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INSTITUT
Lyfe
EXECUTIVE
Education



Log Book

Advanced Culinary ALLiance Summer Program
In Institut Lyfe France
May - July 2026





Intake**12/05**

HELLO FRANCE!

One day after arriving, the students finally stepped into Institut Lyfe, ready to begin their culinary adventure. Eyes wide

with wonder, they explored the Château du Vivier, the Château de la Roseraie, and the kitchens where their skills would soon shine.

The afternoon was dedicated to an introduction to the programme with Adrien and Sophie, giving students a first overview of what the weeks ahead had in store. With a packed curriculum to discover, there was a lot to take in – and a lot to look forward to. Students shared their goals and expectations, and unsurprisingly, practical courses came out as everyone's clear favourite. The day wrapped up with a group photo to mark the beginning of this adventure.

A perfect start to an unforgettable journey!



RECIPE HUNT

Fourvière, Place des Jacobins, and the Fresque des Lyonnais to uncover the clues of a mystery recipe.

Guess what? The recipe was the *Praluline*.

All of this was made even better thanks to one special guest *THE SUN* ☺

Second day, and they already had the chance to visit one of the most beautiful cities in France: Lyon. But exploring a city becomes even more exciting when it turns into a collaborative game called the "Recipe Hunt."

They had to visit different locations such as



GARDEN PARTY BOARD OF DIRECTORS

After their first Basic Cooking session, students from the Alliance enjoyed a well-deserved break on Monday 18th May with a garden party on the Institut Lyfe grounds. It was a relaxed and convivial moment, giving students the chance to meet the Alliance directors and let their personalities shine – this time away from the kitchen. Between rounds of cornhole, pétanque, Mölkky, memory, and ball throwing, the afternoon was filled with laughter, healthy competition, and the kind of connections that make a semester truly unforgettable.

Winning team





FROM THE BASICS

For this first week students were split into groups of ten and invited to revisit the fundamentals – a valuable opportunity to both settle into the Institut Lyfe kitchens and take stock of where everyone stood.



Lamb Stew With Seasonal Vegetables

Under the guidance of Chefs Olivier Pons and Salima Bouteamtam, they worked through knife skills and cutting techniques, stocks and jus, and a full range of produce: vegetables, poultry, veal, beef, lamb, and pork. A solid and necessary foundation before the more ambitious sessions ahead.



COCKTAIL CHALLENGE PREPARATION

From the very first week, students hit the ground running with the preparation of the Cocktail Challenge. Each team had the opportunity to develop a cocktail concept representing their home country, bringing local flavours and national identity into their creations.

It was also their first time stepping into the Institut Lyfe kitchens – a memorable introduction to the spaces where so much of their semester would unfold.

For some teams, this first run was a chance to recalibrate and refine their ideas, while for others, it simply confirmed they were already on the right track.



CHEF OLIVIER PONS

Chef **Olivier Pons** trained under legendary chefs including **Alain Ducasse** and **Xavier Aubrun**, earning multiple Michelin distinctions and Toques au Gault and Millau across seven years in France's most prestigious Relais & Châteaux. He founded O.C.F (Olivier Cuisine Formation) in 2021, consulting culinary schools, and has been sharing his contemporary, audacious approach to French cuisine with students at **Institut Lyfe** for the past two years.



A FIVE-DAY JOURNEY

Students explored **contemporary cooking** techniques across five intensive days: vegetarian cuisine with vibrant dishes like chilled tomato-strawberry soup and cauliflower mousse; sous vide fundamentals applied to salmon, chicken, and duck; classical fish preparations including slow-cooked cod and skate in brown butter; refined meat dishes from foie gras to beef Rossini; and creative snacking with savoury pastries and rice rolls. The week concluded with a stunning **buffet service** and individual debriefing sessions.





Bakery



INSIDE A WORKING BAKERY

Both groups were introduced to the world of professional baking through the expertise of three master bakers: **Enzo Fassone**, **Michel Izard**, and **Xavier Sacristie**. The week was structured around real bakery production — students experienced the rhythm, workflow, and demands of a functioning boulangerie, gaining hands-on understanding of what it takes to produce bread, croissant, pain au chocolat at a professional level.

Xavier Sacristie is the 2024 World Baking Champion, bringing contemporary innovation and international recognition to the classroom.

Together, they represent the full spectrum of baking excellence — from tradition to competition to professional standards.

Enzo Fassone is an ambassador for the CQP (Certificat de Qualification Professionnelle) of the French Bakers Federation, bringing industry expertise and professional standards to every lesson.

Michel Izard is a master baker and trainer ranked among France's top 10 bakers in 2013, sharing decades of experience in craft boulangerie.



Pastry

CHEF FABIEN BRUNET

Fabien Brunet is an accomplished Executive Pastry Chef with international experience across France and the United States. He began his career in 2006 under **Bruno Cordier**, Meilleur Ouvrier de France, before joining Ladurée in Paris in 2008 — a 14-year journey that took him to **New York** and **Los Angeles** as Executive Pastry Chef. Since 2022, he has been sharing his passion for French pastry with students from around the world at **Institut Lyfe**.



PASTRY WEEK

This week, Group 1 put on their pastry uniforms to work through a rich and varied dessert programme: **Lemon Timut Pie**, **Strawberry Shortbread**, **Floating Island**, **Raspberry Charlotte**... A demanding week that put their precision and technique to the test, building **real confidence** in the pastry kitchen.



Culinary Challenges

LYON STREET FOOD FESTIVAL

From June 11-14, our 20 international students worked across all four days of the Lyon Street Food Festival at Grandes Locos, collaborating with 19 chefs including **Florent Ladeyn**, **Vivien Durand**, and **Julien Chauvenet**. They explored diverse street food traditions — Asian, French, South American cuisine, and BBQ culture — gaining real-world service experience in a high-pressure environment.



The festival celebrated its 10th anniversary with over 47,000 visitors. The standout moment was **Big T Pitmaster x Foodies**, run by 2023 World BBQ Champion Julien Chauvenet, which sold out all four days. Our students delivered relentless, demanding work at a stand overwhelmed by crowds — a true baptism by fire in professional service.

[Watch the chef interviews and festival highlights here](#)



Culinary Challenges



CHALLENGE COCKTAIL

Students created a **complete cocktail menu** featuring **A starter, mains, desserts, and coffee** — each inspired by their home countries and crafted using local ingredients. The challenge tested not only their culinary creativity but also their ability to deliver a polished, professional event. Held at the **Institut Lyfe research centre**, it was a showcase of both technical skill and hospitality excellence.



Advanced cuisine



FISH WEEK

Students worked through a complete exploration of seafood: **crustaceans, shellfish, fresh fish, and fish terrines**. The week culminated in a practical exam on the final day, where they were tasked with creating their own dishes — a test of both technical precision and creative vision. A demanding yet rewarding week that deepened their understanding of one of cuisine's most delicate and rewarding ingredients.



CHEF PHILIPPE JOUSSE

Philippe Jousse was born in 1960 into a family of charcuterie makers in Saint-Georges, France. After earning his CAP at CFA in Paris, he apprenticed under legendary chefs including **Daniel Bouche, Alain Chapel, and at Le Chiberta**. In 1989, he became executive chef of Alain Chapel's restaurant in Kobe, Japan, before returning to run the Mionnay flagship following Chef Chapel's death in 1990. Featured in the Discovery Channel's Great Chefs of the World series, he led Restaurant Alain Chapel until its closure in 2012. Since then, he has been sharing his expertise with students at Institut Lyfe.



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Advanced Cuisine

CHEF CYRIL BOSVIEL

Cyril Bosviel grew up in Périgueux, in the heart of southwest France's Dordogne region — a land world-renowned for its truffles, foie gras, and gastronomic heritage.

He launched his career at **La Closerie Saint-Jacques**, a Michelinstarred restaurant in Monbazillac, before leaving France at 23 to join **Hambleton Hall** in England, a Relais & Châteaux property equally recognised by the Michelin Guide.



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CONTEMPORARY WEEK

Students explored five distinct culinary approaches: sous vide fundamentals, vegetarian cuisine, refined fish preparations, haute cuisine meats, and creative snacking. Cyril's group faced a **creative challenge** — designing an entrée and main course using the week's remaining ingredients. A practical lesson in sustainability and resourcefulness that mirrors real kitchen life.



Immersion at Saisons

CHEF FLORIAN PANSIN

Florian Pansin is a MOF (Meilleur Ouvrier de France) 2022 finalist who has built his career in France's most prestigious kitchens. His experience spans Michelin-starred establishments including **Les Trois Dômes**, **L'Épuiette**, and the three-Michelin-starred **Trois Gros**. As Executive Chef and Director of **Saisons**, Institut Lyfe's one-Michelin-starred restaurant, he combines culinary excellence with a passion for training the next generation of chefs.



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IN THE BIG LEAGUE

Students completed two weeks of professional immersion, working real shifts — mornings and evenings — in **Saisons, Institut Lyfe's one-Michelin-starred restaurant**. Each group experienced the full rhythm of a working kitchen: the pressure, the precision, the teamwork. A baptism by fire that transformed classroom learning into lived professional experience.



CHEF CHRISTIAN NÉE

Christian Née is a Meilleur Ouvrier de France 2004 in cuisine, with extensive experience across France's most prestigious Michelin-starred establishments including **La Bastide des 5 Lys**, **L'Auberge des Adrets**, **La Pyramide**, and **Royal Palm**. He now serves as Chef at **Saisons**, Institut Lyfe's one-Michelin-starred restaurant, where he combines his mastery of classical French cuisine with a passion for training the next generation.



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French Pastry

CHEF FABIEN BRUNET

David Fillat is a pastry chef at Institut Lyfe who earned multiple accolades at the Salons de la Gastronomie — First Prize for Tasting and Grand Prize for Excellence for artistic pieces in 1993, 1994, and 1995. He spent eight years as pastry chef at the three-Michelin-starred Restaurant Georges Blanc in Vonnas, bringing refined technique and creative vision to every dessert.



PASTRY WEEK

This week, Group 2 put on their pastry uniforms to work through a rich and varied dessert programme: **Lemon Timut Pie**, **Strawberry Shortbread**, **Floating Island**, **Raspberry Charlotte**... A demanding week that put their precision and technique to the test, building **real confidence** in the pastry kitchen.



Celebration !

THE END OF A CHAPTER THE BEGINNING OF A JOURNEY

After ten unforgettable weeks at **Institut Lyfe**, the students leave with far more than new recipes. They return home with stronger technical skills, lasting friendships, and a new perspective on French gastronomy.

Their final week was the perfect way to end this adventure, diving deeper into France's most iconic regional dishes alongside **Chef Jean Philippon** and **Chef Bosviel**. A true celebration of French culinary heritage before turning the page on this incredible experience.

Thank you for being part of the **ALLiance family**. We wish you every success and hope to welcome you back one day!



