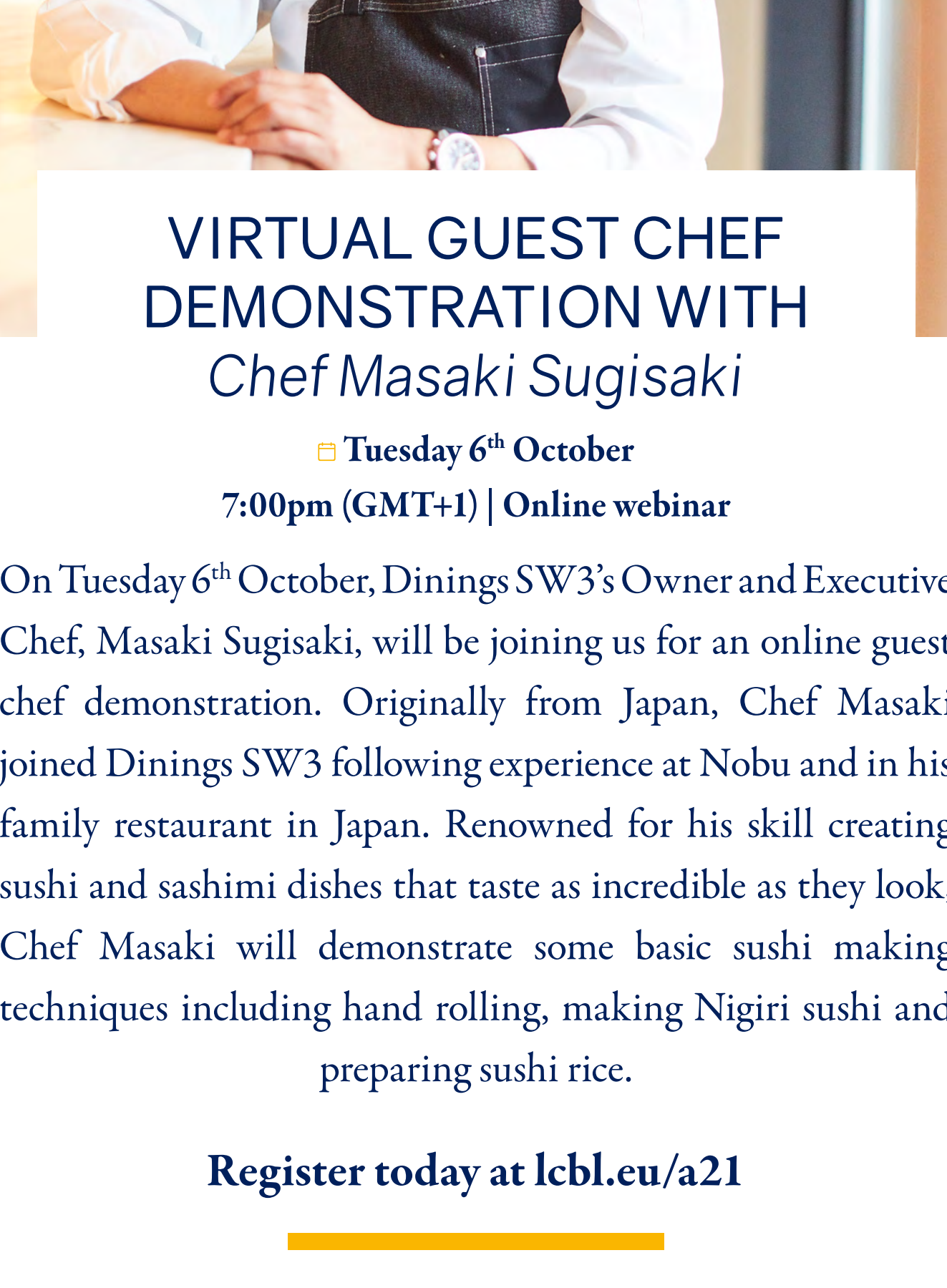


## Coming up this month



CULINARY DEMONSTRATION

## VIRTUAL GUEST CHEF DEMONSTRATION WITH Chef Masaki Sugisaki

Tuesday 6<sup>th</sup> October

7:00pm (GMT+1) | Online webinar

On Tuesday 6<sup>th</sup> October, Dinings SW3's Owner and Executive Chef, Masaki Sugisaki, will be joining us for an online guest chef demonstration. Originally from Japan, Chef Masaki joined Dinings SW3 following experience at Nobu and in his family restaurant in Japan. Renowned for his skill creating sushi and sashimi dishes that taste as incredible as they look, Chef Masaki will demonstrate some basic sushi making techniques including hand rolling, making Nigiri sushi and preparing sushi rice.

Register today at [lubl.eu/a21](http://lubl.eu/a21)

WINE MASTERCLASS

## CHEESE &amp; WINE PAIRING MASTERCLASS

Wednesday 9<sup>th</sup> October

Discover how the taste of a wine can influence the flavour of cheese and vice versa in this cheese and wine pairing evening course. Sample a variety of cheeses, which will be paired with a sparkling wine, two white wines, a red wine, a dessert wine and a dry fortified wine.

Apply today at [lubl.eu/a22](http://lubl.eu/a22)

## Dates for your diary

October 2020

M	T	W	T	F	S	S	
			01	02	03	04	01 BBA Orientation 11:00am-2:00pm
05	06	07	08	09	10	11	02 MSc Orientation 11:00am-1:30pm
12	13	14	15	16	17	18	03 Sushi demonstration with Chef Masaki Sugisaki 7:00pm - Online
19	20	21	22	23	24	25	
26	27	28	29	30	31		

## New treats from the Café!



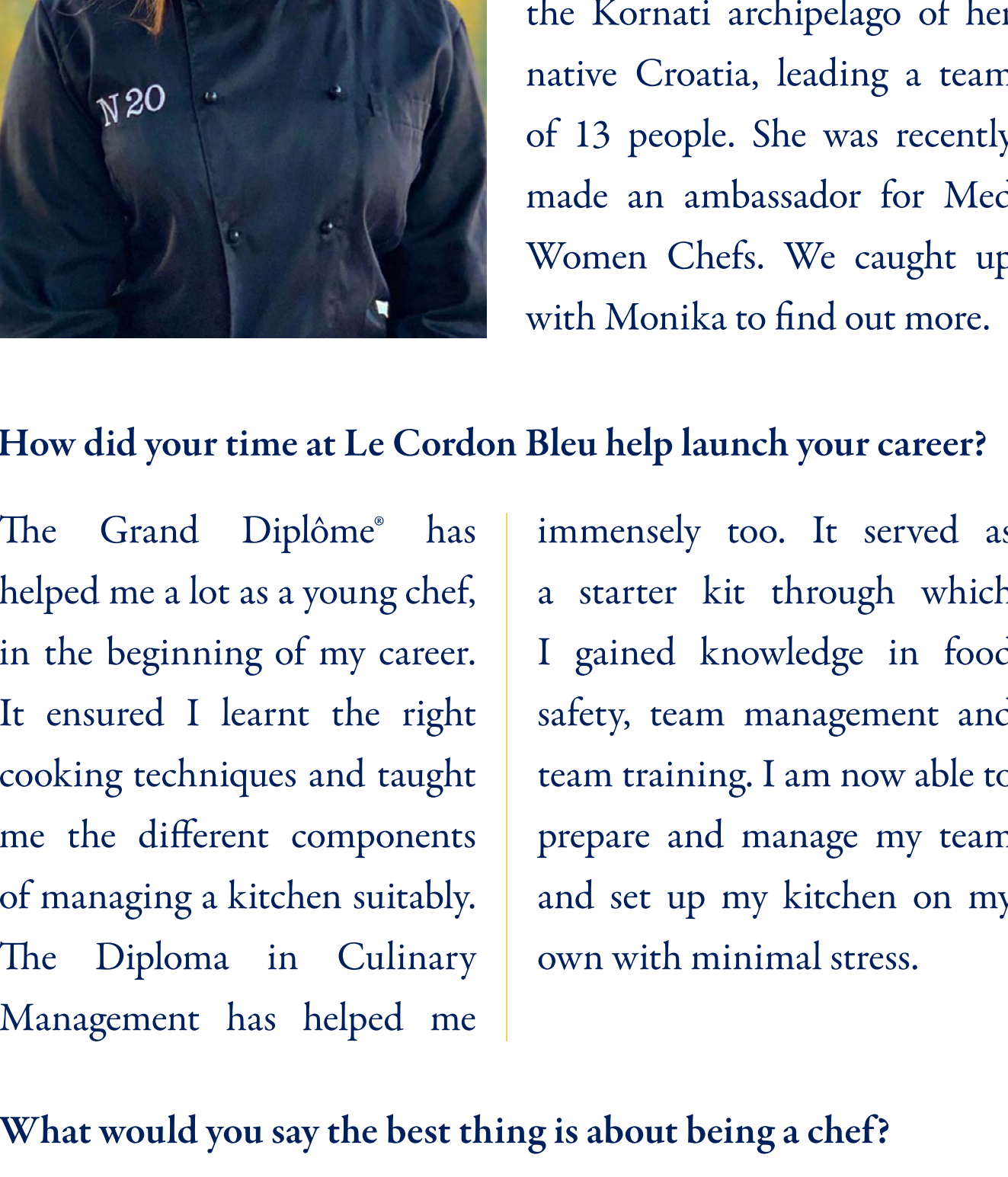
LE CORDON BLEU

There are some delicious new items available at Café Le Cordon Bleu this month. Treat yourself to the Lemon Tart or Cinnamon and Apple Danish on your break between classes, or if you're looking for a plant-based dish, try the vegan Banana Muffin or Chocolate and Raspberry Entremet. All new menu items are available now.

## DID YOU KNOW?

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

## Last Month's Highlights



## LE CORDON BLEU LONDON GRADUATION CEREMONY

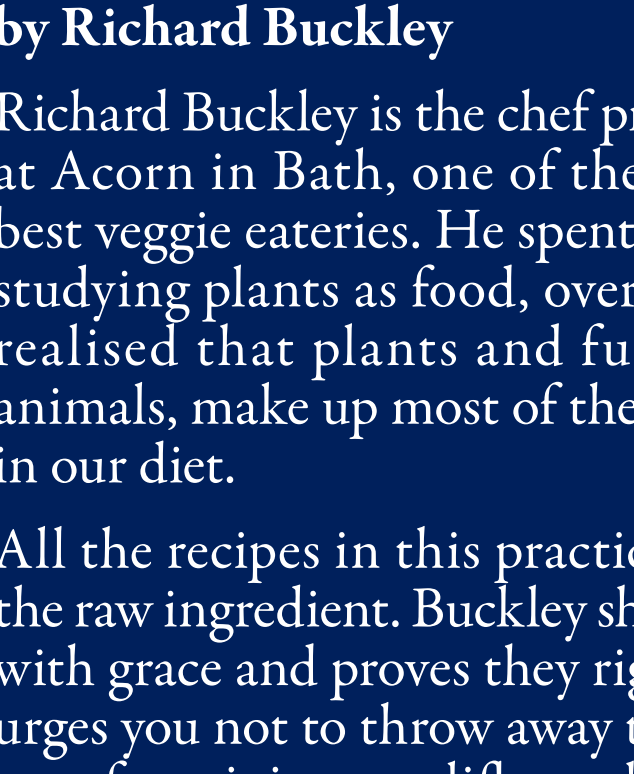
On 11<sup>th</sup> September Le Cordon Bleu London held a graduation with a difference. To ensure that graduating students could share this momentous occasion with their loved ones, the school arranged for the event to be live streamed online. In order to observe social distancing rules, the event was split into two groups, with separate morning and afternoon ceremonies.

Despite the unusual circumstances, the ceremony was a great success, with speeches from Le Cordon Bleu master chefs and graduating students in person and guests via video. Guest speakers included Masaki Sugisaki, Executive Chef at Dinings SW3, and alumnus Nico Fitzgerald, Head Chef at London Stock restaurant. The graduates were also able to enjoy a small socially distant celebration following the ceremony.

► Morning ceremony

► Afternoon ceremony

## Le Cordon Bleu Alumni Q&amp;A



Monika Ninčević completed the Grand Diplôme® with Culinary Management at Le Cordon Bleu London in 2019. She has since gone on to become chef de cuisine at No. 20 Restaurant & Bar in the Kornati archipelago of her native Croatia, leading a team of 13 people. She was recently made an ambassador for Med Women Chefs. We caught up with Monika to find out more.

## How did your time at Le Cordon Bleu help launch your career?

The Grand Diplôme® has helped me a lot as a young chef, in the beginning of my career. It ensured I learnt the right cooking techniques and taught me the different components of managing a kitchen suitably. The Diploma in Culinary Management has helped me

immensely too. It served as a starter kit through which I gained knowledge in food safety, team management and team training. I am now able to prepare and manage my team and set up my kitchen on my own with minimal stress.

## What would you say the best thing is about being a chef?

The best thing about being a chef is the freedom of creativity you have when you are preparing a dish or getting it ready to present. There are absolutely no limits to what you can do. There aren't any rules you must follow and,

sometimes, your mistakes end up being an amazing creation. Being a chef is like being an artist, you must cross boundaries to make something incredible and you have to let your mind run free.

## What advice would you give to someone looking to follow in your footsteps?

Don't doubt yourself and don't be scared of taking risks. Get ready for some hard work and remember that every mistake is a chance to grow, so don't look down on them as they are important steps that can bring you closer to completing your goals.

Read the full interview with Monika [here](#).

## Le Cordon Bleu's must reads

If students would like to borrow a book, please contact [london-library@cordonsbleu.edu](mailto:london-library@cordonsbleu.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.



## Salt, Fat, Acid, Heat by Samin Nosrat

Samin Nosrat's debut and award-winning cookbook takes us much deeper into the art of cooking than cookbooks ordinarily do, it is less like being in the pages of a cookbook and more like being at a really good cookery school. Nosrat worked her way up from table busser at Chez Panisse, where she soon worked alongside Alice Waters, who eventually described her as "America's next great cooking teacher".

This useful and unusual book uses beautiful illustrations and straightforward prose to explain how four principles will determine how good your food will taste. Salt will enhance flavour, while fat will amplify the flavour and introduce texture. Acid balances everything out and heat will determine the overall texture.

Nosrat promises that once you've mastered these principles, you will be able to cook food of any kind. A well written recipe may produce stunning results, but it does nothing to explain why you cooked it that way, which is what she sets out to teach readers in this book. A must have for budding chefs and seasoned chefs alike.

## Plants Taste Better by Richard Buckley

Richard Buckley is the chef proprietor at Acorn in Bath, one of the world's best veggie eateries. He spent 15 years studying plants as food, over time he realised that plants and fungi, not animals, make up most of the flavours in our diet.



All the recipes in this practical cookbook carefully consider the raw ingredient. Buckley shows us that plants can be cooked with grace and proves they rightfully deserve centre stage. He urges you not to throw away the core from a broccoli, instead, transform it into cauliflower heart with truffle purée.

He preaches the humble carrot top, suggesting to use it like you would a grassy herb, as part of a garnish. Celery and beetroot shoots should be thrown into stocks, he says, because the otherwise wasted part of vegetable has the most concentrated flavour. If you want some inspiration for refined vegetarian cooking, look no further than *Plants Taste Better*.

## Restaurant Review



## SOCIAL EATING HOUSE

by Ana Castaño, Le Cordon Bleu London Team

Located in the heart of Soho, just a 7-minute walk from Oxford Circus station, Social Eating House presents refined, bistro-style dishes in an informal, buzzing setting from the award-winning English chef, Jason Atherton. Chef Patron Paul Hood opened the restaurant in April 2013 and under his guidance it was awarded a Michelin star six months later.

The restaurant has three different levels. In the basement kitchen we can find the exclusive and private chef's counter dining space, where guests can observe the chefs in action before they enjoy their meal. The restaurant is located

on the ground floor with moody lighting and a relaxing vibe, and the cocktail bar The Blind Pig on the first floor has a spectacular speakeasy-style, perfect for pre or post-dinner drinks.

In September, they launched the brand new autumn set menu, offering two courses for £19 and three courses for £25. From this menu, the standout dish is the roast Cumbrian cob chicken, which is absolutely delicious.

If you are looking for a romantic meal or celebrating a special occasion this is the perfect place. The atmosphere is stunning and the service impeccable. We highly recommend it.

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

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