



## CUISINE & CULTURE



*"Beyond tradition... express your creativity!"*

### **2012 Season**

Intensive six-week program

**Passionate enthusiasts**

## A unique gourmet heritage...

The Cuisine & Culture program is much more than an introduction to gastronomy. You will receive expert teaching that combines demonstrations with hands-on practice.

Using only quality products, you will be given a grounding in the fundamentals of French cuisine (cutting, cooking, combinations of products and flavors, dish presentation, balanced recipes, etc.), providing a platform for you to move on to more advanced techniques if you wish.

A series of cultural outings and meetings with leading professionals in the region – a key part of the program – provides participants with an excellent opportunity to discover the richness of our gastronomic heritage.

Introductory pastry courses, plus an introduction to baking, wine and coffee and the School of Tea, provide the final touches to this comprehensive initiation into a whole world of flavors and cooking skills.



## Learn from top chefs in a top kitchen

The Culture & Cuisine program offers an amazing opportunity to share in the cooking secrets – and the sheer passion for food – of the top chefs, while exchanging experiences and ideas with participants from around the world.

Our chefs display the simplicity, generosity and high standards on which the school's reputation is based, ensuring that you get the best possible learning experience that allows your cooking talents come to the fore.



### Program highlights

#### ■ A series of unique gastronomic experiences

Dinner at Paul Bocuse restaurant (3 Michelin Stars)  
Dinner at the "Saisons" restaurant at the Institut Paul Bocuse  
Lunch at "Troisgros" restaurant (3 Michelin Stars)

#### ■ Outings to expand your horizons

Visits and meetings with leading figures in regional culture and gastronomy, including chefs and local producers (cheese artisans, chocolatiers, wine producers, etc.).

#### ■ The chance to work with experts

Classes are limited to ten people, ensuring maximum contact with teaching staff. Classes are taught by specialists in each discipline, in specialized facilities.



*“Since we are a small group with a very attentive chef, we can develop our work in the directions that interest us most. For example, Jacqueline wants to feel more at ease when cooking for family and friends, whereas for me, I work in a French restaurant, and in order to progress more professionally, I needed to know the basics better. Both of us were able to follow the courses with equal pleasure!”*

**Deborah, Portland, USA**



*“I never felt lost here. The passion and patience of the chefs who train us and the generosity of the people who welcome and accompany us meant that we never felt alone, in fact, we were surrounded to foster our learning in optimal conditions.”*

**Zeina, Beyrouth, LEBANON**

## The following are provided for each program

- Professional chef's jacket and pants
- Safety shoes
- Two towels, an apron, and a chef's hat
- Knife set
- Cookbooks



On completion of the course, participants receive a certificate signed by Paul Bocuse (attendance requirements must be met).

SESSIONS	Dates	Price (€)*
In French	Monday January 9 to Friday February 17, 2012	5 100
In English	Monday May 7 to Friday June 15, 2012	5 100
In English	Monday June 18 to Friday July 27, 2012	5 100
In French	Monday September 3 to Friday October 12, 2012	5 100

\* Personal financing.

*In the case that financing is covered by a continuing education training plan, the cost of the training amounts to €6,200 including tax. (administrative formalities included)*

## PROGRAM DETAILS

### CUISINE

- **Theory.** History of gastronomy, professional vocabulary, health and safety rules.
- **Basic culinary techniques.** Cutting vegetables, soups and potages, eggs, mushrooms, stock, sauces and thickening techniques, hot and cold sauces, basic doughs and food colors
- **Meat and poultry.** Classifications, cutting, cooking, classic and contemporary presentations.
- **Fish and seafood.** Classifications, freshness criteria, cutting, cooking, classic and contemporary presentations

2 weeks

1 week

1 week

*Final assignment: preparation of a buffet.*

### PASTRY

- **Grand classics revisited.** Desserts, tarts, ices, etc.
- **Contemporary desserts.** Verrines, macarons, fruit delights, etc.

5 days

### BAKING

- **Traditional french breads and aromatic breads.**

2 days

### CHEESE

- **Everything you need to know.** Production, selection, cutting, preservation, presentation and composition of a cheese board.

½ day

### WINE

- **Introduction to wine-tasting.** Rules and vocabulary .
- **Theory and practice.** Whites, reds, sweet wines, sparkling wines, AOC labels, wine regions, wine-making, etc.

½ day

### COFFEE

- **Introduction to coffee tasting.** rules and vocabulary
- **Theory and practice.** history of coffee, coffee bean harvesting, production, diverse origins, grands crus, exceptional coffees, etc.

½ day

### SCHOOL OF TEA

- **Initiation to tasting.** Expressing sensations.
- **Theoretical approach.** The plantations, principles of drying, preparing tea...

½ day

### MEETINGS

- To add unique cultural depth to the teaching program, the Ecole de Cuisine organizes meetings with leading culinary professionals, including wine producers, chocolatiers, cheese artisans and specialists working at the Halles Paul Bocuse.

2 days

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

# TERMS & CONDITIONS

## Registration and payment

### ■ Registration deadlines:

- session in French: November 7, 2012 – May 14, 2012 – June 4, 2012
- session in English: March 12, 2012

### ■ Registration is confirmed upon receipt of the registration form and accompanying documents\*, plus a €1,530 deposit.

### ■ Payment may be made in three installments, either online, by bank transfer, or by check (in euros).

\* *Completed registration form plus resume and photocopy of passport or identification.*

With registration:	Deposit of	€ 1,530
At 30 days:	2nd installment of	€ 1,785
At 60 days:	Balance of	€ 1,785
Total cost		€ 5,100

*In the case that financing of the training is covered by a training plan, the confirmation of coverage replaces the conditions above.*

## 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 Paul Bocuse

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

## Insurance

- Participants are required to provide proof of insurance coverage in France ("assurance et responsabilité civile") at least one month prior to the beginning of classes. This insurance must cover all liabilities related to accidents or injuries caused to a third party or the participant.
- If you are unable to provide proof of this coverage the Institut Paul Bocuse proposes "assurance responsabilité civile" insurance for the duration of the session (cost approx. €120).

## 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 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.

## Accommodation

- For your comfort, as well as that your family and friends, the Institut Paul Bocuse proposes convenient "apartment hotels" accommodation.

## Contacts :

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ÉCOLE DE MANAGEMENT HÔTELLERIE RESTAURATION & ARTS CULINAIRES

CENTRE DE RECHERCHE

INNOVATION & DÉVELOPPEMENT

L'ÉCOLE DE CUISINE

Institut Paul Bocuse trains the professionals of tomorrow  
for Hotel, Restaurant and Culinary Arts careers.

This prestigious institute offers a unique blend  
of refined tradition, contemporary quality  
and cutting-edge innovation. It teaches time-honored  
techniques and modern management skills to meet  
the current and future needs of the food service  
and hospitality industry around the world.

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