

INSTITUT PAUL BOCUSE & CHEF YANNICK ALLENO LAUNCH THE FIRST EVER SAUCE MAKING COURSE

"It's time to get serious about sauces" - Gérard Pélisson

Institut Paul Bocuse, the leading international hospitality, food service and culinary arts management school, has teamed up with three-starred chef Yannick Alléno, creator of modern sauces, to launch the "Sauce School", a unique training programme dedicated to the art of sauce making to showcase this pillar of gastronomy.

*"As you are mopping up the sauce off your plate with a piece of bread, just stop for a moment and remember that you are savouring a monument, a heritage, the heart of French gastronomy. **Sauce is the verb of cooking.** It is a serious matter, and the stories of successful, unsuccessful, newly discovered and invented sauces that punctuate history and great cuisine since the garum of the Romans all bear witness to its importance. The extractions, and the contemporary sauces that I have devised for the lessons, thus naturally add to the repertoire of the great traditional French sauces. They stand out for their distinctive taste, and allow the genuine nature of the product to be expressed in its texture and terroir. At the same time, this gustatory evolution cannot overlook the nutritional and dietary characteristics that are adapted to modern-day requirements",* says Chef Yannick Alléno.

Gérard Pélisson, Honorary President of Institut Paul Bocuse, adds: *"The Sauce project will enable Institut Paul Bocuse to remain a pioneer in the way it teaches both in terms of sauces and in the contemporary perspective brought to it by great chefs like Yannick Alléno: research on zero-waste approaches and ecology, using the natural salinity of products to replace salt, an open mind towards the best sauces the world has to offer, combining improbable pairings through sauces, the role of sauces in modern patisserie techniques, and the fact that we are moving towards a lighter and more sustainable cuisine"*.

How is the "Ecole de la Sauce" training course structured?

60 hours of lessons are spread over the first 2 years of the Bachelor's programme in International Culinary Arts Management. The aim is to enable students to acquire an understanding of the principles and fundamentals of the French sauce tradition, and to master new techniques such as extraction or cryo-concentration, which are at the heart of the new generation of sauces, the building blocks of modern cuisine.

In charge of this new training course is Marc Lahoreau, Assistant Executive Chef at Institut Paul Bocuse, and former Executive Sous Chef in the restaurants of the Royal Mansour Hotel (Marrakech), in charge of the gastronomic 'La Grande Table Française' restaurant.

Making this training course available to students is to provide them with the foundations for their culinary development.

How are the modules organised?

The 60 hours of lessons are organised as follows:

- 1 week of 30 hours in the first year with 1h30 of theory/technology and 4h30 of kitchen practice each day, under the supervision of Chef Marc Lahoreau.
- 1 week of 30 hours in the second year following the same pattern.

Week 1 focuses on the fundamentals: history, characteristics and culture of sauces, mastery of cooking techniques and vocabulary, analysis and appearance of textures and aromas. At the end of the week, the students will benefit from a sensory analysis course with an agricultural engineer on the sensory qualities of a sauce.

Week 2 focuses on learning about modern sauces: history, influence and culture of sauces from around the world, contemporary sauces by Yannick Alléno, extractions and cryo-concentrations, specific features of modern extractions and texturizers and their use in cooking and pastry recipes. At the end of the week, an exam is planned so that the student can create the sauce that corresponds to their culinary identity.

About Institut Paul Bocuse:

Institut Paul Bocuse prepares future decision-makers for exciting careers in the hospitality, food service and culinary arts sectors. In just 30 years, the Institute has been able to develop a unique higher education, research, continuing education and career retraining ecosystem. Our Institution trains more than 1,200 students each year, representing 69 nationalities studying on 10 international campuses. From undergraduate through to doctoral level, students on our courses benefit from an experiential teaching approach designed around project management, talent development, entrepreneurship and creativity. We've built our international development strategy upon an educational hub created in partnership with the best schools and universities in the world along with our network of 4,500 alumni located in 80 countries across the globe.

Institut Paul Bocuse is the first-ever private hospitality and food service higher education institution to be fully certified by the Ministry of Higher Education, Research and Innovation, with 4 undergraduate programmes in Management approved by the French State. We are the only school in France to have a Michelin-starred training restaurant, a 5* training hotel and a Research Centre whose academic work makes a key contribution to the quality of our training provision through a forward-looking vision of the hospitality professions.

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