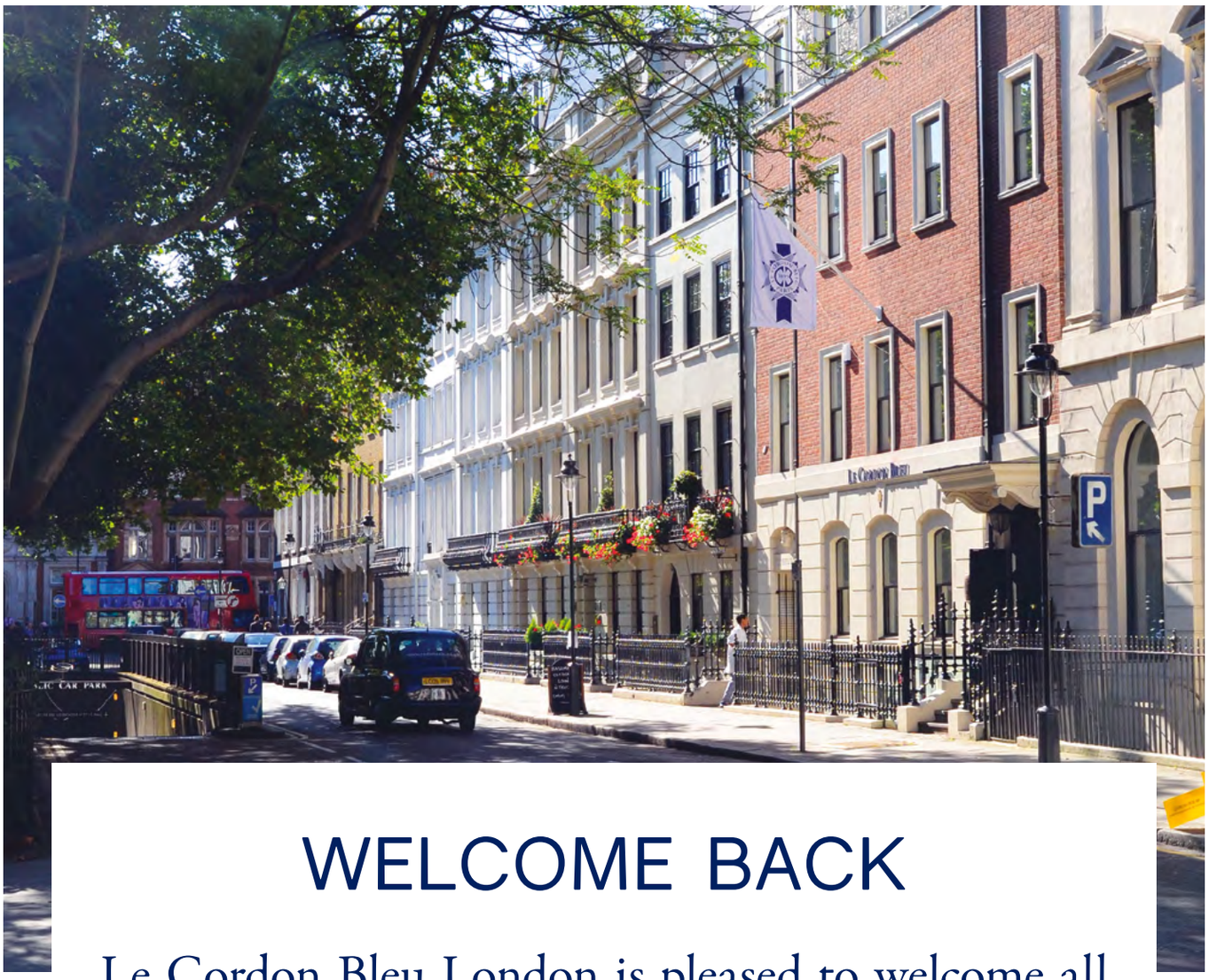
LE CORDON BLEU®
LONDON

Le Petit Journal

Le Cordon Bleu London Student Newsletter • March 2021 edition

Coming up this month



WELCOME BACK

Le Cordon Bleu London is pleased to welcome all our students back to the institute.

Under new government guidelines we are excited to be reopening for in person classes, and we're sure you're all ready and raring to get into the kitchens and classrooms.

Naturally additional safety measures will be in place, and we want to remind you to please ensure you wear a mask in the building at all times, and follow the guidelines posted around the building.

We look forward to seeing you very soon!

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 into 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

Café
LE CORDON BLEU®

STUDENT CAFÉ
CREATION COMPETITION

For the past month we have been running the Student Café Creation Competition, and we were thrilled with all the fantastic entries we received. Thank you to everyone who took part.

We are pleased to announce that the winner of the competition is **Annabelle Davis**, with her **Blood Orange, Tonka Bean and Pistachio Petit Gâteau**. Annabelle's recipe was awarded first place by Chef Julie Walsh, for her use of seasonal fruits paired with a wide range of classic techniques.

You will be able to buy Annabelle's Petit Gâteau recreated by our chefs from Café Le Cordon Bleu this month.

You can find out more about the winner and the runners up here: lcbl.eu/gl50e

New treats from the Café!

Alongside all your favourites from Café Le Cordon Bleu, we have some brand new treats added to the menu this month. Fill up at lunch time with our version of a classic Le Cordon Bleu dish, the Coronation Chicken Salad or sink your teeth into a made to order Baguette Filled with Slow Roasted Angus Beef Sirloin, Rocket, Sundried Tomatoes and Horseradish Mayonnaise.

If you want a quick bite or something sweet, why not grab a Plant-Based or new Cinnamon Croissant?

DID YOU KNOW?

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

Dates for your diary

March 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				

- 14 Mother's Day
- 17 St Patrick's Day
- 28 British Summertime Begins

Last month's highlights

GUEST SPEAKER SERIES

Continuing our guest speaker and chef demonstrations series, last month we enjoyed a fantastic calendar of events. 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.

We started the month with guest speaker John Williams MBE, Executive Chef at the Ritz. Chef John discussed a range of interesting subjects, including how he landed his job at the Ritz over 15 years ago. The following weeks featured some fantastic culinary demonstrations, starting with the team from London Stock. Assem Abdel Hady, Andres Bernal and Nico Fitzgerald are all Le Cordon Bleu London alumni, so it was a real treat to have them back to talk about their experiences and to demonstrate some excellent dishes from the restaurant. The following week's demo was from Michael Kwan, Head Pastry Chef at Hotel Café

Royal. Chef Michael presented three recipes for delicious afternoon tea treats, exhibiting a range of interesting pâtisserie techniques. Finally, the month was rounded off nicely with guest speaker Alain Roux, Chef Patron of The Waterside Inn and holder of three Michelin Stars.

Le Cordon Bleu Alumna Q&A

Hortense Vene Graduated in December 2020 with a Grand Diplome. Since then she has been running her own food delivery service from home, La Frenchette. We caught up with her to find out what life has been like since graduating.

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

I felt a bit lost, actually very lost... When you've spent 10hours a day at school for the past 9 months, it's suddenly very strange to be at home with nothing to do. After one or two days of panic, I was able to sit down and think about what I really wanted to do.

Unfortunately, after graduating we entered in a new lockdown in London, so there was no opportunity to work in a restaurant for now. Fortunately, I had started my small business during the first lockdown in April, so I thought it was the perfect time to give it a go and try to make it work.

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

There are so many, one very important one being organisation. When you start working from your own kitchen at home, you're very grateful for what the Chefs have taught you in terms of organisation and hygiene. Without this, you just cannot be efficient enough to run a business. Also, to use the best ingredients, to always try what you're going to serve to a client, to value your work and to work hard, until you're proud of what you serve.

What have you been up to since graduating?

I graduated in December. I took few weeks of break back in France. When I came back to London in January it was time for Galette des Rois (Three King's Cake). It's a very important tradition in France and I thought I'd bring it to London. For the French community living in London of course, but also for everyone else who wanted to try it. I made and delivered 63 galettes in 3 weeks. Can't even tell you how much puff pastry I have hand rolled!! I am working on more projects to come.

What made you decide to start your own business?

I decided to start my business during the first lockdown in April. After a few days of being locked at home, I realised the only thing I wanted to do was cook, and I thought maybe people would like to buy my food if I'd deliver straight to their door so they don't have to go out. It started on the day of my birthday, I had my first order, I was so excited! It's been running since then. Even during the Superior term at LCB I had some orders. I have to say it was quite challenging!

Where do you see yourself in 5 years?

In London, in my house, with my dream (huge) kitchen. I would love to keep working from home and delivering to Londoners. Maybe in 5 years' time I would have a delivery service so I don't do it all by myself. If I think a bit bigger, maybe having a small boutique down the street with a pretty storefront, offering simple, good and healthy food for your lunches and dinners, with a few cakes, but nothing too big.

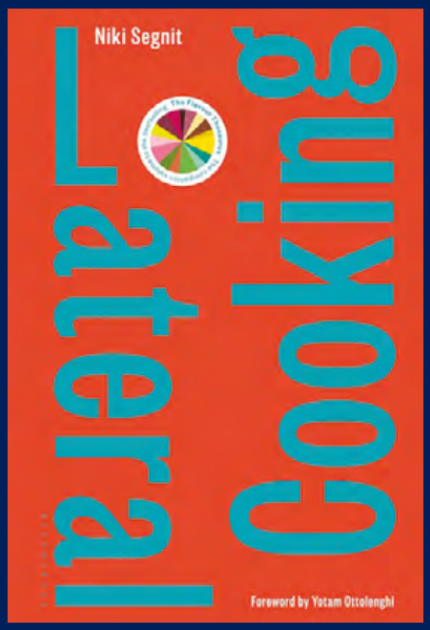
What do you miss the most about being a student at LCB?

I miss EVERYTHING... The Chefs, the professional kitchens, the amazing suppliers providing beautiful ingredients every day, and especially the learning experience. We were learning so much every day. The transmission from the chef is something I miss every single day. I have so many questions I'd like to ask them each time I cook and work on a recipe.

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

A school of prestige. Le Cordon Bleu gave me all the tools to become a great chef, now it's up to me to make it worth it and work hard to create something out of it.

Le Cordon Bleu's must reads



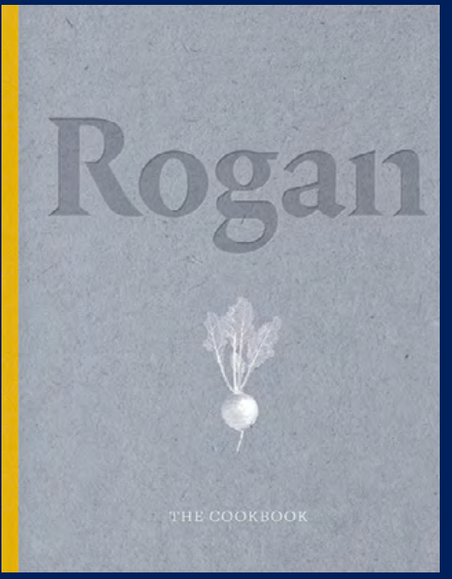
Lateral Cooking

by Niki Segnit

By the author of the award winning *The Flavour Thesaurus*, Niki Segnit's second book, *Lateral Cooking* focuses on base recipes, then for each explores possible adaptations for new flavour combinations and modern techniques. The book encourages an intuitive and truly lateral way of approaching cooking.

Rogan

by Simon Rogan



Described as a true culinary heavyweight, Simon Rogan is the mastermind and owner behind *L'Enclume*, which has been awarded 2 Michelin stars since it's opening in Cumbria in 2002. His first book, *Rogan*, combines recipes using beautiful and accessible ingredients with photography that captures the landscapes of the chef's farm in Cumbria.

Recipe of the month

Is there anything better than freshly baked bread? This fruit infused Figgy Soda Bread pairs perfectly with the sweet and salty whipped honey feta for a delicious brunch or lunchtime treat.

#LeCordonBleuAtHome

Ingredients

Figgy soda bread

Whipped honey feta

90 g dried, ready-to-eat figs, chopped

4 g fresh rosemary, chopped

1 black teabag

80 g boiled water

120 g wholemeal flour

65 g plain flour (T55)

8 g baking powder

5 g salt

30 g butter, cold

45 g rolled oats

35 g honey

100 g buttermilk, plus extra if needed

190 g feta

10 g runny orange blossom honey

20-50 ml single cream

* Season with salt and pepper

Method

1. **Figgy soda bread:** Preheat the oven to 170°C.

2. Put the figs, rosemary and teabag in a bowl and pour over the boiled water. Set aside to cool down and infuse. Remove the teabag once the mixture is cold.

3. Sift the flours, baking powder and salt together in a large bowl. Add the butter, then rub in with your fingertips to a breadcrumb consistency.

4. Stir in the rolled outs, then slowly mix in the honey, buttermilk and cooled tea mixture until you have a smooth dough. Add extra buttermilk if the dough looks dry.

5. Shape the dough into a round loaf, cover with clingfilm and rest for 5 minutes.

6. Lightly dust the loaf with flour, then place on a lightly floured baking tray. Using a sharp knife, cut a large cross into the centre of the loaf.

7. Bake for 12 minutes, then reduce the oven to 170°/150 °C fan and bake for 12-18 minutes, until risen and golden. Leave to cool slightly on a wire rack.

8. **Whipped honey feta:** Crumble the feta into a large mixing bowl. Add in the honey and 20 ml cream and whisk until smooth and creamy, add the remaining cream for a smoother consistency. Taste and add salt and pepper if needed.

9. Cut the soda bread into slices. To serve, spread warm slices with whipped feta and a drizzle of honey.

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