Cooking and pastry training
1 Michelin Star level
Courses + professional internships

Short and long programs for beginners and professionals

GASTRONOMICOM.FR
SUMMARY

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ABOUT US

A SCHOOL BORN FROM A PASSION

The Gastronomicom Institute is an international culinary academy founded in 2004 by Martine Lessault. All of our teachers boast many years of experience working in prestigious fine dining establishments.

Together, we have channeled our skills and knowledge to develop specialized programs supported by the finest teaching methods across each of our subjects.

The programs offered at our international culinary academy will enable you to learn the art of French cooking and pastry to a One Michelin Star Level (the most respected hallmark for fine dining establishments in the world).

All gastronomic courses are conducted in English.

Why choose this level of training?

Choosing to participate in one of our courses will open the door to many job opportunities, both at home and abroad. Your training will place you in high demand across the food and beverage industry, which suffers from a lack of qualified personnel, particularly in the field of gastronomy.

To make you feel welcome during your stay with Gastronomicom, we have chosen to base our school in the charming coastal town of Agde, a popular tourist destination located 50km from Montpellier (half an hour by train) and 120km from the Spanish border (one hour by car).

The Mediterranean climate is very pleasant, and we generally enjoy around 300 days of sunshine per year.
Our programs are intended for both professionals and beginners who want to master French cooking and / or pastry through hands-on classes provided by highly experienced teachers to a one Michelin Star Level. 

**All of our cooking and pastry courses are hands-on only.** Students work in teams to learn together and help each other.

All weekends are free (except during the internship).

We offer accommodation in partnership with Odalys Residence Saint Loup, which sits in the heart of 4 hectares of parkland, just 5 minutes’ walk from the beach and marina and 10 minutes from the school by bus (see page 16).

**Course Prerequisites :**

- Strong motivation to learn gastronomic culinary arts
- Good level of English comprehension
- Minimum age of 18 years

**Information and enrollment:** gastronomicom.fr
Gourmet program (1 month)

6 options:

- **Cooking and pastry**: 4 weeks with 15 hours of hands-on cooking classes and 15 hours of hands-on pastry classes per week
- **Cooking and French lessons***: 4 weeks with 15 hours of hands-on cooking classes and 15 hours of French lessons per week
- **Pastry and French lessons***: 4 weeks with 15 hours of hands-on pastry classes and 15 hours of French lessons per week
- **Cooking**: 4 weeks with 15 hours of hands-on cooking classes per week
- **Pastry**: 4 weeks with 15 hours of hands-on pastry classes per week
- **French lessons***: 4 weeks with 15 hours of French lessons per week

*French lessons only available for the January, April and September intakes*

The 4 weeks cooking module includes:

- 1st week: cold starters
- 2nd week: hot starters
- 3rd week: fish and sauce
- 4th week: meat and sauce

The 4 weeks pastry module includes:

- 1st week: breads, viennoiseries and doughs
- 2nd week: cakes and entremets
- 3rd week: plated desserts and decoration
- 4th week: chocolate

Details:

- 3 levels: Gourmet Beginner (no experience or less than three years of experience), Gourmet Intermediate (from three to five years of experience), Gourmet Advanced (more than five years of experience).
Epicure program (2 months)

6 options:

- **Cooking and pastry**: 8 weeks with 15 hours of hands-on cooking classes and 15 hours of hands-on pastry classes per week
- **Cooking and French lessons***: 8 weeks with 15 hours of hands-on cooking classes and 15 hours of French lessons per week
- **Pastry and French lessons***: 8 weeks with 15 hours of hands-on pastry classes and 15 hours of French lessons per week
- **Cooking**: 8 weeks with 15 hours of hands-on cooking classes per week
- **Pastry**: 8 weeks with 15 hours of hands-on pastry classes per week
- **French lessons***: 8 weeks with 15 hours of French lessons per week

*French lessons only available for the January, April and September intakes*

Details:

- The program comprises two 4-week modules. These are structured on the same basis as the Gourmet program module, however with different dishes and an increasing level of difficulty.
**Gastronomic Program (3 months)**

6 options:

- **Cooking and pastry**: 12 weeks with 15 hours of hands-on cooking classes and 15 hours of hands-on pastry classes per week
- **Cooking and French lessons**: 12 weeks with 15 hours of hands-on cooking classes and 15 hours of French lessons per week
- **Pastry and French lessons**: 12 weeks with 15 hours of hands-on pastry classes and 15 hours of French lessons per week
- **Cooking**: 12 weeks with 15 hours of hands-on cooking classes per week
- **Pastry**: 12 weeks with 15 hours of hands-on pastry classes per week
- **French lessons**: 12 weeks with 15 hours of French lessons per week

Details:

- The program comprises three 4-week modules. These are structured on the same basis as the Gourmet program module, however with different dishes and an increasing level of difficulty.
7 month Program: 3 months courses and 4 month internship

2 options:

• **3 months Cooking and French lessons** (12 weeks with 15 hours of hands-on cooking classes and 15 hours of French lessons per week) plus a **4 month internship** in a gastronomic restaurant

• **3 months Pastry and French lessons** (12 weeks with 15 hours of hands-on pastry classes and 15 hours of French lessons per week) plus a **4 month internship** in a gastronomic restaurant

Details:

• Diploma in gastronomic cooking or pastry.
• In this program, pastry and cooking lessons are divided into three 4-week modules. They are structured on the same basis as the Gastronomic program.
• During the internship, students will be provided with room and board and receive a monthly stipend of around 550€.
• All weekends are free (except during the internship). Certain programs and intakes also include a 1 week break during which you can visit France.
1 Year Program: 6 months’ courses and 6 month internship

Duration and content of the program:

- **Cooking and French lessons (3 months):** 12 weeks with 15 hours of hands-on cooking classes and 15 hours of French lessons per week
- **Pastry and French lessons (3 months):** 12 weeks with 15 hours of hands-on pastry classes and 15 hours of French lessons per week
- **6 month internship in a gastronomic restaurant in France**
  During the internship, students will be provided with room and board and receive a monthly stipend of around 550€.

Details:

- Diploma in gastronomic cooking or pastry.
- All weekends are free (except during the internship). Certain programs and intakes also include a 1 week break during which you can visit France.
HOW TO APPLY

Course Prerequisites:
• Strong motivation to learn gastronomic culinary arts
• Good level of English comprehension
• Minimum age of 18 years

How to apply to our institution:
• Carefully read the information highlighted in our brochure or on our website to choose the program that best suits you.
• Fill the enrollment form on our website: gastronomicom.fr
• You will be notified of receipt of your application within 48 hours. Answer that email by sending your CV (resume) and a letter of motivation (explaining why you want to study French gastronomy, why in France and why at our institution)
• We will confirm if you have been accepted within 48 hours. If successful, you’ll be asked to make the first payment (40% of the tuition fees to book your place + 240€ enrollment fees). This enrollment fee will book your place and start the visa procedure if you need one.
• Two months before the beginning of the program you’ll need to make the 2nd payment (30% of the tuition fees)
• 15 days before the beginning of the program you’ll need to make the 3rd payment (30% of the tuition fees)
• On arrival you’ll pay the lodging and any extras costs (uniform, heath assurance, French book...).

Cancellation procedure:
Enrollment fees are non-refundable.
Cancellations up to a minimum of two months before the start of the program are eligible for a full refund of tuition fees, except if the program has been postponed. Exception: for those who received official documents in order to obtain visa, they must give us an official document from the French Embassy proving that they didn’t use the official document we gave them.
Cancellations between one and two months before the start of the program will receive a refund of 50% of tuition fees.
No refund will be possible for cancellations made less than one month before the start of the program. Where proof of visa refusal can be provided from the Embassy (and the reason for the refusal is not the fault of the student), tuition fees will be refunded in full. No refund can be given after the program has started, including in the case where a student must leave because of extenuating circumstances. No refund can be given following the expulsion of a student owing to the disrespecting of the rules and regulations (signed on arrival at the school).
Lodging is provided by the school. If you wish instead to identify your own lodging elsewhere, this must be communicated to the school a minimum of one month before beginning the program, as the school has to arrange and pay for the accommodation before the start of term. If you change your mind part-way through the program and choose to move elsewhere, the lodging fees cannot be refunded.
Your enrollment will be confirmed upon receipt of the documents requested by us in our confirmation email.

***Information about COVID***
If you have enrolled at Gastronomicom and you are not able to come because of the Covid-19 (closed borders for example), you can postpone your program to any other session. You can choose the session that suits your agenda.
## Pricing and Fees

<table>
<thead>
<tr>
<th>Program</th>
<th>Tuition fees</th>
<th>Enrollment fees</th>
<th>Total</th>
<th>Lodging (option)</th>
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<tbody>
<tr>
<td><strong>Gourmet 1 month 2 courses</strong></td>
<td>3,720 €</td>
<td>240 €</td>
<td>3,960 €</td>
<td>380 €</td>
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<tr>
<td>(cooking courses + pastry courses OR cooking courses + French lessons* OR pastry courses + French lessons*)</td>
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<tr>
<td><strong>Gourmet 1 month 1 course</strong></td>
<td>2,200 €</td>
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<td>(cooking courses OR pastry courses OR French lessons*)</td>
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<td><strong>Epicure 2 months 2 courses</strong></td>
<td>5,790 €</td>
<td>240 €</td>
<td>6,030 €</td>
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<tr>
<td><strong>Epicure 2 months 1 course</strong></td>
<td>3,700 €</td>
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<td>760 €</td>
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<td>(cooking courses OR pastry courses OR French lessons*)</td>
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<td><strong>Gastronomic 3 months 2 courses</strong></td>
<td>7,780 €</td>
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<td><strong>Gastronomic 3 months 1 course</strong></td>
<td>4,680 €</td>
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<td><strong>7 months</strong></td>
<td>9,220 €</td>
<td>240 €</td>
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<td>• 3 months (cooking courses + French lessons OR pastry courses + French lessons)</td>
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<tr>
<td>• 4 month internship in France</td>
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<td><strong>1 year</strong></td>
<td>17,830 €</td>
<td>240 €</td>
<td>18,070 €</td>
<td>2,280 €</td>
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<tr>
<td>• 3 months cooking + French lessons</td>
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<td>• 3 months pastry + French lessons</td>
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<tr>
<td>• 6 month internship in France</td>
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*French lessons only available for the January, April and September intakes*
<table>
<thead>
<tr>
<th>Intake date</th>
<th>Gourmet Beginner 1 month</th>
<th>Gourmet Intermediate 1 month</th>
<th>Gourmet Advanced 1 month</th>
<th>Epicure 2 months</th>
<th>Gastronomic 3 months</th>
<th>7 months (3 months’ courses + 4 month internship)</th>
<th>1 year (6 months’ courses + 6 month internship)</th>
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TEACHERS

Our French campus boasts a team of teachers with considerable skill and experience, who will help you progress in the culinary world. As well as providing you with a comprehensive education, our teachers are happy to share their professional secrets with anyone not only eager to learn but also with an interest in building their culinary career.

Fabrice AMAR COOKING TEACHER

Education:
• Luxury training « Hôtel restaurant 5 Stars »
• Training level 1 and 2 HACCP HYGIENNE
• MANAGEMENT Training
• CAP CUISINE option, Hôtelière Beliard School (PARIS)

Professional Experience:
• Head Chef, Le Petit Jardin restaurant, Montpellier. “Deux fourchettes rouges” in the Michelin Guide
• Head Chef l’OUSTAU DE L’ISLE, Isle sur la Sorgue. “Deux fourchettes rouges” and Bib Gourmand in the Michelin Guide
• Head Chef SPORT BEACH CAFE, Marseille. Bib Gourmand in the Michelin Guide
• Second Chef Sofitel vieux port ***** luxe, Marseille, Les Trois Forts Restaurant, Chef Dominique Frérard, Maître cuisinier de France
• Head Chef Hostellerie Bérard***, 1 Michelin Star, Chef René Bérard – Maître cuisinier de France
• Head Chef HOSTELLERIE ST GEORGES, Gruyères (Switzerland)
• Second Chef Relais Château VILLA FLORENTINE, Lyon. 1 Michelin Star
• Head Chef APPOLO CHIP CHANDLERS Miami (Florida) ***** Luxe

Spoken languages: French, English, Spanish

Pol BERTHOLET PASTRY TEACHER

Education:
• Brevet de Maîtrise pâtissier chocolatier
• Médaille d’argent au ACF Ben E. Keith, Show piece competition 2014, Houston, Texas
• Silver Medal Ben E. Keith Show piece competition 2013, Houston, Texas
• CAP de pâtissier chocolatier glacier confiseur
• CAP de cuisine - Participation au concours du “meilleur apprenti de France cuisinier” 3e régional
• Meilleur apprenti cuisinier du Puy-de-Dôme

Professional Experience:
• Pastry Chef instructor, Ecole Ritz Escoffier, Le Ritz Paris
• Pastry Chef, Delice Capy – David Capy “Meilleur Ouvrier de France 2007” Nanjing, Jiangsu Province, China
• Pastry Chef instructor, Culinary Institute LeNotre – Houston, Texas USA
• Pastry Chef, Constance Moofushi Resort – Maldives
• Executive Pastry Chef, Labourdonnais Waterfront Hotel et Le Suffren Hotel et Marina, Port Louis – Ile Maurice
• Pastry Chef, O plaisir des mets – Saint-Paul, Ile de la Réunion
• Pastry chef, Mercure Hotel – Accor. Clermont Ferrand, France

Spoken languages: French and English
Stéphane MASSIN  FRENCH TEACHER

Education Professional Experience:
- Graduated: Masters level in Modern Literature, Sorbonne Nouvelle
- Teacher at Paul Valery University (Montpellier, 34000)
- French and History teacher at IRFA SUD, (Narbonne 11100)
- Teacher at our culinary institute in France since its inception
- French teacher at Mahoney Training Consultants Paris

Spoken languages: French and English

Johanna LE PAPE  HEALTHY PASTRY TEACHER (CONSULTING)

Education Professional Experience:
- 2014 World Champion of sweet arts
- ENSP – Certification Perfectionnement de Pâtisserie
- CFA Corot – CAP Pâtissier

Professional Experience:
- Chef Consultant, JLP Consulting
- Pastry Consultant, Johanna Le Pape
- Instructor Pastry Chef, Culinary school Alain Ducasse
- Pastry Commis, Le Meurice
- Pastry Demi leader, Lutétia

Spoken languages: French and English

DIRECTOR

Olivier CANTAUT,  PRESIDENT-DIRECTOR

Education Professional Experience:
- Bac+4
- Director of Gastronomicom France since December 2014
- Commercial director Groupes CREMONINI
- Commercial director BtoB 2LO SA (Marque Coffret INFINI)
- Sales manager GRAS SAVOYE
- Commercial / travel agent SWITCH
- Artistic direction Etincelles
- Supervisor TRADER COM

Spoken languages: French, English and Portuguese

The team includes 6 employees: Olivier Cantaut, president-director, Fabrice Amar, Cooking teacher, Pol Bertholet, Pastry teacher, Stéphane Massin, French teacher, Clarisse Bolon, secretariat and school, and Emmanuel Wiss, communication and accounting.
**INTERNSHIPS**

We offer the option of an internship following the completion of your course(s) at Gastronomicom, an exceptional opportunity which will enable you to improve your skills in cooking and pastry.

The school takes great care to identify the best fine dining establishment for you, where you will also be provided with lodging, board and a monthly stipend. You’ll experience the pace and rhythm of a high-end restaurant and discover what it means to work as a gastronomic chef.

Gastronomicom is the only culinary academy to offer an internship for students (in cooking or pastry) in restaurants listed in the French Michelin Guide.

**We have 2 programs that include an internship:**

- **7 month program** (3 months’ courses and a 4 month internship)
- **1 Year program** (6 months’ courses and a 6 month internship)

You can’t do only the internship. The courses before are compulsory (by French law and in your interest because we have to know your level to choose the right place for you).

**A boost for your culinary career**

Thanks to our more than 15 years of experience and excellent reputation, we are able to exclusively collaborate with fine dining restaurants in France such as Relais-Chateaux and other prestigious establishments referenced in the French Michelin Guide.

Each student’s placement will be decided upon by the teachers and the administrative team. The school will consider the student’s technical abilities, level of French, motivation and general behavior.

During the internship, students will receive a monthly stipend of around 550€ and be provided with lodging and board.

The internship is a formative and extremely helpful experience for students, concluding their training and enabling them to appreciate the realities of professional culinary career.
LODGING / ACCOMMODATION

Cap d'Agde
The large, attractive and lively resort offers 14km of fine, sandy beaches, a marina with 3,000 moorings, water sports and other sporting activities, a 27-hole golf course and an International Tennis Club. Getting around is easy; you can conveniently stroll across one quay to another through interlinking footpaths, and there is also a cycle track that passes through the resort towards Agde.

The Residence Club Saint Loup is situated in 4 hectares of luxurious parkland, a naturally preserved, spacious environment interspersed with ponds and lakes, just 5 minutes from the harbor and beach. A bus route (with a stop at the Resort’s entrance) makes daily connections to Agde train station, making it easy to visit the surrounding cities.

https://www.en.capdagde.com/

The resort
Accommodation at our culinary academy costs 380€ per month, with 2 students sharing a 2-bedroom apartment with a separate living room and fully equipped kitchen (enabling students to prepare their own meals). A 500€ deposit will be required when you check-in at the Residence’s front desk, and will be refunded upon your departure provided there is no damage to the apartment. The resort will also require 35€ for management and organization fees.

If you wish to book an individual apartment (see below), please contact our culinary academy. The Residence also boasts a beautiful swimming pool which is open from March until late October.

<table>
<thead>
<tr>
<th>Accommodation</th>
<th>Details</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Shared flat with another student</td>
<td>Approx. 46m², ground or 1st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), 2 bedrooms with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, dishwasher), bathroom, separate toilet, safe, balcony or terrace</td>
<td>380€ per student per month</td>
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<tr>
<td>Individual studio apartment</td>
<td>Approx. 18m², 1st floor. Living room with sofa bed (140x190cm), equipped kitchenette (ceramic hob, microwave), shower room with toilet, balcony</td>
<td>520€ per month</td>
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<tr>
<td>Individual apartment with one bedroom</td>
<td>Approx. 39m², ground or 1st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), 2 bedrooms with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, oven, dishwasher), bathroom, separate toilet, safe, balcony or terrace</td>
<td>620€ per month</td>
</tr>
<tr>
<td>Individual apartment with two bedrooms</td>
<td>Approx. 46m², ground or 1st floor. Living room with double pull-out bed (150x190cm) or 2 single pull-out beds (80x190cm), 2 bedrooms with 2 single beds (80x190cm), equipped kitchenette (ceramic hob, microwave, dishwasher), bathroom, separate toilet, safe, balcony or terrace</td>
<td>760€ per month</td>
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