classics of French gastronomy and international cuisine, giving it a simple twist or a complete innovative take, this collection of 70 recipes offers a glimpse of Le Cordon Bleu alumni's savoir-faire, while travelling around the world and tasting its greatest flavours.

Available at **La Boutique**



WEDDING CAKE MAKING

Monday 14th to 18th December 2020

Duration: 30 hours | 5 sessions (usual timings: 9:00am - 3:00pm)

This full-time course has been designed to introduce the modern techniques required for making wedding cakes such as the decorating, design, and preparation, alongside useful insights into the business acumen required for a successful wedding cake making business.

Register today at lcbi.eu/a4u

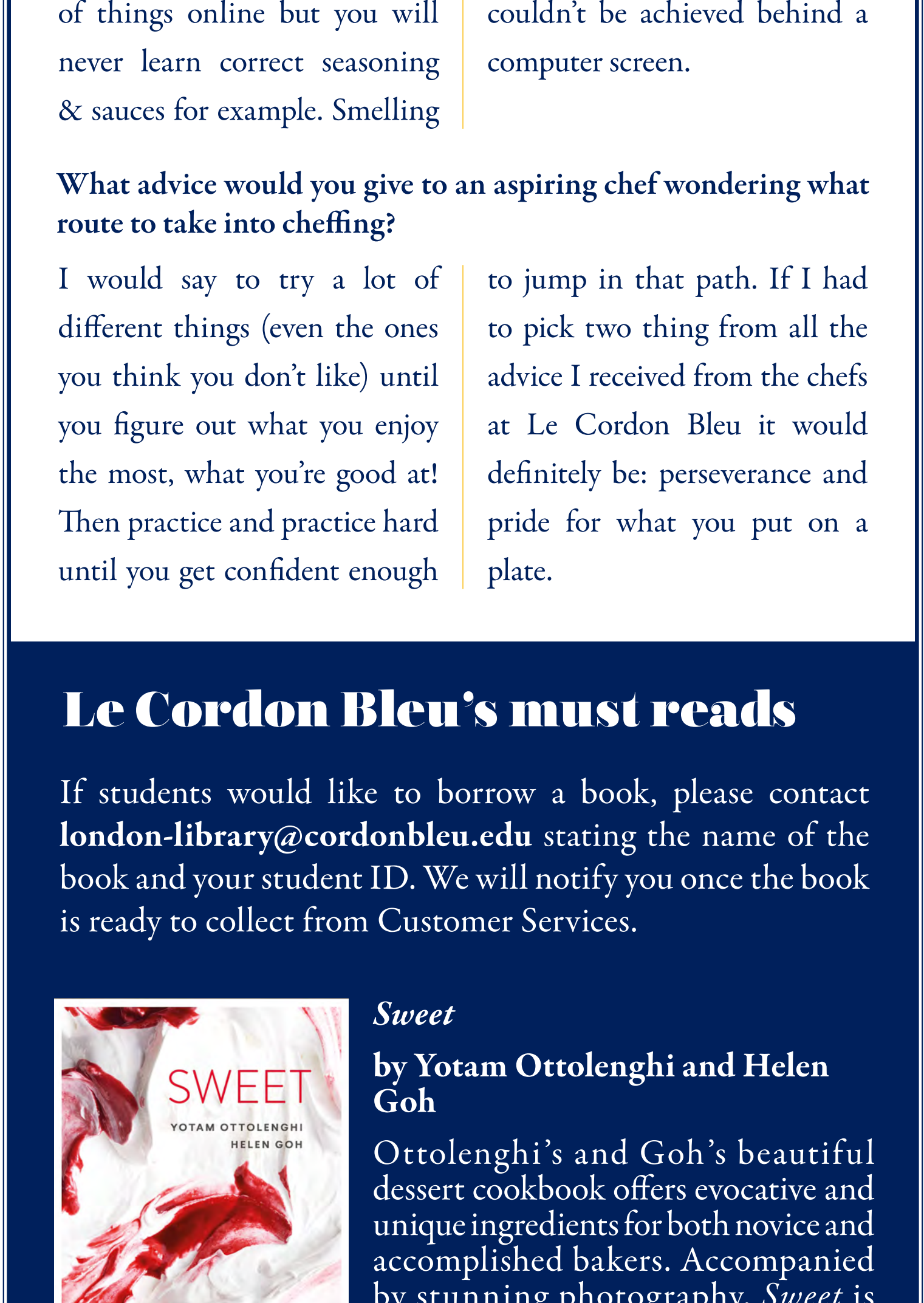
Dates for your diary

November 2020

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

04 Online Industry Forum 4.30pm - visit lcbi.eu/a4k

New treats from the Café!



Indulge in some of the delicious new seasonal treats from the café this autumn. Made to order we have toasted country bread with hot goat cheese, walnuts, caramelised peaches in honey, curly endive with dandelion and radish salad. If you just want to grab a quick snack, then go for the delicious pumpkin spiced croissant or the adorable pumpkin shaped milk bread filled with roasted pumpkin puree.

DID YOU KNOW?

Le Cordon Bleu students enjoy a 15% discount. Just present your student badge when paying.

Last Month's Highlights



Celebrating 125 years with you!



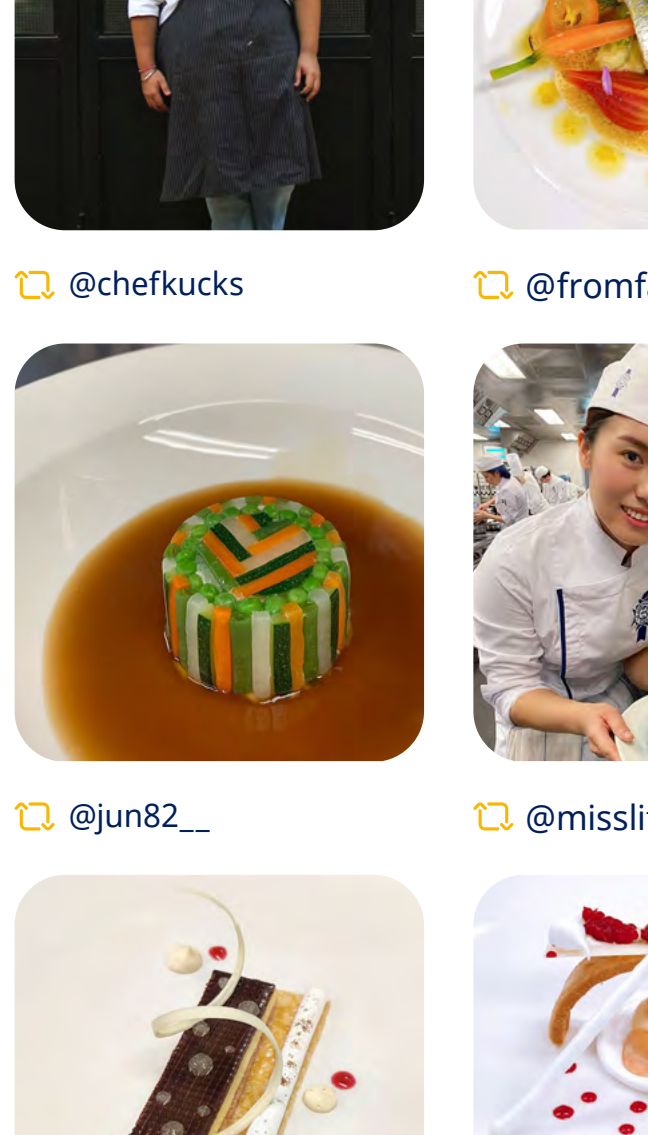
LE CORDON BLEU TURNED 125 YEARS LAST MONTH

As Le Cordon Bleu turns 125, we would like to celebrate with a video of our international network of dedicated and passionate chefs, professors, experts, professionals, partners, alumni and students. Starting from a small cookery school in Paris in 1895; we are proud to train the next generation of chefs and hospitality managers, and support the achievements and successes of our graduates all over the world.

Thank you to all the friends of Le Cordon Bleu.

Watch the video here

Le Cordon Bleu Student Q&A



Hortense Vène is currently studying the Superior Certificate of the Grand Diplôme® in London. During the lockdown period earlier this year, she set up a food delivery service from her home, providing a limited number of homemade treats under the name La Frenchette. We spoke to Hortense about the benefits of in person learning over online. You can follow Hortense on Instagram @la_frenchette.

What made you decide to go for a Le Cordon Bleu course over, say, self-taught/staging or an alternative course? What was it that stood out for you?

When I decided to quit my job to follow my passion, the most important thing for me was to be credible for the future, hence to find the best cooking school out there. As a French person, I couldn't imagine to study in a non French school and online classes didn't even come to my mind. I heard

about Le Cordon Bleu from a friend and after a tour at the school I was blown away by the very high standard equipments, the renown chefs, the impressive demo rooms and decided to go for it. Who doesn't want to become a "Cordon Bleu"?!

Would you ever go for a fully online course, or would you always want an element of face-to-face interaction? What do you think that brings that online doesn't?

I would never go for a fully online course in regards to cooking. You can learn a lot of things online but you will never learn correct seasoning & sauces for example. Smelling

tasting, adjusting the flavours with a chef by your side is priceless and unfortunately couldn't be achieved behind a computer screen.

What advice would you give to an aspiring chef wondering what route to take into cheffing?

I would say to try a lot of different things (even the ones you think you don't like) until you figure out what you enjoy the most, what you're good at! Then practice and practice hard until you get confident enough

to jump in that path. If I had to pick two thing from all the advice I received from the chefs at Le Cordon Bleu it would definitely be: perseverance and pride for what you put on a plate.

Le Cordon Bleu's must reads

If students would like to borrow a book, please contact london-library@cordobleu.edu stating the name of the book and your student ID. We will notify you once the book is ready to collect from Customer Services.

Sweet
by Yotam Ottolenghi and Helen Goh

Ottolenghi and Goh's beautiful dessert cookbook offers evocative and unique ingredients for both novice and accomplished bakers. Accompanied by stunning photography, *Sweet* is filled with 110 distinctive Ottolenghi recipes such as: "Chai brûlée tarts", "Honey macadamia and coconut caramels" and "Walnut and rosewater and cinnamon pavlova with praline cream and fresh figs". Ottolenghi sustains that "There's nothing like a perfectly light sponge flavoured with spices and citrus or an icing-sugar-dusted cookie to raise the spirits and create a moment of pure joy."

New in Le Cordon Bleu's library

Sapiens: A Brief History of Humankind

by Yuval Noah Harari

Yuval Noah Harari delves into an unflinching and provocative exploration of who we are throughout his novel *Sapiens*. Harari guides his reader through the history of the world and how we evolved from primates into the modern humans of today, taking readers through defining social changes, highlighting the significance of farming and culinary movements. Harari maintains that "Farming enabled populations to increase so radically and rapidly that no complex agricultural society could ever again sustain itself on hunting and gathering." With an array of notable figures, such as Barack Obama, revolving in Harari's *Sapiens* it is undoubtedly an essential read.

Restaurant Review

GALVIN LA CHAPELLE

by Olivia Oulton,
Le Cordon Bleu London Team

Situated moments away from Liverpool Street station, tucked between two cathedrals sits Galvin La Chapelle, a Michelin-starred establishment which opened in 2009. The menu is the product of the acclaimed Galvin brothers, Chris and Jeff Galvin.

The 19th century building, a former school chapel, is a dramatic setting with high vaulted ceilings and large arched windows, keeping the remnants of the original architecture intact to create an atmospheric yet elegant dining experience. The restaurant is a large open space, with warm, dim lighting creating an illusion of candlelight and heightening the rustic ambience that the building offers. This, juxtaposed with the clean crisp linen and a glass gallery with an underside of steel panelling, creates a sumptuous setting which is only matched by the exceptional food.

Each course of the decadent meal proved to entertain and complimented the impressive surroundings and the warm, yet traditional service. The main course and the standout dish, was a crisp sea bream with a raisin and pine nut dressing, accompanied by a cauliflower and truffle puree. The dish was full flavoured and creamy, with the tender fish fillet complimented by the intense flavours of the truffles and pine nuts.

Galvin La Chapelle is currently partnering with Groupon and offer the three course Menu du Chef with a glass of Champagne for two at the price of £80.

If you are searching for the perfect Christmas present, look no further than Galvin La Chapelle, we highly recommend a visit.

Ambience/Service: ★★★★★
Food: ★★★★★
Value for money: ★★★★★
Overall rating: ★★★★★

Get Social

Tag us on Instagram and get featured in Le Petit Journal @lecordonbleulondon

@chellybakewell @patissieriedezahra @gy.brigitta
@chefkucks @fromfashiontobaking @simply_eau_de_vie

@jun82_ @misslittlechef @eugeniafood_

@whiskybusiness.official @sugarbyblonde @phaedras.kitchen