



LENÔTRE  
PARIS

CULINARY ARTS  
SCHOOL

# The basics of French Cuisine

RNCP34978 - EXPERTISE UNIT N°2



# *intro*



Gaston Lenôtre, *the father of modern-day pastry making*, was a creative, bold and visionary pastry chef.

Born wearing a chef hat, he was on a constant quest for **Excellence**, from selecting the finest ingredients to employing meticulous methods and techniques all in the service of flavor and enjoyment.

In 1974, Gaston Lenôtre founded the first culinary school in France to **share** this artisanal excellence and his expertise with his colleagues.

As word of the school spread like wildfire, the École Lenôtre quickly opened its doors to professionals from around the world looking to enrich their projects with the tricks and recipes of Maison Lenôtre.

Passing down this knowledge is the founding value of Maison Lenôtre and Gaston Lenôtre's legacy. We are mindful of the value of our heritage and artisanal expertise and have always sought to uphold, promote and share it with the utmost respect.

Our teams are dedicated to carrying out this mission every day for you... We vow to demonstrate this profound **Respect** every day.

Join us at the École Lenôtre !



# *Content*

THE BASICS OF FRENCH CUISINE

*Our school* **PAGE 6**

*The basics of French cuisine* **PAGE 8**

*Our locations* **PAGE 16**

*Our code of commitment* **PAGE 18**

The École Lenôtre is a vocational school which offers **certification training** courses in **cooking and pastry making** open to anyone, a **bakery advanced training**, advanced **training courses** for professionals looking to optimize their business and **bespoke training and consultation** to enhance and ensure the long-term success of your projects, but also **team-buildings**.



## A unique learning approach



We are committed to providing you with the basic methods and essential techniques needed to become recognized professionals. To achieve this, you will experience how everything works at Maison Lenôtre firsthand during your training to learn about our procedures and trade secrets.

You will be an integral part of a demanding professional environment and experience the inner workings of Maison Lenôtre. All our training courses are entirely designed around practice and repetition.

*"Here we learn everything with our hands, eyes and head, from the use of raw materials to strict hygiene rules." The École Lenôtre is much more than just recipes: It is an ethos of taking pride in your work, a calling to pass on knowledge and a sense of honor for being a hard worker."***Gaston Lenôtre**

## our strengths

- A school with a personal touch
- Maximum of 12 participants per course
- Rooms equipped with all the necessary equipment
- Carefully selected raw materials
- Experienced, training experts
- Being a part of a renowned company, students can immediately put their training into practice

## locations

- Rungis (94): 13 technical facilities

## credentials

- RNCP : Professional certification for our Cooking Chef and Pastry diplomas
- 5 advanced courses registered to the *Répertoire Spécifique*
- Datadock subscription
- Member of the Colbert Committee and Relais Dessert Member\*
- Member of Grandes Tables du Monde Member\*\*
- Member of Relais & Châteaux Member\*\*\*
- Entreprise du Patrimoine Vivant label\*\*\*\*

## values

- **Respect** for ingredients, expertise, time and people
- Ensuring **Excellence** in the flavor and aesthetics of products as well as in experiences
- **Sharing** enjoyment, heritage and expertise

\* Association of the world's top pastry chefs  
\*\* Association of the world's top restaurants  
\*\*\* Association of the world's top luxury hotels and restaurants  
\*\*\*\* Living heritage company

# THE BASICS OF FRENCH CUISINE

The basics of french cuisine training at the École Lenôtre are designed for adults looking to train or to switch careers :

- Hobbyists and enthusiasts looking to switch careers
- Young professionals
- Professionals who left the trade for a while

Given the intensity of this program, each candidate needs to be genuinely motivated by careers in cooking or gastronomy in general.

## The objective

Access to the fundamental knowledge of French cuisine, during 6 weeks : the Ecole Lenôtre will provide you with basic methods and essential techniques in cuisine making.



## The pre-requisites

ELIGIBILITY FOR THIS COURSE :

- To be aged 18 years or older
- To have a minimum level in English or French (level B1)
- To have basic knowledge of basic reasoning (calculations and logic)
- Each candidate needs to be genuinely motivated by careers in cooking or gastronomy in general.

## Our strengths

- 6 weeks of intensive courses (240 hrs.)
- Class size limited to 12 participants
- 100% success rate



## The basics of french cuisine



240 h  
(6 weeks):  
5 weeks of lessons  
+  
1 week of revisions  
and exams



- Multiple choice questions
- Continuous assessments
- Practical exam



Pace of training



Evaluations

# THE BASICS OF FRENCH CUISINE

## MAKE THE BASIC COOKING RECIPES

The aim of this module is to allow students to learn the basics of Culinary Arts and to master the fundamental culinary techniques.

### *Practical lessons : 6 weeks*

- Make basic recipes: sauces, vinaigrettes, mayonnaises, stocks...
- Make basic starters: soups, quiches, salads...
- Make fish and seafood dishes: moules marinières, whiting à l'anglaise, sole bonne-femme...
- Make meat dishes: roast poultry, sautéed veal, beef stew, braised meat, grilled meat...
- Make vegetable side dishes to compliment the main dish
- Make classic desserts: fruit tarts, filled choux pastry, puff pastry, moka, bavarois...
- Manage and organize its work (team work, inventory management, due process and method, production and conservation compliance etc.)
- Assessment of progress



# THE THEORY

## APPLIED AND TESTED IN EACH MODULE

### *Raw material and culinary theory*

- Hygiene and safety standards (both food and work environment) in compliance with environmental standards. Packaging, labelling, storage and preservation of basic, finished and partially-finished products according to the HACCP.
- Tools used in cooking (utensils, large and small equipment).
- Organization, storage and cleaning of work surfaces, and the kitchen laboratory.
- Daily stock control and storage of incoming dry goods and fresh ingredients (observation of the cold chain), cold rooms and freezers.
- Awareness of the importance of a technical information sheet to rationalize the production and optimize the quality of the recipes.
- Writing and creating a technical recipe sheet.
- Selection of the quality of ingredients and raw materials for the recipes being created.



# PRACTICAL INFORMATION S

## Equipment and materials

The school will give every student his own set of utensils (knives, whisk, rolling pin,...) at the beginning of the training program. This set of utensils will be useful during your training, but also during your whole career.

Every student will also receive a mandatory professional uniform, that will include:

- 2 white professional jackets with the Ecole Lenôtre signature
- 2 professional trousers
- 1 pair of safety shoes

## Usual timetable (40 hours per week)

- Monday to Thursday: 8:00 a.m. to 5:30 p.m.
- Friday: 8:00 a.m. to 3:00 p.m.

Every day, breakfast is served half an hour before the beginning of the training session.

The lunch is served from 12:00 to 12:45 pm.

This timetable may vary sometime according to the civil calendar or for some specific themes. We recommend to have a look on the hour timetable available on the begining of the training.



## Accommodation

The Ecole Lenôtre will send you a list of useful addresses to help you to find a room, a studio or a flat to rent.

# REGISTRATION AND FEES DETAILS

## Fee for the diploma\*

Diploma « The basics of french pastry : **8 100 € H.T. (9 720 € TTC)**  
This diploma gives you access to our advanced courses.

## Our certifications



Expertise unit n°2 of the Cooking Chef diploma  
Registered to the RNCP under the n° RNCP34978

Given the limited number of seats in each session (12 maximum), we advise you to register at least 5 months before the starting date of your course.

## Registration folder

The application for registration must include of all the following documents:

- Completed registration application form
- Copy of an official government identity card
- Curriculum Vitae
- Cover letter

After receiving these documents, we will organize an in-person or Skype interview to assess your motivation and assess the necessary prerequisites to start the training.

# REGISTRATION TERMS

## Next starting dates

MARCH 2021

| MARCH |    |  | APRIL |    |      |
|-------|----|--|-------|----|------|
| 1     | MO |  | 1     | TH |      |
| 2     | TU |  | 2     | FR |      |
| 3     | WE |  | 3     | SA |      |
| 4     | TH |  | 4     | SU |      |
| 5     | FR |  | 5     | MO |      |
| 6     | SA |  | 6     | TU | EXAM |
| 7     | SU |  | 7     | WE |      |
| 8     | MO |  | 8     | TH |      |
| 9     | TU |  | 9     | FR |      |
| 10    | WE |  | 10    | SA |      |
| 11    | TH |  | 11    | SU |      |
| 12    | FR |  | 12    | MO |      |
| 13    | SA |  | 13    | TU |      |
| 14    | SU |  | 14    | WE |      |
| 15    | MO |  | 15    | TH |      |
| 16    | TU |  | 16    | FR |      |
| 17    | WE |  | 17    | SA |      |
| 18    | TH |  | 18    | SU |      |
| 19    | FR |  | 19    | MO |      |
| 20    | SA |  | 20    | TU |      |
| 21    | SU |  | 21    | WE |      |
| 22    | MO |  | 22    | TH |      |
| 23    | TU |  | 23    | FR |      |
| 24    | WE |  | 24    | SA |      |
| 25    | TH |  | 25    | SU |      |
| 26    | FR |  | 26    | MO |      |
| 27    | SA |  | 27    | TU |      |
| 28    | SU |  | 28    | WE |      |
| 29    | MO |  | 29    | TH |      |
| 30    | TU |  | 30    | FR |      |
| 31    | WE |  |       |    |      |

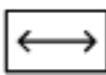



SEPTEMBER 2021

| SEPTEMBER |    |  | OCTOBER |    |      |
|-----------|----|--|---------|----|------|
| 1         | WE |  | 1       | FR |      |
| 2         | TH |  | 2       | SA |      |
| 3         | FR |  | 3       | SU |      |
| 4         | SA |  | 4       | MO |      |
| 5         | SU |  | 5       | TU |      |
| 6         | MO |  | 6       | WE |      |
| 7         | TU |  | 7       | TH |      |
| 8         | WE |  | 8       | FR |      |
| 9         | TH |  | 9       | SA |      |
| 10        | FR |  | 10      | SU |      |
| 11        | SA |  | 11      | MO |      |
| 12        | SU |  | 12      | TU | EXAM |
| 13        | MO |  | 13      | WE |      |
| 14        | TU |  | 14      | TH |      |
| 15        | WE |  | 15      | FR |      |
| 16        | TH |  | 16      | SA |      |
| 17        | FR |  | 17      | SU |      |
| 18        | SA |  | 18      | MO |      |
| 19        | SU |  | 19      | TU |      |
| 20        | MO |  | 20      | WE |      |
| 21        | TU |  | 21      | TH |      |
| 22        | WE |  | 22      | FR |      |
| 23        | TH |  | 23      | SA |      |
| 24        | FR |  | 24      | SU |      |
| 25        | SA |  | 25      | MO |      |
| 26        | SU |  | 26      | TU |      |
| 27        | MO |  | 27      | WE |      |
| 28        | TU |  | 28      | TH |      |
| 29        | WE |  | 29      | FR |      |
| 30        | TH |  | 30      | SA |      |
|           |    |  | 31      | SU |      |

- Certificate The basics of French Cuisine
- Makeup exam week



# OUR LOCATION IN RUNGIS

-  **2 300** sq.m
-  **13** classrooms
-  **400** sq.m of relaxing break areas and food services
-  **200** sq. m of bioponic rooftop vegetable garden

## Accessible

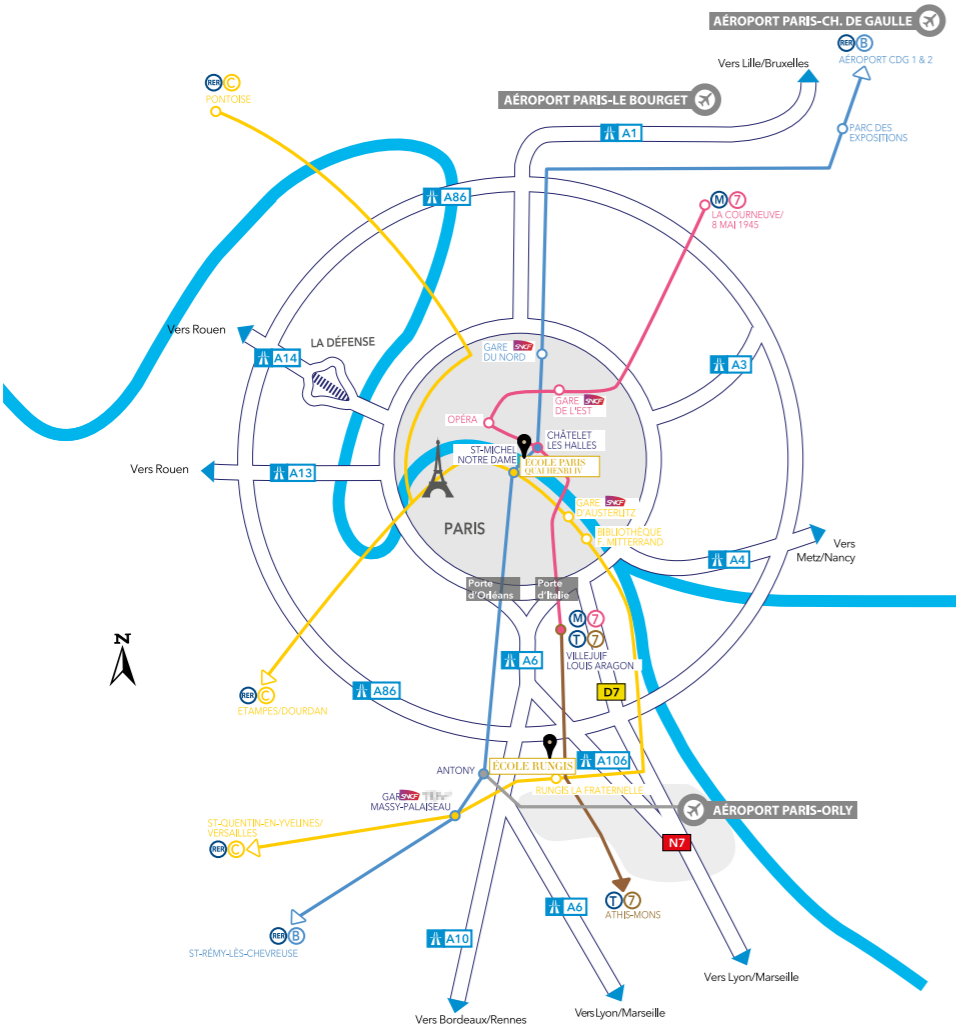
- A stone's throw from the Rungis Market
- Easy access thanks to various means of transportation

## Up to date

- State-of-the-art facilities
- A brand new building bathed in light

## Welcoming

- A space designed to bring people together
- Comfortable furniture and green spaces
- Indoor and outdoor food courts



# CODE OF COMMITMENT

Maison Lenôtre is committed to an ongoing improvement plan based on the following principles :

- 1 Protecting the environment, preserving natural resources and fostering biodiversity
- 2 Implementing a management system to identify objectives and assess progress
- 3 Ensuring that facilities and services comply with regulations
- 4 Focusing on improving the health and safety of people
- 5 Increasing initiatives in R&D and innovation
- 6 Developing employees' skills and promoting social innovation
- 7 Encouraging our partners and suppliers to respect these commitments
- 8 Anticipating environmental needs
- 9 Promoting fair social practices
- 10 Supporting the commitments of ILO conventions (abolishing child labor and eliminating any form of forced or mandatory labor)

## Our partners



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[www.ecole-lenotre.com](http://www.ecole-lenotre.com)





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