



Intensive CULINARY program

by Institut Paul Bocuse



Expand your professional horizons by sharing in a unique French gourmet culture...

2015 season

Intensive 5-week program in English

Welcome to Institut Paul Bocuse

Founded by Paul Bocuse and presided over Gérard Pélisson, Institut Paul Bocuse actively contributes to the culinary and managerial best practice in the hospitality and foodservice industries. The Institut goes beyond simply teaching the fundamentals, and is positioned on the cutting edge of trends through its openness to the world and the bringing together of great chefs.

The Intensive CULINARY Program puts the professional at the heart of the training, in an environment conducive to personal development and creativity.

In addition to the expertise acquired, each participant benefits from the "savoir-faire" and international reputation that define Institut Paul Bocuse as the School of Excellence.



Three themes, three influences “à la française”: a unique professional development opportunity



The Intensive CULINARY Program is dedicated to professionals. It reveals the well-kept secrets of authentic French cuisine, gives free rein to the fragrant aromas of riviera cuisine and teaches you to play with all the subtleties of contemporary cuisine...

This program, with three complementary themes, enables you to enrich your know-how through contact with professionals from French gastronomy, rich with ancestral know-how appreciated the world over.

"Intensive Culinary concentrates during the first session on the mastery of the cooking methods and classic preparations of traditional French cuisine. Once these competencies have been acquired, you will advance to methods, techniques and plating presentations adapted to more contemporary tastes."

Eric Cros,

Culinary Chef at Institut Paul Bocuse,

inspired by his 2 and 3 Michelin stars experience and ambassador of the French Cuisine in Japan.



A single objective: progression towards "l'excellence française"

The **Intensive CULINARY Program** enables you to perfect your techniques through "Signature dishes" made by Great French Chefs with Michelin stars. You will also express your creativity, rediscover cultural diversity and enrich yourself through the variety of experiences of our chefs and the other participants accompanying you... and with a true team spirit.

■ **Our commitment**

Transmitting the technical know-how of French gastronomy to you, helping you to discover the diversity of our culinary heritage and accompanying you in the exploration of a universe of tastes and flavors.

Our chefs and pastry chefs all have a shared passion for their profession and recognized experience in the greatest Michelin stars restaurants in the world.

Traditional French cuisine, riviera and contemporary... brought together in a single program

3 THEMES - 5 WEEKS

The **Intensive CULINARY Program** is a complete professional training course allowing you to experience all the subtleties of French cuisine in five weeks.

The progressive order of the formulas has been planned to allow you to master all the French culinary techniques, from the bases of classic cuisine to the modernity of contemporary cuisine.

■ **The fundamental principles of gastronomy remain inescapable.**

You'll thus cover:

- ~ Preparation and cooking techniques
- ~ Organoleptic properties (color, smell and taste)
- ~ Dish presentation (matching, portion sizes, colors)
- ~ Product knowledge

■ **A culinary challenge closes the first and last session to measure your progress:**

At the end of the training, you'll prepare and present your culinary creations based on a surprise basket. You'll be able to express your talent, armed with new knowledge and make adjustments based on the chefs' recommendations. The challenge will allow you to leave the Institut with an understanding of your progress and knowledge of the new competencies acquired during the training.

■ **On option:**

To complete your culinary experience "à la française", prolong your training by 3 days more with **the Intensive PASTRY Program**, led by Jérôme Langillier, World Champion Pastry Chef in 2009.

For more details, consult our dedicated program.

Institut Paul Bocuse invites you...

■ To enjoy unique gastronomic experiences:

- ~ Dinner at the Paul Bocuse restaurant (3 Michelin stars).
- ~ Dinner at the Guy Lassausaie restaurant (2 Michelin stars).
- ~ Dinner at La Pyramide restaurant (2 Michelin stars).
- ~ Dinner at the pedagogical restaurant, Saisons, at Institut Paul Bocuse.
- ~ Dinner at La Mère Brazier restaurant, an institution in Lyon (2 Michelin stars).

■ An opportunity to work with experts

In the unique and prestigious setting of a nineteenth-century château:

- ~ Classes are limited to 10 participants, ensuring maximum contact with teaching staff.
- ~ All teaching staff offer genuinely top-notch expertise, thanks to many years of experience working in starred restaurants.

The "Bonuses"

- Professional clothing (chef's jacket, pants, aprons, chef's hats, towels, safety shoes).
- A cookbook.
- A training certificate on granted upon completion of the training program (attendance requirements must be met).
- Signature dishes by Great French Chefs and their well-kept secrets.





Theme:

AUTHENTIC FRENCH CUISINE

Monday May 11 to Friday May 22, 2015 (2 weeks)

Since the time of the king's banquets, our French culinary techniques have been exported through dishes for sharing. These same techniques have therefore strongly influenced different cuisines in the world and today serve as a benchmark for the evolution in practices.

With **Authentic French Cuisine**, we propose, through a dynamic approach, that you relearn the essential basics of ancestral mastery of the techniques and types of cooking for classic cuisine. This involves cooking that takes its time with roasted or simmered dishes, "grandmother" style... in the respect of our traditions. You'll find the traditional values of French cuisine with a key - the transmission of a whole set of know-how.

Bonus: 6 "Signature" recipes from the great classics from French Chefs with stars will be revealed to you through the mastery of the techniques and teaching.

Dates	Monday May 11 to Friday May 22, 2015 meaning 10 days (excluding the weekend)
Hours	8:30am - 1pm / 2pm - 4:30pm
Lunch	From Monday to Friday from 1pm to 2pm in the F&B pedagogical restaurant of the Institut Paul Bocuse

WEEK 1 - Monday May 11 to Friday May 15, 2015

DAY 1	Test to validate your knowledge through base preparations used in cooking. <i>Sizing vegetables, making sauces "mères froides et chaudes", etc.</i>
DAY 2	Test to validate acquired skills by preparing bases, juices, fumets, garnishes and base preparations used in recipes.
DAYS 3 to 5	"Duck in all its states": unfolded around fat duck. <i>Foie gras, gizzard, magret, stuffed duck, etc.</i> Tips: 2 "Signature" recipes by Great French Chefs with Michelin stars.

The week of training includes a dinner at La Mère Brazier restaurant, 2 Michelin stars.

WEEK 2 - Monday May 18 to Friday May 22, 2015

DAY 1	"L'agneau de lait du Limousin et le cochon" <i>Leg of lamb, lamb rosette, ham hock petit salé, skillet-fried black pudding, etc.</i>
DAY 2	"Les poissons, grenouilles et crustacés" <i>Gilthead sea bream, dory fish, fritot of frog legs, lobster, etc.</i>
DAY 3	"Les volailles et viandes blanches" <i>Rooster, young pigeon, white poultry pudding, rable of rabbit, etc.</i>
DAY 4	"Le bœuf et le veau de lait" <i>Tartare and carpaccio, beef jowls, beef ribs, veal sweetbreads, etc.</i>
DAY 5	Personal creativity day: preparation of 1 or 2 recipes based on a surprise basket proposed by the Institut Chef. Validation of skills acquired by testing your knowledge. Tips: 4 "Signature" recipes by Great French Chefs with Michelin stars.

The week of training includes a dinner at the Paul Bocuse gastronomic restaurant, 3 Michelin stars.

Institut Paul Bocuse reserves the right to change the program to guarantee an optimum experience for participants.



Theme:

RIVIERA CUISINE

Monday May 25 to Friday May 29, 2015 (1 week)

Find all of the tasty and colorful influences of cuisine provençale, French and Italian riviera, brought together in a single program.

With **Riviera Cuisine**, we offer you a rediscovery of another facet of cuisine from the south, that of balance and lightness.

Vegetables, fish, risotti, pasta, olive oils and fresh herbs will be the star ingredients of your recipes.

This cuisine requires perfect mastery of different cooking techniques, particularly low-temperature and cryovac.

Bonus: 3 "Signature" recipes from the great classics from French Chefs with stars will be revealed to you through the mastery of the techniques and teaching.

Dates	Monday May 25 to Friday May 29, 2015 meaning 5 days (excluding the weekend)
Hours	8:30am - 1pm / 2pm - 4:30pm
Lunch	From Monday to Friday from 1pm to 2pm in the F&B pedagogical restaurant of the Institut Paul Bocuse

WEEK 1 - Monday May 25 to Friday May 29, 2015

DAY 1	"Aromas of olive oils and flavors from the south through warm and cold starters" <i>"Salade niçoise" revisited, skillet green asparagus, "soupe au pistou", etc.</i>
DAY 2	"Les pâtes et risotti" <i>Green ravioli with artichoke poivrade, farfalles with squid ink, risotto with blue lobster from Brittany, etc.</i>
DAY 3	"La basse-cour" <i>Poultry from Bresse, pigeon, breast of duck laqué, etc.</i>
DAY 4	"L'eau à la bouche" <i>Terrine of lobster, filets of red mullet, roasted tail of monk fish, etc.</i>
DAY 5	"Du pré à l'assiette" <i>Rack of veal, shoulder of lamb, filet of beef, etc.</i> Tips: 3 "Signature" recipes by Great French Chefs with Michelin stars.

The week of training includes a dinner at the Saisons application restaurant at Institut Paul Bocuse.

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Theme:

CONTEMPORARY CUISINE

Monday June 1 to Friday June 12, 2015 (2 weeks)

Exhale more intensely the flavors, the textures, the aromas surrounding original and resolutely design cuisine.

Contemporary Cuisine does not seek out performance or systematic exploration of novelty.

It involves cuisine that takes advantage of techniques from different cultures and innovative technologies, at the service of noble produce enhanced thanks to a presentation that is both pure and creative.

Come and discover it...

Dates	Monday June 1 to Friday June 12, 2015 meaning 10 days (excluding the weekend)
Hours	8:30am - 1pm / 2pm - 4:30pm
Lunch	From Monday to Friday from 1pm to 2pm in the F&B pedagogical restaurant of the Institut Paul Bocuse

WEEK 1 - Monday June 1 to Friday June 5, 2015

DAY 1	Preliminary preparation and cooking of bases, juices and fumets used in the recipes.
DAYS 2 to 5	"Entre terre et mer" Act I: composition with shellfish and foie gras. <i>Scampi, lobster, oysters, truffles, foie gras, caviar, etc.</i>

The week of training includes a dinner at the Guy Lassausaie restaurant, 2 Michelin stars.

WEEK 2 - Monday June 8 to Friday June 12, 2015

DAY 1	Preliminary preparation and cooking of bases, juices and fumets used in the recipes.
DAYS 2 to 4	"Entre terre et mer" Act II: composition including fish, shellfish and meats. <i>Lotte, sea bass, red tuna, lamb, pigeon, forgotten vegetables, etc.</i>
DAY 5	Personal creativity day: preparation of 1 or 2 recipes based on a surprise basket proposed by the Institut Chef. Validation of skills acquired by testing your knowledge.

The week includes a dinner at La Pyramide restaurant, 2 Michelin stars.

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REGISTRATION AND CONDITIONS

Apply

4-STEP REGISTRATION

A maximum of 10 places are available in each session.

STEP 1

Applications must include:

- Complete registration form
- 1 recent ID photo
- 1 résumé
- 1 cover letter
- 1 photocopy of passport or id card
- 1 insurance coverage certificate* (stipulating coverage for accidents or injuries to third parties, illness, etc.)

**If you cannot provide this certificate, Institut Paul Bocuse offers you general liability insurance coverage ('assurance responsabilité civile') valid for the duration of the course (cost approximately € 150).*

STEP 2

Your registration is confirmed by email

Your enrollment will be effective upon receipt of a down-payment and you will be sent a confirmation of enrollment to submit a possible visa request.

STEP 3

1 month prior to the beginning of classes

Participants receive a size and measurements form for ordering kitchen clothing.

STEP 4

3 weeks prior to the beginning of classes

Class convocations sent out.

Terms & conditions

PAYMENT

Payment of tuition can be made in 3 installments by check issued in Euros, by credit card or bank transfer.

Intensive CULINARY Program 5 weeks / 3 PROGRAMS	
First installment registration deposit	€ 2,390
Second installment at 30 days	€ 2,790
Balance at 60 days	€ 2,790
Total tuition (tax excl.)	€ 7,970

In the case that funding is covered in the framework of a company training plan, for participants who are French nationals, the notice of funding replaces the conditions indicated above.

Cancellations

■ By participant

- ~ Over 30 days prior to the beginning of the session: 90% of payment refunded.
- ~ Between 29 and 15 days prior to the beginning of the session: 10% of payment refunded.
- ~ Less than 15 days: no refund.

■ By Institut Paul Bocuse

- ~ Sessions may be cancelled if there are not enough participants registered. Full payment is refunded within two months.

Status

Participants are considered as taking part in professional training and therefore do not qualify as students. We advise individuals of foreign (non-French) nationalities to obtain a long-stay visitor visa.

Equipment

Provided by participants: knife set.

Recommended attire

Presence in kitchens must comply with health and safety regulations. Professional attire and equipment are required from the first day. Institut Paul Bocuse reserves the right to refuse access to the kitchens for anyone failing to comply with school regulations or with the requirement to wear chef's attire. The dress code is mandatory in all buildings at Institut Paul Bocuse.

ÉCOLE DE MANAGEMENT HÔTELLERIE RESTAURATION & ARTS CULINAIRES

CENTRE DE RECHERCHE

INNOVATION & DÉVELOPPEMENT

L'ÉCOLE DE CUISINE

Institut Paul Bocuse provides training for Culinary Arts
and the Hospitality industry.

Integrating tradition, modernity, innovation and research,
it aims for excellence. It transmits the technical and
managerial know-how necessary to prepare its students
for the best careers around the world.

www.institutpaulbocuse.com

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