LE CORDON BLEU®
LONDON

Le Petit Journal

Le Cordon Bleu London Student Newsletter • February 2021 edition

Coming up this month

GUEST CHEF SERIES:
NICO FITZGERALD,
HEAD CHEF, LONDON STOCK

Wednesday 10th February 2021 • 1PM UCT

The next event in our guest speaker series for students will feature Le Cordon Bleu London alumnus and Head Chef at fine dining restaurant, London Stock, Nico Fitzgerald.

Since graduating from Le Cordon Bleu in 2016, he has gained experience in some of the UK's finest restaurants, including Adelina Yard and Heston Blumenthal's Hinds Head in Bray, before joining with fellow alumni to open London Stock in January 2020.

Guiding a new business fearlessly through national lockdowns, Nico has gained recognition for his talent, flair and determination, and most recently, he became a semi-finalist in the 2020 The Craft Guild of Chefs awards.

London Stock is the first restaurant from Cordon Bleu trained Assem Abdel Hady and Andres Bernal.

Check your email for the e-vite.

Café
LE CORDON BLEU®

STUDENT CAFÉ CREATION COMPETITION

We are pleased to announce a fantastic opportunity for Le Cordon Bleu London students to demonstrate their culinary creativity with the Student Café Creation competition! This competition is your chance to design a pastry or viennoiserie for Café Le Cordon Bleu. The winning item will be featured on the Café menu for one month, and will be promoted on our website and social media channels. This is a great opportunity to show off your skills and have Le Cordon Bleu chefs recreating your pastry or viennoiserie!

To enter the competition simply create your dish at home and post a picture on Instagram, using **#LCBcafecreation** and tagging **@lecordonbleulondon**. The chefs will choose finalists who will be contacted for their recipes. The deadline for entries is Monday 15th February and the winner will be announced on Instagram.

Download the guidelines and enter: lcbl.eu/a94

New courses

WINE & BEVERAGES

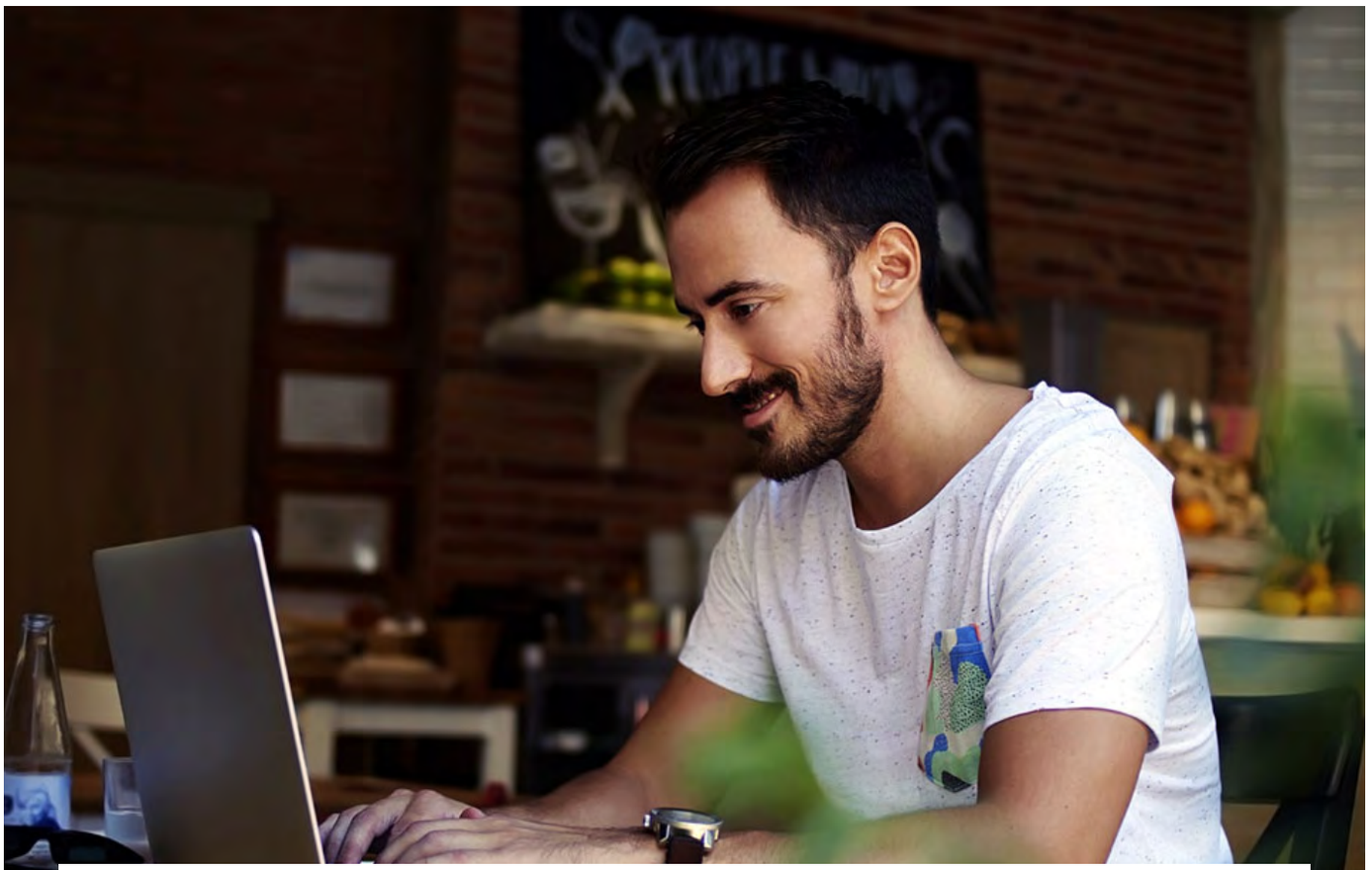
We are pleased to introduce a range of new professional and recreational short courses to our wine and beverage portfolio.

For those seeking a pathway ito work in the wine world, the **Working with Wines and Beverages in a Restaurant** and **Managing the Wine and Beverage Offer in a Restaurant** professional courses introduce students to key techniques in wine analysis and evaluation skills, and how to curate the wine and beverage list in a restaurant setting, looking at menus and other factors.

If you're looking for something fun and informative, there are also new short courses available to give you a lesson in your choice of tipple. Explore a specific beverage in depth with a masterclass in **Beer and Cider**, **Sake**, **Gin & Tonic** or **Cider.** Alternatively take a detailed look into wine from **Bordeaux**, learn about **Fortified Wines**, discover **Rioja** or simply enjoy a lesson in **Wine Appreciation**. If you're a cheese lover, explore the pleasures of pairing it with the perfect brew with the **Beer and Cheese Pairing** masterclass.

Find out more: lcbl.eu/gl47y

Online courses



ONLINE COURSES

Le Cordon Bleu's online courses are designed to expand your knowledge, enhance your skills and encourage new ways of thinking and understanding. Below are courses available for February:

- **Principles of Gastronomy**
10 weeks • starts 8 February

- **Entrepreneurship in Food Business**
10 weeks • starts 22 February

- **Plant-Based Diets: Nutrition & Wellness**
10 weeks • starts 22 February

Discover all our online courses: lcbl.eu/gl46f

Dates for your diary

February 2021

M T W T F S S

3 **Guest Speaker Series:**

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

John Williams MBE

10 Guest Speaker Series: Nico Fitzgerald

12 Chinese New Year

14 Valentine's Day

16 Shrove Tuesday

Last month's highlights

GUEST SPEAKER SERIES

Last month introduced a series of guest speaker and chef demonstrations available exclusively to our students. Featuring industry experts and Le

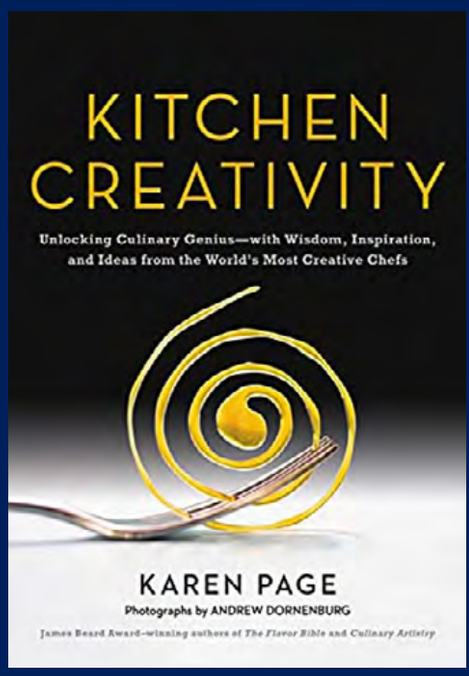
Cordon Bleu alumni, these events are designed to give you the opportunity to gain insight from some of the great chefs and culinary professionals in the Le Cordon Bleu network.

So far we have enjoyed an exclusive interview with London alumna Luciana Berry, hosted by Le Cordon Bleu lecturer Nitin Radhakrishnan. Luciana won the Top Chef Brazil competition last year and has run a successful private catering company in London for several years now.

We have also been pleased to host live streamed demonstrations from Rakesh Ravindran Nair, Group Development & Training Chef for the Cinnamon Collection, and most recently with Chotto Matte founder Kurt Zdesar and Executive Chef Jordan Sclare. These virtual demonstrations provide you with the opportunity to see the experts at work, and ask any questions you have as they cook.

We'll have plenty more live events and demonstrations in the works, with invitations coming straight to your inbox, so make sure you keep an eye out to see what exciting events are coming up on the calendar.

Le Cordon Bleu's must reads



***Kitchen Creativity: Unlocking Culinary Genius-With Wisdom, Inspiration, and Ideas from the World's Most Creative Chefs* by Karen Page**

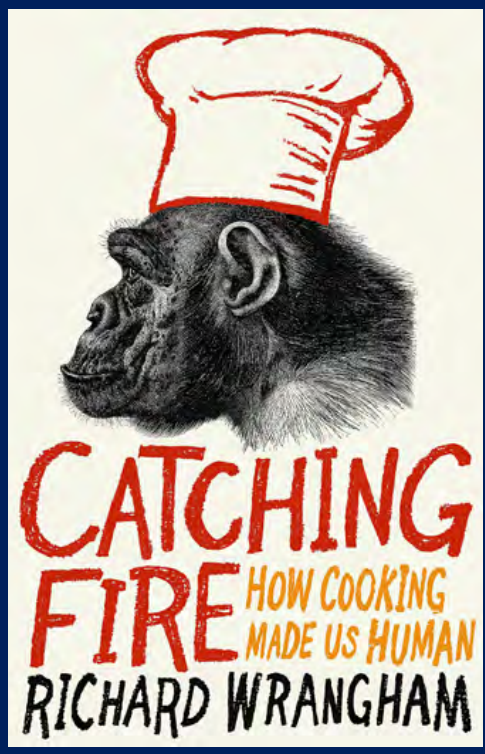
Kitchen Creativity is a guide to innovative cooking, heightening the readers perception of their own cooking style and intuition. Karen Page compiles 4 years of in-depth research alongside interviews highlighting the creative process of top restaurants such as Eleven Madison Park, NoMad and Rustic Canyon.

The comprehensive 3 stages of the book ensures the reader builds on their foundation culinary skills; starting from Stage 1: Mastery, which focuses on how to use and appreciate taste and seasonal dishes, this takes the reader to Stage 2: Alchemy, a chapter that looks at reinventing classic dishes, and finally Stage 3: Creativity, a stage that enables the reader to explore their own creative style to create unique dishes.

Kitchen Creativity distils brilliant insights into the culinary creative processes and Page enables her readers to take their kitchen creativity

to new heights.

***Catching Fire: How Cooking Made Us Human* by Richard Wrangham**



Richard Wrangham highlights the transformation of the human race and how cooking is a catalyst in human development and even evolution. Taking his readers through the extensive argument that raw to cooked influenced social changes and enabled a structure in human society to form.

Wrangham looks back at cooking and it's link to the contemporary ideals we share today such as the basis of marriage, social division and human attachment. "My interest in cooking comes largely from trying to understand reasons for similarities and differences between the behaviour of chimpanzees and humans".

Fine dining at home

We're all missing the restaurant experience at the moment, but there are plenty of businesses who have adapted their services to bring you delicious fine dining at home. You don't have to fully miss out on the London restaurant experience, order in and get some inspiration from a great range of chef curated menus.

From ready to eat menus to cook it yourself meal kits, there are loads of ways to bring restaurant quality food to your doorstep. We've put together a guide to some of the best places in London now offering delivery services. Follow the link below to view our recommendations.

View our recommendations: lcbl.eu/gl47i

Recipe of the month

Make something deliciously decadent this Valentine's day with our recipe for Vegan and Gluten-Free Dark Chocolate Brownies with Raspberry Hibiscus Gel, Citrus Meringue and Chocolate Soil.

#LeCordonBleuAtHome

Ingredients

Brownie

200 g dark chocolate

80 g soft brown sugar

2 bananas

100 g ground almonds

30 g cornflour

5 g bicarbonate of soda

1 pinch salt

40 g whole almonds, blanched

50 g whole pecan nuts

Meringue:

125 g aquafaba

150 g caster sugar

3 g lemon juice

zest of 1 lemon

Chocolate soil

100 g caster sugar

75 g dark chocolate, chopped

20 ml water

50 g whole hazelnuts

Raspberry hibiscus gel

300 g frozen raspberries

2 g dried hibiscus

water

20 g caster sugar

2 g agar agar

Decoration

fresh raspberries

tempered chocolate

edible Viola flowers

Method

Brownie

1. Melt the dark chocolate. Blend the sugar and banana together into a purée, then combine with the chocolate in 3 inclusions.
2. Add the ground almonds to the mixture, followed by the rest of the dry ingredients until thoroughly combined. Lastly, add the whole nuts.
3. Place into a baking pan and bake for 20 minutes at 180°C. Chill well before cutting.

Raspberry hibiscus gel

1. Gently heat the raspberries until mushy, then sieve the juice using a muslin cloth.
2. Infuse the juice with the hibiscus and pass through a sieve.
3. Make up the quantity to 200 g using some water.

4. Combine sugar and agar agar to the hibiscus-infused juice and bring to a boil.
5. Allow to set on a flat dish, then cut into shapes as required.

Meringues

1. Whisk the aquafaba until foamy and stable, then add the caster sugar and whisk until firm.
2. Add the lemon juice and zest and fold in delicately.
3. Pipe onto silicone paper and bake at 110°C for 40 minutes or until dry throughout.
4. Store in an airtight container until use.

Chocolate soil

1. Cook the sugar and water in a pan to 130°C.
2. Add in the chopped chocolate and whisk immediately off the stove until fine crumbs form.
3. Store in an airtight container until use.

Decoration

1. Decorate with fresh raspberries, tempered chocolate, and edible Viola flowers.

Get Social

Tag us on Instagram and get featured in Le Petit Journal

@lecordonbleulondon

@pate__sucree

@whiskybusiness.official

@eliithebaker

@helinfoodphotography

@la_frenchette

@next_favorite_food