

125 YEARS



LE CORDON BLEU®

1895-2020

The Leading Global Network of Culinary Arts and Hospitality Management Institutes



A taste of Le Cordon Bleu London

Le Cordon Bleu

With over 125 years of culinary excellence, Le Cordon Bleu is the most renowned culinary institute in the world. This guide offers a taste of the culinary expertise that has become synonymous with Le Cordon Bleu over the decades. You will find savoury and sweet recipes that take you on a journey through the levels we teach at our institutes.

Just like the diploma courses offered at Le Cordon Bleu London, the recipes are split by type and difficulty level: Basic, Intermediate and Superior. Each recipe that follows challenges your culinary skillset at varying levels while also providing you with a clear idea on whether you prefer cuisine or pastry.

If you enjoy both disciplines in equal measure, consider reading about our Grand Diplôme® programme. This prestigious course combines cuisine and pastry in a 9-month practical experience.

We recommend starting with the Basic level recipes, but if you are confident in your culinary abilities then challenge yourself and make one of our Intermediate or Superior recipes.



Le Cordon Bleu London team

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"You never stop learning, no matter how much you think you know. Even now I still like to learn new techniques and our industry is constantly evolving, so the learning curve never ends, it just becomes a little more gentle."

Head Pâtisserie Chef, Julie Walsh.

Eggs en Cocotte,

Green Asparagus and Morel Mushroom Cream

Elegant and versatile, this little dish is suitable for breakfast, brunch or as a starter. Here the eggs are classically paired with asparagus and morels. How to cook eggs to perfection is one of the first techniques we cover in Basic Cuisine.



Prep time
15 min

Cook time
15 min

Serves
4

Ingredient

Asparagus

- 4 green asparagus spears
- salt

Eggs 'en cocotte'

- 20 g butter, softened
- 4 fresh eggs
- salt

Morel mushroom cream

- 50 g morel mushrooms
- 20 g shallots
- 20 g butter
- 100 ml cream
- salt

Garnish

- pinch of cayenne pepper
- 4 chervil (French parsley) sprigs

CHEF'S TIP: If morels are out of season, you can replace them with button mushrooms.

Method

1. Asparagus: Snap off the pale woody ends of the asparagus and discard. Rinse the asparagus under cold water. Carefully peel away the rough skin from the bottom half of the spears with a vegetable peeler. Bring a saucepan of salted water to a boil. Cook the asparagus until tender, about 3 minutes. Cut off and reserve the top 3 inches of the tips. Transfer the asparagus tips to cold water immediately in order to maintain their green color. Using a blender, purée the remaining asparagus until smooth. Season with salt.

2. Eggs 'en cocotte': Preheat the oven to 150°C. Brush the ramekins with softened butter and season with salt. Divide the asparagus purée into 4 x 9 cm ramekins and crack open an egg over the top of each. Place the ramekins in a baking pan. Pour enough hot water into the baking pan to reach halfway up the ramekins. Carefully place the pan into the preheated oven and bake until the egg white is lightly set and the yolks are runny, about 5 minutes.

3. Morel mushroom cream: Wash the morels and trim off their stalks. Finely chop the shallots. Melt the butter in a small frying pan. Add the morels and shallots and sweat until soft, about 3 minutes. Add the cream and allow it to reduce to a thickness that coats the back of a spoon, about 3 minutes. Season with salt.

4. To serve: Spoon the morels and a little cream sauce around the egg yolks. Place the asparagus tips on the side of the ramekins. Sprinkle the egg yolks with a little cayenne pepper and decorate with a sprig of chervil (French parsley).

Key techniques

- Preparing and blanching vegetables
- Making a purée
- Making a cream sauce
- Cooking eggs to correct doneness
- Using a bain-marie



White Chocolate Crème Brûlée

This is a chocolate take on a traditional French crème brûlée, one of the first dishes our Basic Pâtisserie students get to grips with. They are best prepared the day before which makes these an excellent dinner party dessert.



Prep time
20 min

Cook time
15 min

Serves
6

+ infusing for 1 hour,
resting overnight

Ingredient

- **400 g** crème fraîche
- **1** vanilla pod, split
- **130 g** white chocolate
- **6** egg yolks
- **80 g** soft brown sugar

Method

1. Place the crème fraîche in a pan. Using the point of a knife, scrape the seeds from the vanilla pod into the cream; add the pod and heat until simmering. Remove from the heat and set aside to infuse for 1 hour.

2. Chop the white chocolate and melt over a bain-marie; remove from the heat, stirring until smooth. Add the egg yolks and mix well to combine, then stir in the vanilla infused cream. Pour the mixture into a clean saucepan. Stirring constantly with a wooden spoon, cook over low heat until the cream is thickened and coats the back of the spoon (do not allow to boil). Strain and divide the mixture evenly between 6 x 8 cm ramekins and refrigerate overnight.

3. To serve: Preheat the oven grill to its maximum temperature. Sprinkle the ramekins evenly with the brown sugar and place under the grill until the sugar melts and turns golden. Serve immediately.

Key techniques

- Melting chocolate
- Using a bain-marie
- Caramelizing sugar
- Protein thickened custards
- Using a grill/blow torch



Coq au Vin

Coq au vin literally means 'rooster in wine', but tough roosters have given way to tender roasting chickens. The recipe requires patience; slow cooking in full bodied red wine produces a rich, deep-flavoured result. This dish is taught on our Intermediate Cuisine programme where students learn how to marinate, braise, blanch and how to create the perfect finish to the inimitable coq au vin.



Prep time

20 min

+overnight marinating

Cook time

1 hour 30 min

Serves

4

Ingredient

1 x 1.2 kg whole chicken

Marinade

- 1 carrot, sliced
- 1 onion, sliced
- 1 stalk celery, sliced
- 2 garlic cloves, peeled
- 1 bouquet garni
- 5 g black peppercorns
- 1 litre red wine (preferably Bordeaux)
- 50 g plain flour
- 20 ml vegetable oil
- 500 ml chicken stock
- salt and freshly ground pepper

Lardons

- 100 g bacon, rind removed and cut into 2 cm long batons
- 15 ml vegetable oil

Method

1. Cut the chicken into 6 serving pieces. Lay the chicken flat on its back on a work surface. To remove the legs, pull one leg away from the body and cut down to the leg joint. Twist the leg to break the joint and cut through the joint to separate the leg from the body. Repeat to remove the second leg. On each leg, use the heel of the knife to chop off the small bit of leg remaining below the drumstick at the joint. Cut each leg into 2 pieces at the joint between thigh and drumstick. Cut the breast in half lengthwise through the breast and back bones. Cut the rib and back bones from the 2 halves of the breast.

2. Place all the marinade ingredients in a bowl and add the chicken pieces, cover and refrigerate for 12 hours.

3. Preheat the oven to 200°C. On a baking tray, spread the flour evenly and toast in the oven for about 15 minutes until lightly browned. Set aside.

4. Remove the chicken and vegetables from the marinade and pat dry with paper towels; strain the marinade into a saucepan and bring to a boil. Skim the surface, strain and set aside. Brown the chicken pieces in oil in an ovenproof casserole dish. Add the marinated vegetables and for cook about 5 minutes until browned. Season. Remove from the heat and spoon off any excess fat. Sprinkle the toasted flour over the chicken and vegetables and toss to evenly coat. Add the reserved marinade and chicken stock. Bring to a boil. Cover with a lid and braise in the oven for 30 minutes.

Mushrooms

- 100 g button mushrooms
- 50 g butter
- salt and freshly ground pepper

Glazed pearl onions

- 20 pearl onions
- 20 g butter
- pinch of sugar
- salt

Garnish

- bunch flatleaf parsley, chopped

5. When the chicken is tender, remove with a slotted spoon. Set aside. Strain the braising liquid and discard the vegetables. Return the strained sauce to the casserole dish and reduce to the desired consistency. Adjust seasoning.

6. **Lardons:** Blanch and drain the bacon. Lightly brown in a lightly-oiled frying pan.

7. **Sautéed mushrooms:** Sauté mushrooms in a frying pan with butter. Season.

8. **Glazed pearl onions:** Place the pearl onions in a sauté pan large enough to hold them in a single layer. Add cold water so they are two-thirds immersed. Add the butter and sugar and season with salt. Cook over low heat until the water has evaporated and the onions are tender, about 8 to 10 minutes. Roll the onions in the resulting syrup to glaze them.

9. **To serve:** Arrange 2 leg pieces or 1 chicken breast in the center of a plate. Spoon over the sauce. Place the lardons, mushrooms and pearl onions around. Decorate with flat leaf parsley.



Key techniques

- Butchery of a whole chicken
- Marinating
- Braising
- Glazing



Ispahan Raspberry and Rose Tartlets

The flavours of Ispahan were invented by Pierre Hermé, the budding young chef who later shot to pâtisserie fame created a macaron that combined the acidity of raspberry with the smooth taste of rose and cooling lychee. There are several steps in this recipe; the precise execution and professional appearance of tarts are tirelessly practiced by our Intermediate Pâtisserie students at Le Cordon Bleu London.



Prep time
1 hour 15 min
+cooling time

Cook time
30 min

Makes
6 tartlets

Ingredient

Sweet pastry

- 100 g unsalted butter, softened
- 50 g caster sugar
- zest of 1 lemon, grated
- 50 g whole egg
- 2 g vanilla extract
- 200 g plain flour
- 1 g table salt

Almond cream filling

- 115 g butter
- 115 g caster sugar
- 100 g egg
- 115 g ground almonds
- 30 g plain flour
- 1/2 lemon zest, grated

Method

1. Sweet pastry tart case: In a stand mixer, beat the butter, sugar and lemon zest until pale. Add the egg and vanilla in several stages, scraping the sides of the bowl each time. Sift the flour and salt, then gradually add to the mixture and blend until just incorporated. Wrap in cling film and chill in the refrigerator until firm, about 1 hour.

2. Roll out on a floured surface to a thickness of 2 mm. Cut out circles from the dough and use these circles to line the tart cases. Chill until firm.

3. Preheat the oven to 170°C. Trim the excess pastry from the tart cases. Blind bake by lining each tart with 2 layers of cling film and filling with baking beans. Bake for 12-15 minutes until golden. Remove the baking beans and set aside to cool completely.

4. Almond cream filling: In a stand mixer, beat the butter, sugar and lemon zest until pale. Gradually add in the egg. Fold in the ground almonds and flour, add in the rose extract and rose syrup. Add to a piping bag with an 8 mm round nozzle.

- **2 g** or a few drops of rose extract
- **15 g** rose syrup
- fresh raspberries (3 per tart)
- **6** lychees, chopped

Lychee rose syrup

- **75 g** lychee juice
- **2 g** rose water

Crystallised rose petals

- **6** edible rose petals
- **10 g** pasteurised egg whites
- **50 g** granulated sugar

Lychee cream

- **250 ml** double cream
- **20 g** icing sugar
- **150 g** mascarpone cheese
- **75 g** reduced lychee purée
- **20 g** lychee liqueur

Decoration

- **2** punnets raspberries
- crystallised edible rose petals
- **6** whole canned lychees, drained and chopped
- **10** blanched pistachios, chopped

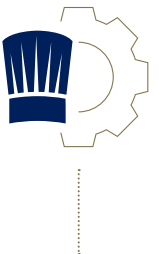
5. Pipe the almond cream inside the cooled tart shells. Top with raspberries and chopped lychee. Bake for 13 minutes or until the almond cream is cooked through.

6. Lychee rose syrup: Stir the lychee juice and rose water together until blended. Brush over the baked tart.

7. Crystallised rose petals: Brush each rose petal with egg white using a paint brush then sprinkle with granulated sugar to coat. Allow to dry in a cool dry place for as long as possible or until needed.

8. Lychee cream: In a clean bowl, whisk the cream and icing sugar over ice water until starting to thicken. Blend the mascarpone until smooth and then add in the lychee purée and liqueur. Fold in the thickened cream and continue to whisk over ice water until soft peaks form. Place into a piping bag fitted with a St. Honoré or medium star tip.

9. Decoration: Once the tarts have cooled, pipe lychee rose cream in a decorative design on top of the almond cream. Decorate with fresh raspberries, crystallised edible petals and a scattering of chopped, blanched pistachio nuts.



Key techniques

- Making pâte sucrée
- Applying the creaming method
- Rolling pastry
- Blind baking
- Making almond cream
- Making sugar syrup
- Whipping cream
- Piping techniques
- Knife skills/fruit cuts



Cauliflower Mousseline, Spiced Monkfish Fillet

with Cauliflower and Almonds

In Superior Cuisine, our students dip their toes into the world of modern gastronomy. You will learn how to utilise the techniques learned in previous levels and how to pair your own ingredients so the final outcome is better than the sum of its parts.



Prep time
20 min

Cook time
40 min

Serves
8

Ingredient

Cauliflower mousseline

- 800 g cauliflower florets
- 400 ml almond milk

Dressing

- 80 ml olive oil
- 8 g ras el hanout
- 40 ml lemon juice
- 40 g coriander, chopped

Spiced monkfish

- 600 g monkfish fillet
- 20 g ras el hanout
- 40 ml olive oil

Garnish

- 100 g cauliflower florets
- 80 g fresh or dried almonds soaked in water

Method

- 1. Cauliflower mousseline:** In a pan, add the cauliflower florets, almond milk and salt. On a low heat, bring to a slow simmer and cook until the cauliflower is soft. Once cooked, drain then blend until smooth. Season.
- 2. Dressing:** In a pan on a low heat, infuse the oil with the ras el hanout. Strain through a muslin cloth, then add the salt, lemon juice and coriander.
- 3. Spiced monkfish:** Coat the monkfish with the ras el hanout then pan-fry in olive oil. Slice the fish into thick, even pieces.
- 4.** Place the cauliflower mousseline on a plate and top with the monkfish.
- 5. Garnish:** Slice the cauliflower florets in half and grill. Prepare the fresh almonds, if using. Garnish with the grilled cauliflower slices and drizzle the dressing over the dish. Sprinkle the almonds over the dish and serve.

Key techniques

- Pan-frying fish
- Making mousseline
- Making an infused dressing



Chocolate Sphere

with Caramel Mousse and Nut Brittle

Tempered chocolate, peanut brittle and light-as-air caramel mousse. Sugar work and chocolate making are essential skills taught in our patisserie programmes which are also the key elements in this recipe.



Prep time
30 min + cooling

Cook time
40 min

Serves
4

Ingredient

4 x 7 cm dark chocolate spheres

Caramel mousse

- 250 g caster sugar
- 250 g whipping cream, hot
- 300 g whipping cream, cold
- 4 drops bergamot oil
- pinch of salt

Nut brittle

- 40 g caster sugar
- 20 g water
- 80 g blanched almonds
- 80 g blanched hazelnuts
- 1 tsp butter

Chocolate sauce

- 100 g dark chocolate (54.5%)
- 100 g whipping cream

Decoration

- cocoa powder
- gold lustre dust
- edible gold leaf

Method

1. Caramel mousse: In a pan, add the sugar and melt over a medium heat, stirring occasionally until it turns a rich caramel colour.

2. Add the hot cream and salt while whisking. Remove from the heat and add the cold cream. Allow to cool then add the bergamot oil.

3. Pour the mousse into a siphon charged with nitrogen and set aside in the fridge.

4. Nut brittle: Line a baking sheet with parchment paper. Combine the sugar and water in a pan and cook to 115°C.

5. Add the almonds and hazelnuts and continue to cook while stirring, until the sugar has melted and caramelised. Add the butter, then spread the mixture on the lined baking parchment and let cool.

6. Chocolate sauce: Place the chocolate in a bowl and set over a pan of simmering water. Stir until melted. Remove from the pan.

7. In a separate pan, gently heat the whipping cream. Gradually incorporate the hot cream in three stages while continuously stirring until fully combined.

8. Assembly: Dust one side of the plate with cocoa powder, then gently place dots of chocolate sauce on the opposite of the plate.

9. Very carefully, create a round symmetrical hole at the top of the sphere with a 4 cm round cutter. Use the cut-out chocolate as a base for the sphere.

10. Using cotton wool, gently apply the golden lustre to the sphere.

11. Fill the sphere halfway with the caramel mousse, then top with caramelised nuts. Continue to fill with more mousse, until it reaches the hole at the top, then neatly place caramelised nuts on top.

Key techniques

- Moulding chocolate spheres
- Producing and emulsifying chocolate ganache
- Cooking caramel
- Producing a nut brittle
- Using a siphon as aeration method
- Tempering chocolate



Teaching excellence since 1895

Gain one of the industry's most revered qualifications

A Le Cordon Bleu qualification is one that is recognised and respected by culinary, wine and hospitality professionals around the world, and is considered to be synonymous with outstanding quality.

Learn in state-of-the-art facilities

All of Le Cordon Bleu's institutes worldwide boast some of the most advanced facilities and equipment to prepare students for tomorrow's culinary world.

Live and study in some of the most exciting cities in the world

Le Cordon Bleu institutes are located in some of the most innovative and dynamic cities around the world, with rich and varied food cultures.

Train under the guidance of Le Cordon Bleu Master Chefs and expert lecturers

Learn from a team of classically trained chefs, hospitality lecturers and wine experts, whose knowledge includes professional experience in high-end establishments as well as technical skills and whose dedication to share their expertise is key to enabling students to succeed.

Become part of an international network

With an ever-increasing number of institutes, being part of the Le Cordon Bleu family will open students up to an international network of contacts and friends.

Connect with industry leaders

Le Cordon Bleu has a long history of outstanding relationships with the industry, including 5* hotels, Michelin-starred restaurants, catering and food businesses and governmental organisations.

Enjoy a once-in-a-lifetime experience!

The Le Cordon Bleu network is committed to innovation and best practice in gastronomy, hospitality and management and honours its commitments through an expanding international network of teaching, learning and research conducted in conjunction with the development of products and services.



35

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20

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20,000

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130

NATIONALITIES



18

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A Le Cordon Bleu education sets the foundations for a global career and gives access to a whole range of professional opportunities

CULINARY ARTS

- Pâtisserie/cuisine chef
- Cake decorator
- Kitchen operations manager
- Chocolatier
- Baker
- Chef patron
- Food consultant
- TV presenter
- Author
- Food critic
- Product/menu developer
- Banqueting chef
- Restaurateur

MANAGEMENT

- Banquet manager
- Catering manager
- Restaurant manager
- Executive chef/manager
- Business development
- Entrepreneurship
- Food service manager
- Catering manager

WINE & BEVERAGE

- Wine merchant/retailer
- Hospitality careers e.g. sommelier, food and beverages manager
- Wine business entrepreneur
- Wine journalist/broadcaster
- Wine buyer
- Wine consultant
- Wine tourism expert

FOOD & BEVERAGE

- Food and beverage executive
- Education and food writing
- Catering business operator
- Food product developer/researcher
- Restaurant development contract
- Travel and public sector catering
- Management positions in hospitality organisations

ENTREPRENEURSHIP

- Blogger
- Food stylist
- Restaurant owner
- Cake Shop owner
- Consultant
- Private chef



Alumni

Le Cordon Bleu is recognised globally for the excellence of its teaching, and many of our alumni have experienced great success, some reaching the highest honours and awards such as Michelin Stars.

Le Cordon Bleu students thrive in a variety of roles such as journalists, food critics, writers, food photographers, chefs and/or entrepreneurs, teachers, hospitality and restaurant managers, consultants, nutritionists, broadcasters, sommeliers, wine agents, food & beverage managers and retailers to name a few!

Many well-known personalities have become part of the Le Cordon Bleu family including Julia Child, Nancy Silverton, Natalie Dupree, Juan Arbelaez, Allen Susser, James Peterson, Mary Berry, Lydia Shire, Giada De Laurentis, Gaston Acurio, Virgilio Martinez, Ronald Reagan, Larena Velazquez, Ming Tsai, Kathleen Flinn and many more.



Virgilio Martinez

Chef Patron & Founder of
Central & Lima Restaurants
Grand Diplôme® Graduate



Tess Ward

Consultant and Food Writer
Diplôme de Cuisine Graduate



Michael Swamy

Chef, Author & Food Stylist
Diplôme de Pâtisserie
Graduate



Peggy Porschen

Cake Designer & Creative Director
Grand Diplôme® Graduate



Hideko Kawa

Consultant & Food Designer
Grand Diplôme® Graduate



Gilad Peled

Head Chef, 2* Michelin
Grand Diplôme® Graduate



Patience Hlophe

Cake Boutique Owner & Pastry Chef
Grand Diplôme® & Diploma in
Culinary Management



Adam Ashe

Executive Chef
Diplôme de Cuisine Graduate



Kerth Gumbs

Head Chef at Michelin-starred
restaurant, Ormer Mayfair
Grand Diplôme® Graduate



Adria Wu

Founder at Maple & Co.
Diplôme de Cuisine Graduate



Dhruv Mittal

Chef and Restaurant Owner
Grand Diplôme® Graduate



Ayseli Izmen

Wine Specialist and Consultant
Diploma in Wine, Gastronomy and
Management

Read more success stories here: lcbi.eu/glalumni

The London centre of excellence

Le Cordon Bleu's state-of-the-art premises at 15 Bloomsbury Square ensures the highest calibre of culinary and hospitality education, which has been built upon over 125 years of experience training students globally.



2
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2
PASTRY KITCHENS



2
DEMONSTRATION
ROOMS



1
POLYVALENT KITCHEN



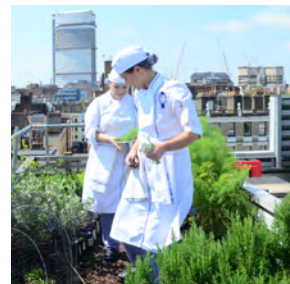
1
WINE CLASSROOM



3
CLASSROOMS



LIBRARY &
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