



GASTRONOMICOM

INTERNATIONAL CULINARY ACADEMY

EPICURE PROGRAM 2 MONTHS - PASTRY

TYPE OF RECIPES YOU'LL LEARN



INTERNATIONAL CULINARY ACADEMY

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WEEK 1: BAKING



> French baguette

Technics used

Presentation, hand mixing french baguette, kneading brioche, gluten lesson

> French baguette, brioche, milk bread, loaf bread, bourdaloue tart

Technics used

Hand made french tradition baguette, kneading shaping and baking french baguette, shaping brioche kneading, shaping tart, piping almond cream,,



WEEK 2: ENTREMETS



> Coconut vanilla tartelet

Technics used

Coconut swette pastry, coconut almond cream, vanilla insert, coconut mouss, glaze

> Fraisier

Technics used

Genoise sponge, mousseline cream



WEEK 3: PLATED DESSERTS AND DECORATION



> Chocolate fondant

Technics used

Fondant mix, cooking vanilla sauce, sablé dough, decoration with cornet

> Pavlova / frozen nougat

Technics used

French meringue, montblanc mixture / flambage, honey meringue



WEEK 4: CHOCOLATS



> Praliné, fleur de sel, sesame chocolates/ muscadine, passion fruit jelly, raspberry chocolates, chocolat sablé

Technics used

Temperature chart and decoration skills, home-made praliné, tabling method for ganache, dipping chocolate bonbon, baking and shaping fruit jelly, molding chocolat bonbon, piping and ganache method piping sablé

WEEK 5: BAKING



> Croissant, pain chocolat, pain au raisin, kouglof, chouquette, financier, burgers and buns, garlic and persil puff bread, ciabatta and foccacia, apricot tumeric country bread, tradition french baguette, whole wheat baguette

Technics used

kneading, folding, choux paste, piping, kneading and low fermentation, traditionnal bread et shaping, croissant dough



WEEK 6: ENTREMETS



> Blackcurrent cheese cake

Technics used

Sending, cream cheese mixture

> Lemon meringue tart

Technics used

*Sweet pastry, shaping, lemon curd,
cooking italian meringue et piping*



WEEK 7: PLATED DESSERTS AND DECORATION



> Tatin apple, pecan sablé,
mascarpone cream, caramel
dressing and apple foam

Technics used

*Tatin baking, pecan nut sabléd,
piping with st honoré tip, foam*

> Fromage blanc mouss,
lime and berries

Technics used

Crispy sablé, fromage blanc mouss



WEEK 8: CHOCOLATS



> Bicouche hazelnut pistachio
praliné barre, rice crispy toffee
barre

Technics used

*Bicouche praline barre, soft toffee
cooking*

> Bicouche cherry almond
chocolate bonbon

Technics used

Molding et piping in 2 textures

