LE CORDON BLEU®
LONDON

Le Petit Journal

Le Cordon Bleu London Student Newsletter • September 2021 edition

Coming up this month

JONGGA KIMCHI COOK OFF

17th-25th September 2021

If you love cooking with kimchi or are looking for an excuse to get creative in the kitchen, we are excited to announce a fantastic competition from global kimchi brand Jongga and Le Cordon Bleu London. We have partnered with Jongga to bring you the Kimchi Cook Off, a cooking contest which challenges entrants to create innovative recipes encompassing the traditional Korean dish.

If you want to take part, you can submit your kimchi themed recipes online between the 17th and 25th September. Ten finalists will be chosen to go on to the final, held at Le Cordon Bleu London on 5th October. A total of £10,000 worth of prizes is up for grabs for the winner and three runners-up!

Find out more and enter via the link below

lcbl.eu/gl58t

A CAFÉ WITH ALUMNI: ROMINA AMIRI

Monday 6th September 2021

For the next edition of our alumni interview series, Ana from Le Cordon Bleu London's team will be chatting to Romina Amiri. Romina graduated with a Diploma in Gastronomy, Nutrition and Food Trends earlier this year, and will share her experience of what it's like to study this course with us. A Café with Alumni is a series of short video interviews giving a real insight into what it's like to study on the various courses provided at our institute, and first-hand experience of being a Le Cordon Bleu student.

KRISTIN SYLTEVIK IN CONVERSATION WITH MATTHIEU LONGUÈRE, MS

Thursday 9th September 2021 | 6pm

On 9th September we are hosting a virtual guest speaker event with Wine Development Manager Matthieu Longuère MS in conversation with Kristin Syltevik, owner of Oxney Organic Estate. Based in East Sussex, Oxney is the largest single-estate producer of English organic wine, and Kristin will be sharing her expertise on organic viticulture and low intervention winemaking. Sign up now to attend this event.

Book your place now lcbl.eu/ao1

STUDENT CAFÉ CREATION COMPETITION

The Café creation competition is now closed, and we'd like to take the opportunity to thank everyone who entered. We received some fantastic entries, making it a tough job to choose a winner!

A winning dish will be announced later this month, once the recipes have been tried and tasted by the café team and Chef Julie Walsh. Keep an eye out on social media for the announcement.

Programme Spotlight

DIPLOMA IN WINE, GASTRONOMY AND MANAGEMENT

Starting 30th September 2021

Developed by renowned wine professionals, this diploma is a full-time wine business management course that fully prepares you to succeed in the world of wine with an operational and strategic approach to the food and drinks business. This course will provide you with an in-depth knowledge of wine, its integration with gastronomy and their management within a commercial environment.

Book your place now lcbl.eu/7gi

THE DIPLOMA IN GASTRONOMY, NUTRITION AND FOOD TRENDS

Starting 8th October 2021

Designed to support the growing interest in health within restaurants, cafés and retail, the Diploma in Gastronomy, Nutrition & Food Trends is a 3 month gastronomy course based on the principles of nutrition and food science, and their application within culinary arts in alignment with current future food trends.

Book your place now lcbl.eu/gl58n

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 September:

- **Gastronomic Tourism**
  10 weeks • starts 27th September

- **Entrepreneurship in Food Business**
  10 weeks • starts 27th September

Discover all our online courses: lcbl.eu/gl46f

New treats from the Café

Café
LE CORDON BLEU®

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

- Cardamom bun
- Pain au chocolat
- Plant-based croissant
- Walnut and pecan sourdough

DID YOU KNOW?

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

Dates for your diary

September 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			

2 - 6 Zero Waste Week

6 A Café with Alumni | ***Diploma in Gastronomy, Nutrition and Food Trends***

9 Kristin Syltevik in conversation with Matthieu Longuère, MS

17 - 25 Jongga Kimchi cook off

23 MSc Graduation

18 British Food Fortnight (last for 2 weeks)

20 World Paella Day

Last month's highlights

WINE IN CONVERSATION WITH CARL EL KHOURY AND MATTHIEU LONGUÈRE, MS

We were delighted to be joined by Le Cordon Bleu graduate Carl El Khoury for an online guest speaker wine event on Thursday 29th July. In converstation with Le Cordon Bleu London's Wine Development Manager Matthieu Longuère, this online event coverd plant-based food and wine pairings which were selected by Carl.

See the video recording of the event with questions answered from the online audience alongside the main discussion

youtu.be/vAE_SD-KbPo

A CAFÉ WITH ALUMNI: SEBASTIAN RAST

In the first episode of this new interview series we caught up with former Le Cordon Bleu London student Sebastian Rast, who graduated with our most prestigious culinary qualification, the Grand Diplôme®. Sebastian shares his experience of studying this comprehensive culinary programme, how it's prepared him for the working world and his advice for anyone looking to follow in his footsteps.

View the video here lcbl.eu/gl58m

Restaurant Review

BOBO SOCIAL

by Freya Perryman, Le Cordon Bleu London Team

Located a stones throw away from Elephant & Castle station, next to trendy Elephant Park, Bobo Social is a stylish casual dining spot serving up breakfast, lunch, dinner and brunch on the weekends.

The menu offers small plates and classic cocktails for long catch ups with friends, or larger dishes if you're settling in for dinner.

Dishes are made from fresh, local ingredients which means the menu evolves with the seasons. There is also the choice of set menus or canape platters if you just want to savour a bottle of wine with something to graze

on.

We visited for dinner, opting to dine al fresco on a pleasant July evening. The staff were welcoming and attentive, advising on the best cocktails to suit our tastes. We went for The Last Mexican featuring chilli-infused Mezcal, Jamaican Me Hot with Appleton Rum and Fireball Whisky and a fruity vodka cocktail aptly called One Day In Summer. The cocktails are a must try, and if you like it hot and zesty, the Jamaican Me Hot is beautiful.

Ordering a la carte, to start we went for a collection of classics, sharing the burrata accompanied by homemade rustic bread, smoked salmon blinis and chilli salt squid; all delightful in their simplicity and presented very well. We recommend ordering the bread as a side. The small loaf comes served on a cutting board and is the perfect size for sharing between 2-4 people.

For our mains we chose the 16oz ribeye steak with peppercorn sauce, Korean fried chicken bao filled with gochujang slaw and the vegan mushroom and truffle burger served on a vegan brioche bun with a side of sweet potato chips. The steak is definitely only for those with an appetite, but the meat was tender and flavoursome. The bao were fluffy and filled with generous portions of crispy chicken; it's on the spicy side though so order with caution if your tolerance is low. If you're looking for a plant-based option the mushroom and truffle burger is a hit, packed with flavour in the patty and topped with lashings of fresh guacamole. Perhaps not the order for a date night though as the contents don't like to stay in the bun once you bite into it!

Unfortunately, we had no room for a dessert, but Bobo Social has a small but tempting dessert menu, featuring white chocolate and ginger cheesecake, baileys banoffee pie, homemade chocolate truffles with honeycomb sprinkles and a Carron Lodge cheese board. In addition, there is a great selection of dessert cocktails if you prefer a boozy finish to your meal.

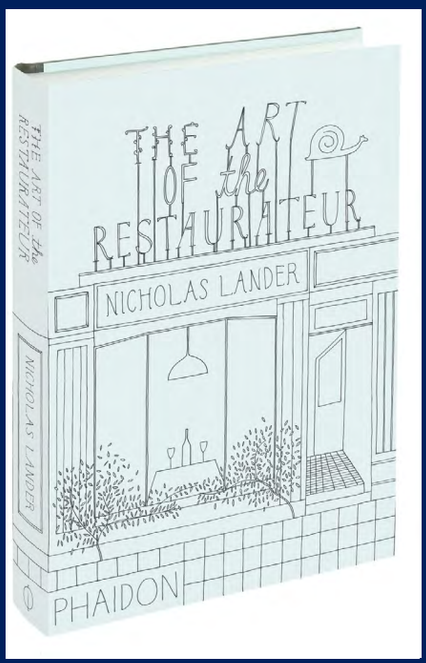
Despite the bustling nature of the area, Bobo Social is a relaxing escape from the busy streets nearby. If you rarely venture south of the river, it's definitely worth a trip to give this restaurant a try.

Bobo Social is offering a 50% off discount for Le Cordon Bleu London students (applies to food only, drinks not included). Simply mention Le Cordon Bleu London when booking a table on the website bobosocial.com valid until 30th November 2021 for students only.

Le Cordon Bleu's must reads

by Olivia Oulton, Le Cordon Bleu London Team

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.



The Art of the Restaurateur
by Nicholas Lander

The Art of the Restaurateur is a book that gives its readers an insight into the hospitality industry from the perspective of renowned restaurateurs. Former restaurateur, Nicholas Lander, divulges the stories of some of the world's best restaurants and the restaurateur's role in creating such iconic businesses. The book contains the accounts of 20 leading restaurateurs, notably Julie Soler who worked alongside Feran Adrià on the distinguished El Bulli restaurant. Lander's aim throughout the book is highlighted in his introduction: "If these stories make restaurants more successful, this book will have achieved its goal."

Get Social

Tag us on Instagram and get featured in Le Petit Journal

@lecordonbleulondon

@epicurious.sir.peaches

@lunchwithluci

@thesugaredition

@sneha_swea

@bynoouur

@achefinprogress

@chefjasonmann

@thesmilingfoodjournal

@ fem__bakes