LE CORDON BLEU®
LONDON

Le Petit Journal

Le Cordon Bleu London Student Newsletter • May 2021 edition

Coming up this month

GUEST CHEF DEMONSTRATION WITH NEIL CAMPBELL

Monday 24th May

4:30pm (UTC) | Online webinar

This month we will be joined by Chef Neil Campbell for a special guest chef event. Neil is Head Chef at Rovi, the newest restaurant from Le Cordon Bleu alumnus Yotam Ottolenghi. The restaurant serves a menu which focusses on vegetables, with a fresh focus on fermentation and cooking over fire.

For this event, Chef Neil will be discussing sustainable cooking with a focus on kitchen gardens, vegetable led dishes, waste reduction and the use of fermentation.

Save the date for this exciting demonstration in your diary

GRADUATION

Saturday 15th May 2021 &
Wednesday 26th May 2021

We are excited to celebrate the achievements of our hardworking students this term at graduation. Celebrate with your fellow alumni and Le Cordon Bleu Master Chefs, and share the event digitally with family and friends.

Diplôme de Cuisine, Diplôme de Pâtisserie, Diplome de Boulangerie and Diploma in Culinary Management students will graduate on Saturday, 15th May, with Diploma in Plant-Based Culinary Arts students graduating on 26th May.

PHOTO COMPETITION

Send us your favourite photo from your time at Le Cordon Bleu in **high-resolution**, along with **your full name and group**. The best picture will be awarded a special gift.

Competition closes **5pm on 7th May**. Send your photo to:
Kelly: kpelotte@cordonbleu.edu

New treats from the Café!

Café Le Cordon Bleu®

The outdoor seating area is open at Café Le Cordon Bleu, and there are some delicious new drinks for you to enjoy al fresco this month. If you need to cool off, try the delicious citrus ice mocha or refreshing rhubarb cooler, and if it's chilly, you can get cosy with a smooth cremino with vanilla or a vibrant turmeric-spiced latte.

DID YOU KNOW?

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

Dates for your diary

May 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						

- 03 Early May Bank Holiday
- 15 Graduation
- 24 Guest Chef Demonstration: Neil Campbell
- 31 Spring Bank Holiday

Last month's highlights

GUEST CHEF: ALUMNA OLIVIA BURT

As part of our Guest Chef Alumni Series we were joined for a live streamed guest chef demonstration with Le Cordon Bleu alumna, Olivia Burt. Olivia graduated in 2015 with a Grand Diplôme®, having split her studies between London and Paris. She went on to gain experience working at luxury, 5-star London hotel, Claridge's, as well as reaching the finals of both the Roux Scholarship and the BBC's MasterChef: The Professionals.

Now, Olivia has taken on the role of Head Chef at Stanley's in Chelsea, located just off the King's Road serving dishes using British seasonal produce which showcase the best of British ingredients in a relaxed contemporary style.

Olivia's demonstration took place in the teaching space at Le Cordon Bleu's CORD restaurant. She prepared a dish of scallops with a miso cream sauce accompanied by pickled cucumber. Throughout the event, Olivia took questions from the online audience on subjects from women in the hospitality industry to what it's like to take part in a televised cooking competition.

If you would like to view a recording of this exciting demonstration click here: **lcbl.eu/gl53g**

Restaurant Review

Ambience/Service: ★★★★☆

Food: ★★★★★

HARRY'S BAR

by Freya Perryman,
Le Cordon Bleu London Team

Value for money: ★★★★☆

Overall rating: ★★★★☆

Shopping and eating out are back on the menu now, so if you're looking to make a day catching up on both, the charming pedestrianised streets of St Christopher's Place are perfectly placed, tucked away just off Oxford Street.

The area is teeming with great restaurants, so you'll be spoilt for choice when visiting the area. For our visit, we decided you can't go far wrong with good quality Italian food, and Harry's Bar on James Street offers traditional dishes for breakfast, lunch and dinner.

We booked a table for three at lunchtime on a sunny, though chilly, Thursday afternoon. Of course, for the moment it is al fresco only, but Harry's Bar has an expansive terrace area, equipped with parasols and outdoor heating, so you're covered rain or shine.

We started off with a refreshing Aperol Spritz whilst perusing the menu, a safe choice but a firm favourite and ideal for a lunchtime tipple, and a dish of mixed olives to whet our appetites. The a la carte menu offers numerous courses including cicchetti, antipasti, pizza, pasta and risotto, secondi and contorne. As we were looking to have a quicker lunch, we skipped the antipasti and went straight for a main, ordering the Pizza Funghi, Pasta Verde and Taglioni de Granchio.

The dishes were everything you want from good Italian food, good quality ingredients, simply and beautifully presented. Portions are generous but not oversized, so you feel like you're getting value for your money whilst leaving a little room for dessert.

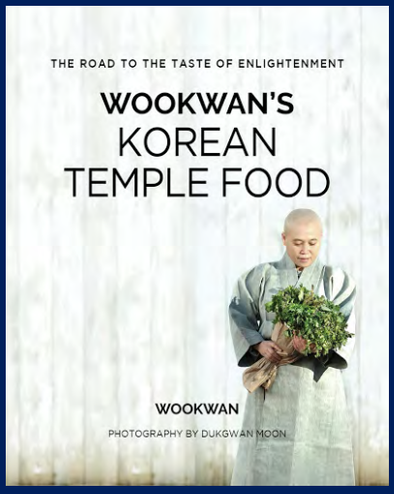
The dessert menu is impressive, with a good choice of traditional desserts gelato, tiramisu and cannoli. We opted for the simply delightful Affogato al Caffe and the extra special Harry's Toadstool – whimsically presented white chocolate, fresh raspberries, mascarpone mousse, iced vanilla parfait and pistachio biscotti crunch served with warm pistachio sauce. One of the more expensive desserts, but well worth it if you're looking for something tasty that will look good on social media.

Harry's Bar has the potential to be quite expensive for a lunchtime choice, but the food is worth it, and the relaxing atmosphere is a welcome break from the bustle of Oxford Street.

Menus and bookings: **harrys-bar.co.uk**

Le Cordon Bleu's must reads

If students would like to borrow a book, please contact **london-library@cordonbleu.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.



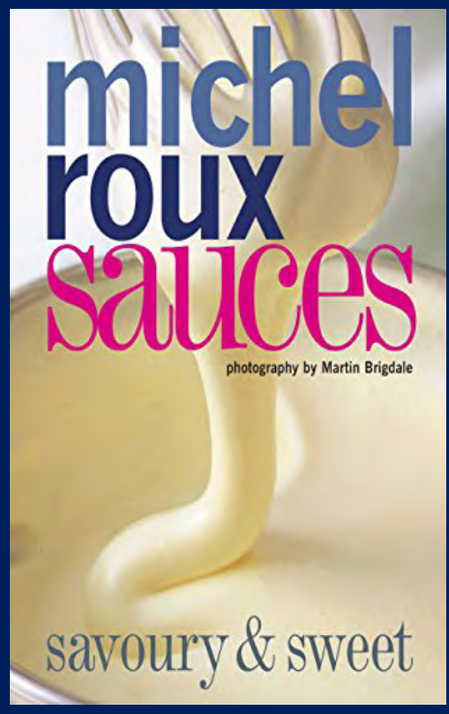
Wookwan's Korean Temple Food

by Wookwan

Korean Temple Food is a beautiful collection of the food eaten at Buddhist temples. Reflecting on their practices and transferring these ideals into their cooking. The book is split into four seasons in order to highlight the Buddhist's ideals of sustainable eating. The recipes provide readers with the flavours of Korean cuisine. Each recipe applies a trained chef's skill while presenting recipes with clean food and sincere practices. The book gives an insight into the practices of the Buddhist monks and nuns and shows how eating and cooking is connected to their spiritual practice.

Sauces

by Michel Roux



Michel Roux guides his reader through a variety of sauces both savoury and sweet. From stocks and marinades to vegetable coulis, *Sauces* is an extensive and in depth look into making exquisite sauces to heighten classic and modern dishes. "I first discovered the magic of sauces as a 14-year-old apprentice, it was then I learnt to master the classic sauces, which play such an important role in French cuisine".

Recipe of the month

This recipe takes advantage of some wonderful seasonal British ingredients. Lamb is in peak season now, so you should be able to get some top-quality local meat for this traditional French dish of lamb noisettes.

#LeCordonBleuAtHome

Ingredients

Serves 4

Sautéed lamb noisettes

2 racks of lamb with 8 ribs or 1 x 1.2 kg saddle* or 8 × 60 - 80 g lamb noisettes

20 ml vegetable oil

salt and ground pepper

1 rosemary sprig

1 garlic clove, skin on

'Maxim' potatoes

500 g baking potatoes, washed

clarified butter

Sauce

100 ml white wine

500 ml veal or lamb stock

1 rosemary sprig

Asparagus

1 bunch green asparagus

coarse sea salt

Decoration

red chard leaves

salt and ground pepper

Method

1. **Sautéed lamb noisettes:** Debone the lamb racks or saddle. Trim the fillets leaving a fine layer of firm white fat around the eye meat. If desired, the fat may be removed completely. Cut each fillet into four even pieces, to obtain 8 lamb noisettes. Secure each noisette with kitchen twine and refrigerate. The bones can be used to prepare a classic lamb stock or jus.

2. Preheat the oven to 150°C and line a baking tray with parchment paper.

3. **'Maxim' potatoes:** Peel the potatoes and slice 2 – 3 mm thick. Do not rinse or hold in water. Use the cutter to cut out 48 discs. Arrange 12 discs in an overlapping symmetrical ring. Brush lightly with clarified butter. Repeat for each serving, cover with parchment paper, and place a baking sheet on top. Cook in oven for 30 minutes. Remove the baking sheet and parchment paper. Reduce oven heat to 120°C, and cook the potatoes until golden brown, about 20 minutes. Season.

4. Increase the oven temperature to 180°C. Heat oil in a large frying pan and season the lamb. Place the lamb, rosemary

and garlic cloves in the frying pan. Brown the noisettes on all sides, about 5 minutes. Discard rosemary, transfer lamb and garlic to a baking sheet. Roast in oven until cooked, about 5 to 10 minutes. Rest in a warm place.

5. **Sauce:** Degrease the frying pan by blotting with kitchen paper. Add the white wine, reduce by two thirds. Add stock and rosemary; reduce until it coats the back of a spoon. Strain through a fine-mesh sieve.

6. **Asparagus:** Wash and trim asparagus spears. Bring a large saucepan of water to a boil and add a pinch of coarse salt. Blanch asparagus for 2 to 3 minutes. Drain.

7. **To serve:** Place asparagus in the center of the plate. Place 2 lamb noisettes on either side. Carefully cut the garlic skin to expose the clove and place on the lamb. Arrange the Maxim potatoes at an angle. Spoon some sauce over the lamb and around the plate and garnish with red chard leaves.

Get Social

Tag us on Instagram and get featured in Le Petit Journal

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