

A black and white photograph of a chef in a white uniform, focused on using a immersion blender in a black bowl. The chef's hands are visible, holding the blender. The background is slightly blurred, showing a kitchen setting.

CUISINE

& Passion

3

Weeks

2024

L'ÉCOLE DE CUISINE
G O U R M E T S

WELCOME TO INSTITUT LYFE

Founded in 1990 by Paul Bocuse and Gérard Péliçon, *Institut Lyfe* (formerly *Institut Paul Bocuse*) has resolutely positioned itself on the leading edge of culinary trends.

It actively participates in evolutions concerning gastronomic practices and hospitality management. Its mission: transmit its know-how "à la française" to every passionate in the world, regardless of their level.

The **Cuisine & Passion** program thus reveals the tricks of the trade of great professionals in total simplicity and with the appropriate vocabulary.

Open to all enthusiasts, this program enables you to progress in a human and material environment conducive to personal development and creativity.

In addition to this expertise, each participant benefits from the know-how and international reputation that today make *Institut Lyfe*, The School of Excellence.





CUISINE & *Passion*

Intensive three-week program - Enthusiasts from all horizons

From the cuisine of our origins to modern cuisine

And what if traditional cuisine was the springboard to contemporary cuisine?

Beyond an initiation to the fundamentals of cooking, this training takes you on a discovery of the most recent culinary techniques and trends in gastronomy.

The **Cuisine & Passion** program offers you high-level training combining culinary demonstrations and practical applications over three weeks in small groups of 8 to 10 participants in order to guarantee the highest quality of interaction. It also offers you a unique experience shared by passionate foodies from the world over...



CHEF

JEAN PHILIPPON

Culinary Chef at Institut Lyfe



CHEF

OLIVIER PONS

Culinary Chef at Institut Lyfe

Olivier



CHEF

CHARLES LIETS

Pastry Chef at Institut Lyfe

CUISINE & Passion

WEEK 1

TRADITIONAL CUISINE : The Origins

A great chef must first and foremost master the great classics of our culinary heritage because they call upon the technical knowledge of the trade. The first objective is therefore to teach you the fundamental principles: kitchen organization, preparation techniques and cooking... and of course, how to make sauces!

- The fundamentals: slicing vegetables and making broths, juices and liaisons.
- Unique preparation and cooking techniques: fish, shellfish, meats and poultry.



CUISINE & Passion

WEEK 2

CONTEMPORARY CUISINE: The Modernist

After learning the fundamentals, you will discover how to put your creativity into practice to propose original menus based on revisited recipes inspired by the current trends. You will also work on the presentation of a dish and the search for aesthetics.

- New cooking technics: low temperature, smoked, cured, *sous vide*
- Plating of dishes in harmony with colors, textures, temperature and volume.
- Culinary trends: Bistronomy, World cuisine, Monoproduct...



CUISINE & *Passion*

WEEK 3

PASTRY MAKING : The "Sucré"

Desserts are the final note of a meal and often the first memory...From the alchemy of traditional or rare ingredients to how to use a whip and going all the way to the touch of happiness of french pastry.

- Pastry making : the great classics of french pastry and contemporary desserts (tarts, cakes, choux pastry, macaroons...)



BONUSES

GASTRONOMIC EXPERIENCES

The Institut Lyfe invites you to unique gastronomic experiences

Dinner in a great Lyon restaurant.

Dinner at the gastronomic restaurant "Saisons" by Institut Lyfe
(1 Michelin star)
Ecully.

SAISONS
RESTAURANT

This program is subject to availability.

In case of unavailability of one of the program, the Institut Lyfe is committed to offer you an equivalent benefit as a dinner.

CHEF'S EQUIPMENT

You'll receive your own Chef's equipment :

Two tops and one pair of pants for professionals.

One pair of safety shoes.

Four dish towels, two aprons and a chef's hat.

A set of professional knives.

One cookbook and a booklet of recipes.

CERTIFICAT

Upon completion of the course, participants receive
the Institut Lyfe certificate
(attendance requirements must be met).



INFOS

USEFUL INFORMATIONS

Courses from Monday to Friday 8:30am to 4pm.
Daily lunches at one of our pedagogical restaurant.
Certain courses may be taught in French translated into English.
Accommodation is not included but our team can provide a list of hotels, apartments...contact us for more infos.

DATES

From September 16th to October 4th 2024

COST OF TRAINING

6 300 EUROS

APPLICATION

STEP 1

Registration applications must include:

First installment of 30%

Complete registration form

1 recent ID photo

1 résumé

1 letter of motivation

1 photocopy of passport or id card

1 medical certificate attesting to your physical ability to pursue these studies

1 insurance coverage certificate* (stipulating coverage for accidents, material damages or injuries to third parties or the students, etc.)

1

STEP 2

Your registration is confirmed by email

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

2

STEP 3

1 month prior to the beginning of classes

Balance.

Formal notice of the beginning of classes.

3

TERMS & CONDITIONS

With registration: deposit of	2100 euros
1 month prior to the beginning of classes: balance of	4200 euros

TOTAL COST **6300 euros**

Cancellations

By the participant:

Over 30 days prior to the beginning of the session: 90% of payment is 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 Lyfe:

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. Registration is confirmed on receipt of the completed registration form and the deposit; participants are sent a registration confirmation for their visa application.

Recommended attire

Presence in kitchens must comply with health and safety regulations. Professional attire and equipment are required as of the first day. The Institut Lyfe 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.

CONTACT

Informations and application:

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"The very best hospitality education emanating from the home of French gastronomy and the epicenter of taste.."

L'ÉCOLE DE CUISINE
G O U R M E T S

EURL INSTITUT LYFE I.D. - INNOVATION & DÉVELOPPEMENT

L'École de Cuisine Gourmets de l'Institut Lyfe

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www.ecoledecuisine.institutpaulbocuse.com