LE CORDON BLEU®
LONDON

Le Petit Journal

Le Cordon Bleu London Student Newsletter • January 2021 edition

Coming up this month

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 a month, 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 8th February and the winner will be announced on Instagram.

Download the guidelines and enter: lcbl.eu/a94

New programme

DIPLOMA IN PÂTISSERIE INNOVATION AND WELLNESS

Starting September 2021

We are pleased to announce a new advanced pastry course available in London. The Diploma in Pâtisserie Innovation and Wellness has been designed for experienced pastry chefs and students to further improve their skills and knowledge, with a focus on health and wellness.

Find out more: lcbl.eu/a6m

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 January:

- **Food in Art**

10 weeks • starts 18 January

- **Food Photography**

10 weeks • starts 18 January

- **Food Writing for Publication**

10 weeks • starts 18 January

▸ **Gastronomy and Nutrition**

4 weeks • starts 25 January

Discover all our online courses: lcbl.eu/gl46f

Dates for your diary

January 2021

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	31

- 1 - 31 Veganuary
- 1 New Year's Day
- 6 Epiphany
- 25 Burns Night
- 27 International Chocolate Cake Day
- 30 International Croissant Day

Last Month's Highlights

GUEST CHEF EVENT WITH MAGNUS NILSSON

On Friday 4th December, Magnus Nilsson joined us for a online guest chef conference in conversation with Joe Warwick and Nitin Radhakrishnan, in partnership with Phaidon.

Magnus Nilsson is best known for his role as Head Chef at one of the worlds greatest restaurants; Fäviken in Sweden, which he closed at the peak of its success in 2019. It is therefore quite fitting that we were joined by food writer, Joe Warwick, who is also one of the founders of The World's 50 Best Restaurant Awards and a friend of Magnus'. The author of *Where Chefs Eat* was joined by Le

Cordon Bleu London's Nitin Radhakrishnan as co-host. The event included a Q&A session, which offered attendees the fantastic chance to have their culinary questions answered directly by both Magnus and Joe.

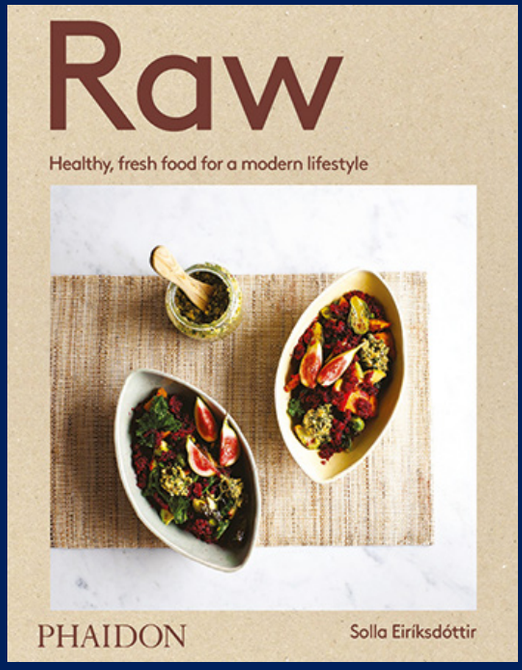
LE CORDON BLEU LONDON GRADUATION CEREMONY

On 8th December 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 four groups, with separate morning and afternoon ceremonies.

Academic Director Chef Loic Malfait led the proceedings, with graduating Diplôme de Cuisine student speaker, Esther Temiloluwa Bamkole, delivering an inspiring speech to her fellow graduates. To make the occasion even more momentous, students received special messages via video from celebrated chef Michel Roux Jr. and Le Cordon Bleu London alumni, chef Josh Katz. The graduates were also able to enjoy a small socially distant reception following the ceremony.

▸ **Watch the graduation ceremonies lcbl.eu/a95**

Le Cordon Bleu's must reads

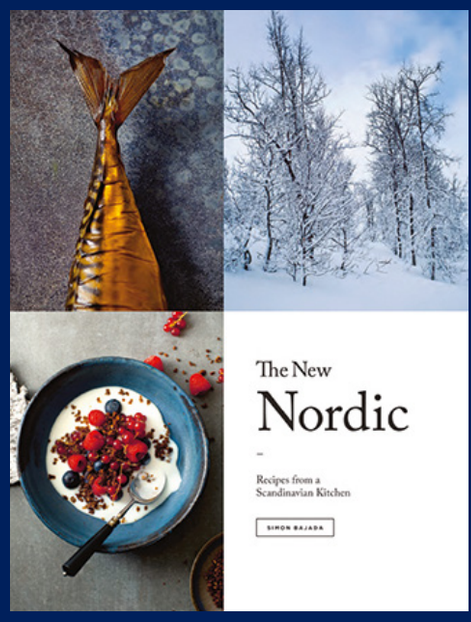


***Raw: Recipes for a Modern Vegetarian Lifestyle* - by Solla Eiriksdottir**

Solla Eiriksdottir's *Raw* is a collection of 75 healthy and delicious recipes that are beautifully written and easy to follow. *Raw* offers fresh and delicious flavours with dishes like Pistachio and Kale hummus and Ginger Pears. Each one having been trialed at Solla's successful restaurant, Glo, Iceland's most popular vegetarian and raw-food restaurant.

The book was inspired by Solla's own plant-based diet, and each recipe conveys her passion for beautiful and healthy food. This, along with the book's layout and design makes it a must-have for your kitchen!

***The New Nordic* - by Simon Bajada**



The New Nordic is a celebration of rich Nordic cuisine, influenced by the profound food history of Denmark, Sweden, Norway, Finland and Iceland. It's author, Simon Bajada is a chef, writer, food stylist and food and lifestyle photographer.

The New Nordic is not only a culmination of earthy, clean and subtle recipes, but one that captures the beauty of Scandinavian ingredients through the photographs within the recipe book. Simon Bajada

describes his book as “An overdue appreciation” of Nordic culinary tradition.

Restaurant Review

ABENO OKONOMI-YAKI RESTAURANT

by Kelly Pelotte,

Le Cordon Bleu London Team

Ambience/Service: ★★★★☆

Food: ★★★★☆

Value for money: ★★★★★

Overall rating: ★★★★☆

Abeno, Europe’s first specialist Okonomi-Yaki Restaurant established in 1993, completely won London over with their savoury cabbage omelette-pancakes cooked in a convivial atmosphere right in front of you on a teppanyaki grill table.

We began with a selection of traditional Japanese home-cooked starters from the Kansai region with: Kari-Kari Renkon (deep-fried lotus root chips with Cornish sea salt), Ebi Itame (prawn sautéed with a garlic soy sauce), Yaki-Gyoza (six gyoza bursting with broccoli, prawn and lotus root) accompanied by an 'Ume' (Japanese plum) drink from Nakata.

We then moved to the main with the reputable 'Okonomi-yakis' (with a base of cabbage, egg and dough with spring onions, ginger and morsels of 'tempura' batter) which can suit vegetarians or meateaters, as the toppings can be chosen to your liking. So, here were our Okonomi-yaki choices: Osaka Mix (pork, kimchi and prawn), Tokyo Mix (pork, squid and prawn), Inaka Mix (Konnyaku; a traditional ingredient made from yam and seaweed, and corn). We certainly recommend that you save some space for the dessert. We opted for a subtle hot and cold Wafu dessert served with Adzuki Beans (Anko), Matcha Ice-Cream and Sweet Shiratama Mochi. Perfect for the winter season!

It is worth mentioning that all of their meats and the majority of their ingredients are organic and ethically sourced. They are also members of the Sustainable Restaurant Association.

We overall had a delightful dining experience, and definitely recommend Abeno as an authentic Japanese cuisine must-try. The restaurant is just a few steps away from the Le Cordon Bleu institute.

Check the website for availability and COVID-19 guidelines: **abeno.co.uk**.

Recipe of the month

With Veganuary upon us, why not try our delicious Kohlrabi, Pear, Elderflower Vinegar and Lemon Verbena recipe?

#LeCordonBleuAtHome

Ingredients

Serves 2

1 large (500 g) kohlrabi
2 g salt

Dill oil

Lemon verbena broth
500 ml water
300 g white onions, sliced
8 g salt
15 g sugar
15 g lemon verbena
zest of ½ a lemon
8 g Chardonnay vinegar
0.3 g citric acid

Pear filling
1 pear, ripe
10 g elderflower vinegar
salt
150 g dill, leaves picked
150 g spinach leaves, picked
50 g olive oil
200 g vegetable oil
salt

Lemon oil
50 g lemon juice
50 g water
50 g sunflower oil

Garnish
1 punnet pea shoots
1 small fennel bulb

Method

Lemon verbena broth: Put the water, sliced onions, salt and sugar in a pan. Bring to a simmer, stir through the remaining ingredients then remove from the heat immediately. Cover and steep for 30 minutes then once the broth is at room temperature, pass through a chinois and chill in the refrigerator until ready to assemble.

Kohlrabi: Peel then slice the kohlrabi on a meat slicer or mandolin to 1 mm thick. Sprinkle over the salt and vacuum fully, then set aside for 20-30 minutes to soften.

Dill oil: Blanch the dill and spinach leaves by boiling in salted water for 30 seconds. Then refresh the leaves in ice cold water and squeeze out excess water until thoroughly dry. Place the leaves in a food processor and with the motor running, slowly add the oils and blend until steaming hot. Pass the dill oil through a muslin cloth then refrigerate.

Lemon oil: Whisk the lemon juice, water and oil together.

Pear filling: Peel and dice the pear. Dress with the elderflower vinegar and salt.

Garnish: Slice the fennel very thinly using a meat slicer or mandolin. Place in ice water, this will help it stay crisp.

Assembly: Lay out the slices of kohlrabi and overlap by 2 cm, then fill with the pear mixture. Roll into a sausage shape then place in the centre of a cold bowl.

Drain the fennel then pat dry and lay on top of the kohlrabi. Dress the pea shoots in the lemon oil and lay on top of the fennel.

Pour the cold lemon broth around then add a few drops of dill oil to the broth. Serve immediately.

Get Social

Tag us on Instagram and get featured in Le Petit Journal

@lecordonbleulondon

@la_frenchette

@next_favorite_food

@queerascake

@misssuricupcakes_

@eliithebaker

@lucymays_delights

@mealsbymanisha

@moka.chef

@eugeniafood_

@victoriagilmorebakes

@lespatisseriesbyalina

@katarinanektarina