Le Petit Journal

LE CORDON BLEU
LONDON

Coming up this month

GUEST CHEF
DEMONSTRATION WITH
ALUMNA OLIVIA BURT

Wednesday 6th April

On Wednesday 27th April we will be joined by alumna Olivia Burt as part of our Guest Chef Cookery Series. Olivia is Head Chef at Stanley's in Chelsea and has experience as luxury Yacht Chef in London Clerkenwell, as well as teaching the finals of both the Diploma Scholarship and the MBA Scholarship at Le Cordon Bleu.

We will learn more about her career to date, including the dish Olivia will be preparing and what you can expect. **Just for now save the date for this exciting demonstration in your diary.** You can read our interview with Olivia via this link bit.ly/olivia-burt

Online courses

ONLINE COURSES

Our online courses are designed to expand your knowledge, enhance your skills and overcome new ways of thinking and understanding. Below are courses available for April:

- **Gastronomic Tourism**
10 weeks a course 15th April
- **Writing & Publishing Recipes**
5 weeks a course 20th April
- **Food Writing for Publication Essentials**
5 weeks a course 20th April
- **The Art of Fermentation**
6 weeks a course 20th April
- **Arts & Sciences Of Multi-Sensory Dining**
6 weeks a course 20th April

Discover all our online courses: LCB.co/pbSF

New treats from the Café!

LE CORDON BLEU

There are some delicious new items available at Café Le Cordon Bleu this month, such as:

Strawberry and Mascarpone Opera

Guava, Apricot and Chocolate Inglizi Cake
(only available until 1st April)

Mixed Orange Fresca Cream Petit Gâteau

Mango and Delicy Eclair

Chocolate and Cocoonut Vegan Bibble

Rhubarb Danish

DO YOU KNOW ?
Co-Cordon Bleu students enjoy a 15% discount
that present your student badge when paying

Dates for your diary

April 2021

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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- Good Friday
- Easter Sunday
- Easter Monday
- Guest Chef Cookery with alumna Olivia Burt

Last month's highlights

DIPLOMA IN PATISSERIE
INNOVATION &
WELLNESS EVENT

Last month we held a Gourmet Demonstration featuring Le Cordon Bleu Head Pastrycheff Chef Lionel Poilâne and Pastry Chefs Nicolas and Fabrice Dumond. The event was in celebration of the launch of our new Diploma in Patisserie Innovation and Wellness which will be taught in both campuses later this year.

The event was a great opportunity to discover what also was prepared for them and demo the chefs who have developed it. Chef Fabrice prepared a fantastic Blackcurrant Mousse Cake recipe, and the demonstration was followed by a generous and awesome tasting with Chefs Lionel and Fabrice.

The Diploma in Patisserie Innovation and Wellness is an exciting, innovative new programme focusing on healthy living and lifestyle and transformation, evolving classical recipes and developing advanced pastry techniques. Aimed at experienced pastry chefs and students, designed to develop pastry skills, learn about healthy ingredients and what they are about, and how to adapt classic recipes to accommodate healthy needs.

The course will be offered to students as a 3 month programme, and will be taught by Chef Lionel Poilâne, Chef Fabrice Dumond and Chef Nicolas Dumond, joining the Diploma in Patisserie Innovation and Wellness in Term 2 in our new Kensington site, so find out more information by visiting the programme page. **LCB.co/pbSF**

Le Cordon Bleu Alumna Q&A

Tamara Robinson graduated from Le Cordon Bleu London in early 2020 completing the Diploma in Patisserie. Unfortunately for Tamara, her graduation was the release of the COVID-19 pandemic and national lockdown, meaning the pastry chef was unable to pursue a career as a kitchen as she thought she might.

Instead, she decided to be brave and started writing recipes for an online magazine. After realising the very often being asked about where to source specific ingredients, she decided that it was a great idea to transform her recipe into gourmet baking kits. This is where Bakeoutbox was born.

We caught up with Tamara to find out about her learning experiences and what she has been up to since graduation.

How did you feel after graduating from Le Cordon Bleu London?

I felt ready to take on the world! Superior texts was incredible, and I felt a huge sense of achievement upon graduating. Cordon bleu texts were at an obvious high, and pastry finals I felt pretty well prepared to begin a career as a pastry chef.

What is the most valuable lesson you learned during your time at Le Cordon Bleu London?

Trust your instincts. It's a phrase you hear over and over, but at Cordon Bleu, I was forced to trust my instincts, and I learnt to whether that be with tempering chocolate, deciding on job opportunities or working out if I was cut for a job, taking a socially getting answered or not.

What was your first job working as a pastry graduate?

I graduated in March 2020, the week before lockdown. It's fitting that I graduated in pandemic, as it was a pandemic year. I didn't even get to work in a kitchen as planned. Instead, in January 2020, I started Bakeoutbox, a baking kit business, and I started selling "at-home chef that sent home kitchens. I've been busy growing Bakeoutbox since!

What made you decide to start your own business?

My goal in the past few years had always been to open my own baking-related business, but I didn't have a clear enough idea on what exactly I wanted the business to be. I had the highest of aspirations for Bakeoutbox after friends were asking more and more about baking and ingredient-related questions. I thought although people are keen to bake, they don't necessarily have all the ingredients they need to make a specific recipe. I thought it would be great to make it easier for them to bake, and I think research proved that was a very good idea.

Can you tell us a little about your experience so far running Bakeoutbox?

Bakeoutbox has been a rollercoaster of ups and downs and I have learnt so much over the past year. It's been a great opportunity to grow as a person and what is happens when it's the large step forward.

What do you see yourself in 5 years?

I'm hoping to expand Bakeoutbox and bring it to other countries, so I'm hoping I'm still working on that, and hopefully, I'm also working on a cookbook, and I'm also hoping I'm still in the kitchen. I'm also hoping I'm still in the pastry industry, and I'm also hoping I'm still Bakeoutbox production, too – but I don't know if I'm still in the kitchen, but I'm hoping I'm still in the kitchen.

What do you miss the most about being a student at LCB?

My classmates. Superior texts was so much fun, so we all got to know each other very well, and I miss that. I miss the kitchens, and I miss the chefs. It was hard, in retrospect, I don't miss the guidance and encouragement from the teaching Chefs and being in the kitchen in general.

What would you say to someone considering studying at Le Cordon Bleu London?

Ask yourself why you want to study there and speak to past students about their experiences. I recommend it and I loved doing the full diploma if you are able to. Superior texts is when things really start to take off, and it is the best term by far. You really need to experience it!

What does Le Cordon Bleu London mean to you in a few words?

In my mind, Le Cordon Bleu London is a place where people come together from all over the world to learn and improve.

Le Cordon Bleu's mussel recipe

This mussel recipe is from the book **Le Cordon Bleu Classic Modern: Contemporary Cooking** by the course of the book and your students will love it! We will make your own the book is ready to collect from Common Services.

Mussels on Bread and Cooking: An Encyclopedia of Food Science, Hervé This, Publication Date: 2006
By Hervé Hervé

Mussels, cultivated in 1904, Belgian's much consumed seafood herbs used by chefs, food dictionary and Cooking Encyclopedia. *Dec 21st anniversary, on Food and Cooking* was almost completely rewritten, incorporating the latest research on the science of food, the discovery and history behind such ingredients and cooking process is explained, and technical food science is translated into meaningful and kitchen terms. *The Food and Cooking* is the perfect book for chefs to have on hand, it is comprehensive and encyclopedic, including recipes, methods and dishes, all the physics of cooking.

Mussels in the Shell (Moules Marinières)
by Jacques Pépin

Mussels are the Mediterranean Shell Fish, cultivated by The World Famous Jacques Pépin, a "the best in Western Chef" and cook's 42 "the best" Chefs, Jacques Pépin, 10 Best Restaurants. Olivier cuisine traditionale Moroccan recipes and Moroccan is a mixture of modern twists, whether it be molecular gastronomy or deconstructed dishes the blended mentalities is always a fascinating experience of Moroccan's rich culture and traditions. So, for him high end mediterranean, Moroccan food is the best. You will find recipes, from dishes that are served at Paris, to secret recipes that Olivier's mom making for his family. "Mussel from the South Over is the perfect cookbook for the experienced and beginner chef alike.

Mussels
Olivier cuisine traditionale
Jacques Pépin

Recipe of the month

Chocolate spheres with caramel mousse and mandarin. As taught on our Superior Patisserie programme, the key to success with this recipe is super neat moulds and perfect tempering.

#LeCordonBleuKitchen

Ingredients
Serves 6

1x 1 Litre dark chocolate spheres
Caramel mousse
250 g caster sugar
50 g low whipping cream
300 g cold whipping cream
1 vanilla pod, split
6 egg yolks
Nut brittle
80 g caster sugar
20 g water
80 g whole blanched almonds
80 g whole blanched hazelnuts
1 teaspoon butter
Chocolate sauce
200 g low whipping cream (36.5%)
100 g whipping cream
Decoration
cocoa powder
gold leaves dust
edible gold leaf

Method

1. **Caramel mousse:** In a pan, add the sugar and melt over a medium heat, stirring occasionally until it starts to stick caramel colour.
2. Add the hot cream and whisk while stirring. Remove from the heat then add the cold whipping cream. Let cool down and the bergamot oil.
3. Pour the mousse into a siphon charged with nitrogen and set aside in the refrigerator.
4. **Nut brittle:** Line a baking tray with parchment paper.
5. Combine the sugar and water in a pan and cook to 115°C.
6. Add the almonds and hazelnuts and continue to cook while stirring, until the sugar has melted and caramelized. Pour the hot mixture into the spread the mixture on the lined baking tray and let cool.
7. **Chocolate sauce:** Put the chocolate in a bowl and set aside. Pour a generous amount of the cream into a small saucepan from the pan.
8. Bring to a boil, gently heat the whipping cream. Gradually incorporate the hot cream in three stages, while stirring, until fully combined.
9. **Assembly:** Dust one side of the plate with cocoa powder, then carefully pipe dots of chocolate sauce on the other side of the plate.
10. Delicately stamp a round brick at the top of the sphere with a 6 cm round cutter. Use the cut-out chocolate as the bottom base for the sphere.
11. Using cotton wool, gently apply the golden leaves to the sphere.
12. Fill the sphere halfway with the caramel mousse, then top it with the nut brittle. Fill the sphere with more mousse, then top with cocoa nut brittle.
13. To finish, decorate with a gold leaf.

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