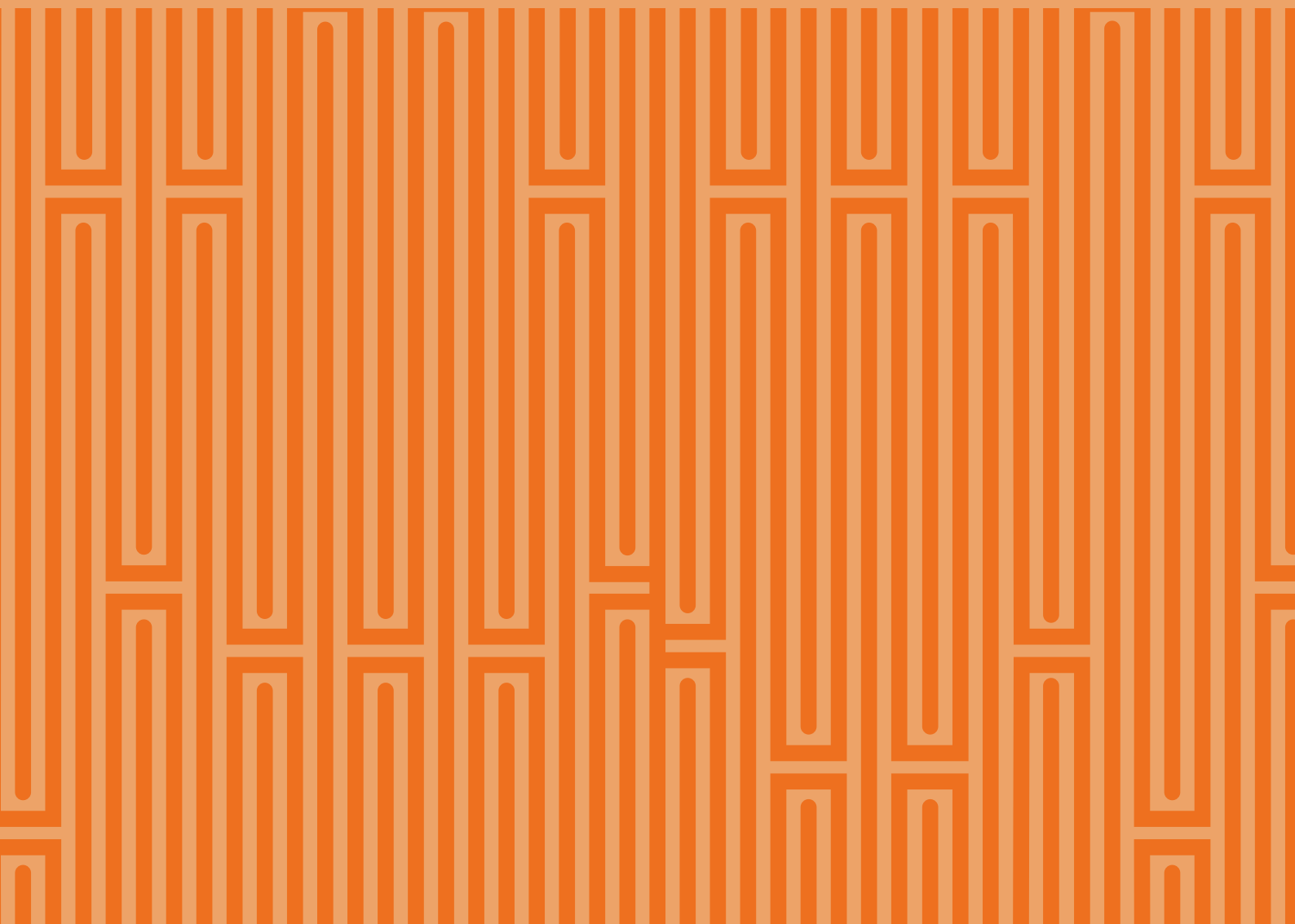


**PÂTISSERIE &
PASSION**

L'ÉCOLE DE CUISINE
G O U R M E T S





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WELCOME TO INSTITUT LYFE AND THE ÉCOLE DE CUISINE GOURMETS

The Kitchen - a place of experience, sharing, and emotion, the vibrant heart of restaurants and homes where connections have been created for millennia. Cuisine and pastry, arts of living that are both noble and demanding.

Like its founders, Paul Bocuse and Gérard Pélisson, Institut Lyfe (formerly Institut Paul Bocuse) shines globally through its values, knowledge, and talents. Located in the Lyon region, birthplace of French gastronomy, this institution is dedicated to transmission, its primary vocation. A mission it fulfills rigorously, educating thousands of ambitious students, and more.

Since December 2001, Institut Lyfe and its École de Cuisine Gourmets have welcomed special students - lifelong enthusiasts, weeklong gourmands, or evening explorers.

Transmitting the right skills, encouraging the rediscovery of exceptional products and their unique qualities, and awakening talents: this academy of a new kind invites enthusiasts to discover themselves and come together around the countless pleasures of gastronomy.



AN EXCEPTIONAL CAMPUS

The Institut Lyfe's campus is committed to a dynamic of innovation and continuous improvement to offer each student, professional, or enthusiast a unique learning experience. Our premises consist of a 17,000 m2 facility dedicated to teaching, training, and research, organized into centers of excellence serving professions, creativity, and entrepreneurship.

Among its assets, 17 kitchen-pastry labs, chocolate and bakery labs, along with 6,000 m2 of technical spaces equipped with cutting-edge technologies spread across Écully and Lyon's Bellecour area. Six application restaurants, including the prestigious Michelin-starred Restaurant Saisons, and a 5-star hotel - Le Royal MGallery, allowing an immersion into an exceptional ecosystem.





PÂTISSERIE & PASSION



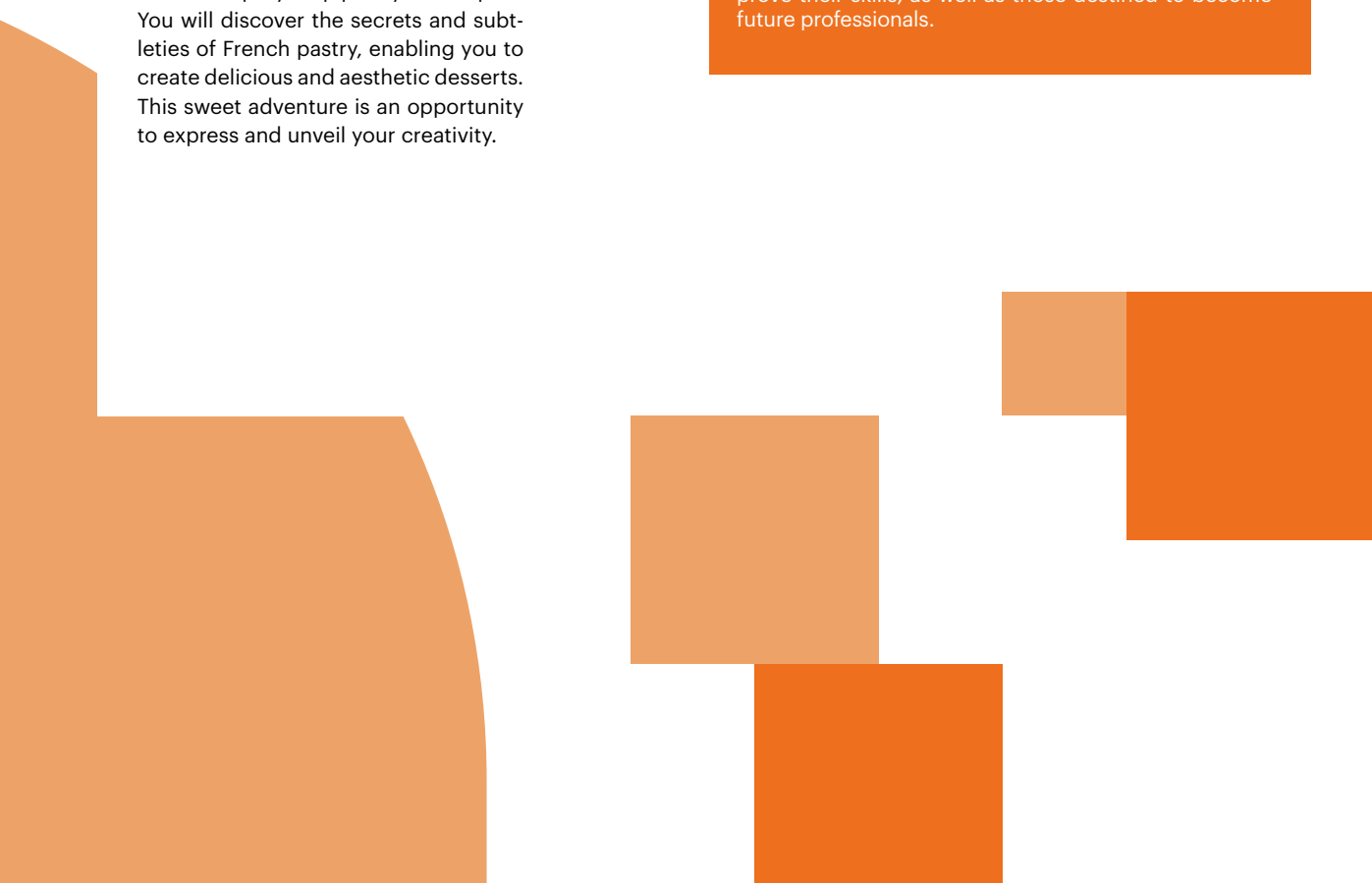
Our “Pâtisserie & Passion” program opens the doors to the technicalities and delicacy of French pastry, under the expert guidance of our Pastry Chef.

This three-week experience, far beyond a simple initiation, combines pastry demonstrations and practical applications. Small groups of 8 to 10 participants ensure quality interaction and in-depth learning.

Guided by the Chef, each week will revolve around step-by-step pastry techniques. You will discover the secrets and subtleties of French pastry, enabling you to create delicious and aesthetic desserts. This sweet adventure is an opportunity to express and unveil your creativity.

WHO IS THIS PROGRAM FOR?

This program is designed for both pastry enthusiasts eager to discover the secrets of French pastry and improve their skills, as well as those destined to become future professionals.





THE INSTRUCTOR

Charles Liets

Pastry Chef, Instructor and Consultant at École de Cuisine Gourmets de l'Institut Lyfe

His journey began at the Georges Blanc*** restaurant in Vonnas as a pastry apprentice. Then, alongside François Perret, he worked at the Shangri-La in Paris. England beckoned, and he took his first steps at the Ritz, finally settling at Harrods for 7 years as Production Chef and later in research and development, showcasing his creativity.

Passionate about photography, he excels in showcasing his pastry creations.

A finalist for the Annual Excellence Award in 2017 and a member of the British team for the Pastry World Cup 2019, Charles serves as a creative support. He naturally joined the team for the Bocuse d'Or in 2023, focusing on pastry creations.





«PÂTISSERIE & PASSION IS A RICH AND ACCESSIBLE PROGRAM, A TRUE JOURNEY INTO THE HEART OF FRENCH PASTRY.»

Charles Liets, Pastry Chef

THE PROGRAM

Over three weeks, you'll master various essential pastry techniques, from basics to the most complex recipes. All recipes are prepared, presented for tasting, and discussed with the Chef. At the end of each week you'll set up a buffet with your creations and debrief the week with the Chef.

WEEK 1: «DELICACIES» : THE GREAT CLASSICS OF FRENCH PASTRY.

Learning basic pastry techniques (preparing for advanced techniques).

1 Classic French tarts

Techniques: pastry methods, sweet paste preparation, almond cream, and ganache.

- Tarte Bourdaloue (pear and almond tart)
- Chocolate tart

2 Travel cakes

Techniques: preparing sponge cakes, proofed dough, biscuits, and syrups.

- Savoy sponge
- Rum baba with tropical fruits
- Lemon drizzle
- Classic biscuits (damiers and viennois)

3 Entremets

Techniques: biscuits and savoyardise sponge, fruit compote and jam, Bavarian cream, and glazing.

- Raspberry Charlotte
- Lunettes de Romans (raspberry biscuits)
- Vanilla ice cream

4 All about choux pastry

Techniques: choux pastry, crisp topping, rum pastry cream, vanilla Chantilly, and chocolate sauce.

- Choux double crème (mixed filled choux pastry)
- Profiteroles
- Chouquettes

5 Classic plated desserts

Techniques: soufflé mix, ice creams and sorbets, fruit coulis, plating tips, and buffet decorations.

- Chocolate soufflé
- Authentic frozen nougat





WEEK 2: «SWEETNESS» : PERFECTING CLASSIC FRENCH PASTRIES WITH A TOUCH OF MODERNITY.

Revisiting fundamental techniques for better mastery and creating recipes with more contemporary, less sweet preparations.

1 Fruit tarts

Techniques: sweet paste, shortcrust pastry, lemon curd, meringue, caramelized apple, soured Chantilly, and pastry seasonings.

- Lemon and Timut tart
- Tarte Tatin

2 All about fruits

Techniques: moist coconut cake, lime coconut gel, lemon curd, coconut Chantilly, coconut ganache, white chocolate decoration, assembling entremets, fruit pastes, and marshmallows.

- Coconut and lime entremet
- Fruit pastes
- Raspberry marshmallows

3 Petit fours on the buffet

Techniques: multicolored macaron shells, fillings (tropical fruits, chocolate, raspberry, vanilla), assembly, and piping.

- Macarons
- Buffet

4 Chocolate and caramel

Techniques: pastry preparation, cake dough, dark fudge chocolate ganache, chocolate glaze, nutty caramel, steamed meringue, vanilla custard, and brizzele.

- Marbled cake
- Caramel and nuts tart
- Île flottante (floating island)

5 Choux encore

Techniques: choux pastry, piping exercises, crackling, hazelnut and vanilla diplomat, dark and milk chocolate Crèmeux, hazelnut praline, and fruit compote.

- Cassis vanilla religieuse
- Chocolate hazelnut Paris-Brest





WEEK 3: «REFINEMENT» :

FRENCH PASTRY AT ITS PEAK: DELICACY AND PRECISION.

During the final week, each participant increasingly works independently and discovers revisited recipes and modern pastries in lighter, more complex versions.

1 Contemporary tarts

Techniques: Breton shortbread, chocolate sweet paste, oval lining, pastry cream, fruit jelly, Earl Grey chocolate cream, flourless sponge, salted butter caramel, milk chocolate Chantilly, and chocolate decoration.

- Chocolate caramel and Earl Grey tart
- Seasonal fruit shortbread

2 Back to childhood

Techniques: quick puff pastry, frangipane, Florentine, brizzele decoration and baking, and chocolate mousse.

- Galette des rois
- Mousse au chocolat grand-mère

3 Modern entremets and their delights

Techniques: hazelnut biscuit, cinnamon syrup, hazelnut shortbread, milk chocolate mousse, old-fashioned praline insert, milk chocolate glaze, gianduja decoration, and mixed nuts nougat.

- Piémontais (hazelnut and chocolate cake)
- Montélimar Nougat

4 Revisited classic

Techniques: rice crispy crunchy base, caramel pastry cream, mascarpone Chantilly, vanilla rice pudding, soft salted caramel, building and Saint-Honoré dressing.

- Saint-Honoré with caramel rice pudding
- Salted butter caramel candy
- Buffet

5 Discovering Lyon's pastry chefs

Beyond the Rhône: Maison Bernachon, a chocolatier for 70 years, will reveal the secrets of chocolate making.

Beyond the Saône: the world of snacks and sweets.

To deepen your knowledge of French pastry, you'll be guided on a gourmet tour of Lyon to taste exceptional creations and meet passionate artisans.



A UNIQUE EXPERIENCE

For a dinner, you'll also have the opportunity to share a convivial moment while discovering the cuisine of two emblematic addresses in the capital of gastronomy.

To make your experience at our cooking school even more unforgettable, a team member will accompany you throughout your training, from arrival to departure, ensuring personalized support.



PRACTICAL INFORMATION

CERTIFICATE

Upon completion of the program, participants will receive a certificate from the École de Cuisine Gourmets of Institut Lyfe.

DATES, DURATION AND SCHEDULE

DATES

■ April 15th to
May 3rd, 2024

DURATION

■ 3 weeks

SCHEDULE

The training takes place from Monday to Friday, 7 hours per day.

The schedule is provided to participants one month before the start of the training.

PRICE

■ €6,300 included VAT



PROFESSIONAL ATTIRE AND EQUIPMENT

At the start of your training, you'll receive:

- 4 kitchen jackets, 3 pants, 1 pair of safety shoes, 4 dish towels, as well as 4 aprons and toques as professional attire;
- 1 pastry set;
- 1 pastry book.

ACCOMMODATION AND MEALS

During your training, accommodation is not provided by our cooking school. However, we can provide you with a list of establishments upon request.

One meal per day of training is included in the price. Each day, you'll have lunch with the Chef.

CONTACT

Fabienne Novelli

Client Relationship Manager
fnovelli@institutlyfe.com
+33 (0)4 72 18 02 35

TRAINING LOCATION

Your training takes place in one of our dedicated spaces on the Paul Bocuse Campus of the Institute Lyfe in Écully (69), France.

Campus Paul Bocuse
Château du Vivier
1a, Chemin de Calabert
69130 Écully
FRANCE

REGISTRATION

1 — Registration is confirmed upon receipt of the following:

- The completed registration form;
- A recent passport photo;
- A Curriculum Vitae;
- A cover letter;
- An identity document;
- A medical certificate attesting to the physical ability to follow this training;
- An insurance certificate.

2 — Upon receipt of your training contract and a 30% deposit, we will provide you with your registration certificate and a measurement sheet for ordering your professional attire.

3 — One month before the start of the course, we will request payment of the remaining training fees.

École de Cuisine Gourmets

1A CHEMIN DE CALABERT - BP25
69131 ECULLY CEDEX - FRANCE



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