



GASTRONOMICOM
- FRANCE -

3-month Pastry program

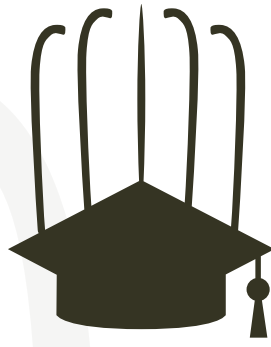
Examples of pastries you'll learn to make



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WEEK 1: BAKERY & VIENNOISERIE



French baguette

Techniques used:

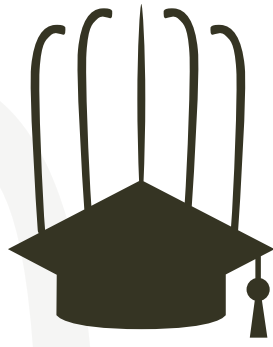
Introduction, making traditional French baguettes by hand, kneading, shaping and baking.

Brioche, milk bread, sandwich bread, Bourdaloue tart

Techniques used:

Kneading, shaping the tart, piping almond cream, buffet set-up





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WEEK 2: CAKES & ENTREMETS



Coconut and vanilla tartlet

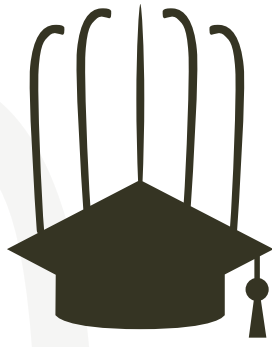
Composition:

Coconut sweet pastry, coconut almond cream, vanilla insert, coconut mousse, glaze

Fraisier

Composition:
genoise sponge,
mousseline cream
and marzipan





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WEEK 3: PLATED DESSERTS



Chocolate fondant

Composition:

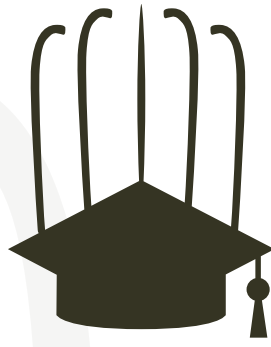
chocolate fondant, vanilla sauce,
sablé crust, piped decorations
using a paper cornet

Pavlova

Composition:

French meringue, Mont Blanc
mixture, chantilly cream





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WEEK 4: CHOCOLATE

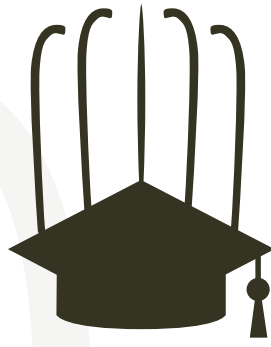


**Praline with fleur de sel,
muscadine, raspberry
pâte de fruit, Baileys
ganache chocolates,
chocolate sablé**

Techniques used:

Chocolate tempering and decorating techniques, homemade praline, tabling method for ganache, dipping chocolate bonbons, cooking and cutting pâte de fruit, moulding chocolate bonbons, piping sablé dough





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WEEK 5: BAKERY & VIENNOISERIE

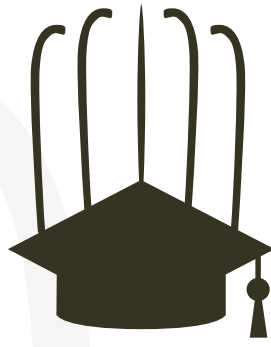


Croissant, pain au chocolat, pain au raisin, kouglof, chouquette, financiers, burger buns, garlic and parsley puff bread, ciabatta and focaccia, country bread, traditional French baguette, flan parisien

Techniques used:

Kneading, folding, choux pastry, piping, kneading and slow fermentation, traditional bread-making and shaping, croissant dough





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WEEK 6: CAKES & ENTREMETS



Blueberry macaron cheesecake

Techniques used:

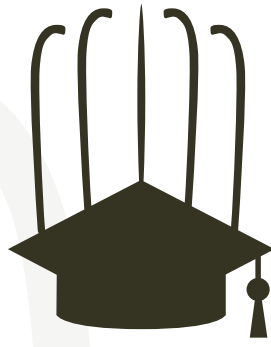
Rubbing-in method, cream cheese mixture, macaron piping and glazing

Lemon tart

Composition:

Hazelnut sweet pastry, lemon curd and French meringue





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WEEK 7: PLATED DESSERTS



Tatin-style apple, pecan sablé, mascarpone cream, caramel plating and apple foam

Techniques used:

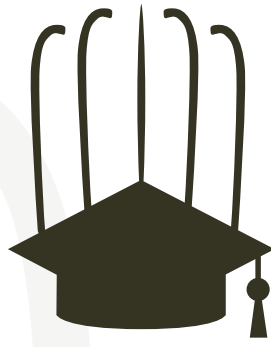
Caramelized Tatin-style apple, pecan nut sablé, piping with Saint-Honoré tip, caramelized pecan, cider foam and caramel sauce

Lemongrass panna cotta, melon-verbena tartare, vanilla crisp

Techniques used:

Panna cotta cooking method, basic knife skills, decorative tuile





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WEEK 8: CHOCOLATE

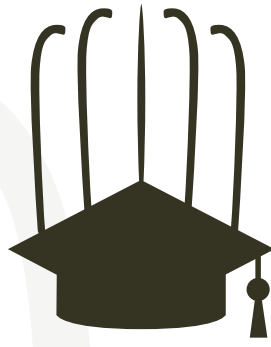


Hazelnut praliné chocolate bonbons, marshmallows, raspberry truffles, almond rocher, Snickers-style bar, bicouche raspberry chocolate bonbon

Techniques used:

Cutting and dipping chocolate bars, cooking and piping marshmallow, piping ganache, moulding and piping in two different textures, coloured cocoa butter decoration





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WEEK 9: BAKERY & VIENNOISERIE

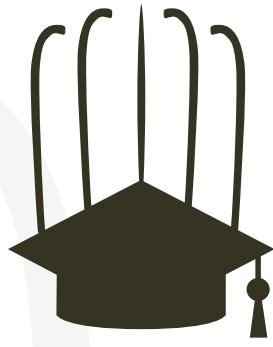


Multigrain baguette, two-colour Danish pastry, coconut banana, apple raspberry, rye bread, two-colour milk bread, walnut bread, cheese torsade, apple turnover, cookie

Techniques used:

Traditional baguette shaping, puff pastry, laminated dough, cutting and shaping, two-colour laminated Danish dough, stiff and liquid sourdough starters: kneading, shaping and baking





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WEEK 10: CAKES & ENTREMETS



Cherry and pistachio religieuse

Composition:

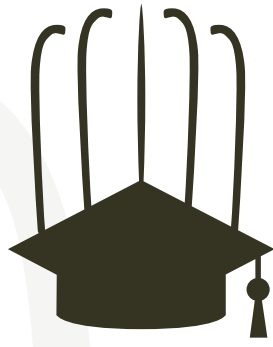
Choux pastry and craquelin, pistachio cremeux, cherry confit, marzipan and buttercream

Banana and peanut mousse cake

Composition:

Chocolate sponge, banana cremeux, peanut Bavarian cream, yellow glaze and chocolate decoration





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WEEK 11: PLATED DESSERTS



Raspberry and pistachio cannelloni

Composition:

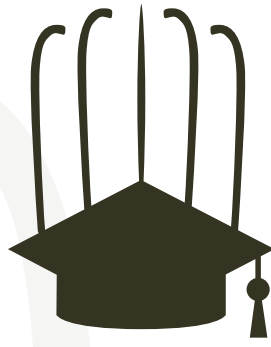
Pistachio sablé, Greek yoghurt, raspberry jelly, raspberry tuile, pistachio meringue and raspberry sorbet

Apricot and ricotta

Composition:

Rosemary crumble, ricotta mousse, crispy opaline, caramelized apricot, apricot gel and apricot sorbet





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WEEK 12: CHOCOLATE & PASTRY BUFFET



100% chocolate mousse cake

Composition:

Gluten-free chocolate sponge,
chocolate cremeux, chocolate mousse,
dark glaze, reconstituted sablé base

Pastry buffet

Goal:

Putting into practice the guidelines and techniques learned
over the past three months.

