

Pâtissier

Emmanuel Mollois

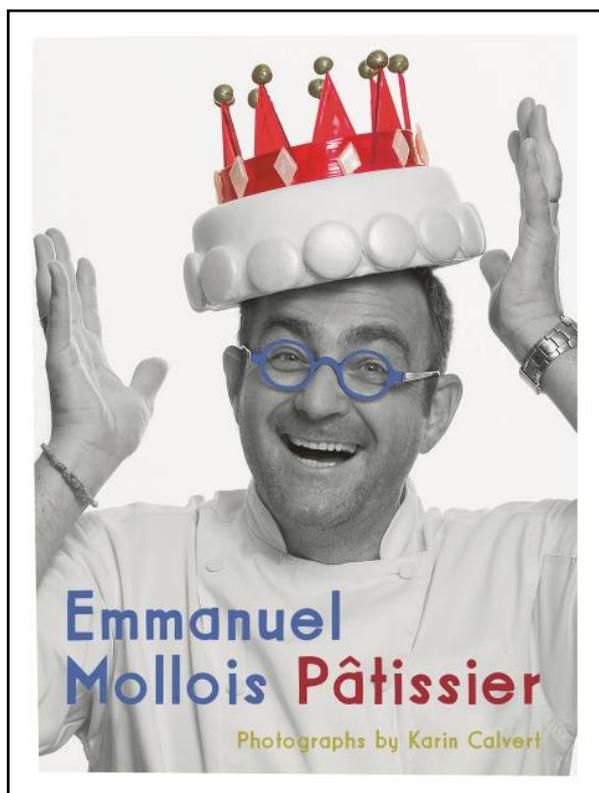
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Master the art of French baking with celebrated pastry chef
Emmanuel Mollois.



Pâtissier is a definitive guide to making French pastries and desserts with Australian based Frenchie Emmanuel Mollois.

Under Emmanuel Mollois' lively guidance anyone from the curious home cook, to the passionate pastry chef, can apply his clever techniques to create classic and delicious cakes, biscuits, pastries, desserts, macarons, tarts, and even the famous croquembouche.

Pâtissier is a French cooking 'masterclass' that instructs from the basics through to the most advanced creations.

Mollois revives traditional French patissier methods but with less sugar, bitter chocolate and more fruit.

There's even some gluten free recipes that were developed to keep the local gluten intolerant patrons of his new [Bistro des Artistes](#) happily coming back.

ABOUT THE PATISSIER

Emmanuel Mollois was born in France's Loire Valley and grew up in Vendée. At 15 he wanted to become a cartoonist but his father had better ideas and sent him to his uncle (a food caterer), where Emmanuel's passion for eating became a passion for cooking.

After completing a cooking apprenticeship, Emmanuel worked his way up through various restaurants in regional France until he decided to move to Paris. After five years working in highly-rated gourmet restaurants specializing in pastry making, he and partner Gordana decided to travel the world. Melbourne, Australia was their first stop and even though Emmanuel couldn't speak a word of English, he was soon working at La Brasserie, South Yarra followed by The Willows in St Kilda.

After two years he crossed the Nullarbor to try the Perth lifestyle — and has never looked back. As head pastry chef at The Loose Box in Mundaring he won numerous awards. In 2000 he created the award-winning Le Paris Brest Patisserie Francaise in Perth's hills before deciding to move closer to the ocean. From 2003 until 2012 he owned and ran the [Choux Café patisserie](#) in Swanbourne — crowned 'best in the west' by Perth's *Sunday Times*. In 2012, Emmanuel joined with his long-time friend (and owner of The Loose Box) Alain Fabregues to open [Bistro des Artistes](#), an authentic French bistro in Subiaco. Emmanuel is married to Gordana and has two sons and a daughter.

Emmanuel's been a regular guest on ABC's *Poh's Kitchen* and appeared on 9's *Alive and Cooking*.

* I N T E R V I E W S * E X T R A C T * I M A G E S *

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INTRODUCTION

Well, I have been cooking for 28 years now and during my professional career I have met some very special people who are now my friends. This book gives me the opportunity to thank them all. My career had some great and interesting turns. First, I wasn't meant to be a chef even less a pastry chef, and second, **my love for cooking started late, when I was about 21 years old**. Where I come from there is a saying, 'You are either a fisherman or a chef'. When I was 15, I wanted to be a cartoonist; I loved eating but didn't fancy cooking at all; my dear dad decided differently for me after many family discussions. He convinced me, merci Papa...

Let's face it: I had no future at school whatsoever; even if I was pretty good at maths, it couldn't save me. So my dad decided to send me to do an apprenticeship in a restaurant to become a chef. He saw clearly the link between Me and Food: I was always the first one at the table, being the last kid of a family of eight, you had to fight to get your favourite piece of chicken. Even today I still love the chicken breast piece with the wing and I convinced my own kids that chicken legs have more flavour, ahah! After successfully achieving my apprenticeship (to my dad's greatest pride), I had to spend **12 months in the Army** (compulsory at the time in France) and when I came back, well, I was A MAN, for real...I then worked in a few restaurants to earn a living, but slowly, around my 21st birthday, cooking became a growing passion. A year later, I met my other passion, my future wife, **Gordana**. She believed in me right from the beginning, supporting me as I spent hours in the kitchen, always telling me that one day, all this hard work would make sense.

We spent six months in a **Relais Chateau**, in the **Sologne region**, cooking game and meat. I learnt how to clean and cut animals from scratch but at that point I knew: my love affair would be fish and sauces instead! So I moved to **Paris** and what a wise move that turned out to be. My second real 'Gastronomique' restaurant in Paris was the **Pavillon Puebla** with **Christian Verges**. I spent a year there as a chef de partie preparing all the entrée, and then another year, specialising in fish and sauces. I loved it! The third big event in my career was when I was hired to work in this great fancy fish restaurant, **Petrus**. The head chef there was **Jacky Louaze**, a fantastic guy, slightly older than me and so talented. At Petrus, I spent my life in the kitchen, improving every day and creating an incredible bond with two other chefs: Roland Cousin and David Arsonneau. One day the pastry chef didn't turn up for work and I got picked by Jacky to replace him on the spot. I really didn't want to do it, begged him to pick someone else. But he told me at the time that it was temporary; that was the defining moment of my future career in the kitchen and I went on to become a pastry chef. I had the ongoing support of Jacky, of course, who taught me the tricks of the trade, plus I spent hours reading pastry books and creating new desserts for the restaurant. Life in Paris was busy, very long hours at work, the salary wasn't so great, the cost of living was high – just a 9 square metre 'apartment' to start; then I upgraded to a palace of 24 square metres. Life was tough and I decided to have a break and travel the world.

So in 1996 when we decided to leave France for **Australia**, it was very hard for our parents, but I remember saying to them: it is just for a year, no more. When we arrived, we landed first in **Melbourne** and lived there for two years. I didn't speak a word of English, just a few rude words that don't get you anywhere, so I had to learn English. I improved a lot by watching 'Seinfeld' on TV, over and over, until I got the jokes. We loved Melbourne but its weather was not how we imagined Australia, so we decided to try **Perth's** famous lifestyle.

Before we left, I met another great chef, **Philippe Mouchel**, who told me about his good friend in **Perth** who was looking for a pastry chef! Perfect timing; a few weeks later I flew to Perth to meet **Alain Fabrègues**, from the acclaimed **Loose Box** restaurant. There the pressure was on. Alain asked me to produce 14 different types of desserts, my brain boiled and I got the job! So I went back to Melbourne, bought an old van and crossed the Nullarbor in five days, which is when we realised how big Australia is and how isolated Perth is. I spent two years working with Alain and our friendship developed from there. Then I was given the opportunity to open my own pastry shop: **Le Paris Brest, Pâtisserie Française** was created; another two years of hard work, failed partnership, and the urge to come and live closer to the beautiful Indian Ocean. Then another project was made possible by our good friends Jane and Michael Grove. We opened **Choux Café** in Swanbourne, not far from the beach; after a few years, they retired and there I was, running the successful Choux Café, my first book **Et Voilà!** was published, I was on TV shows. My creativity from there went wild. Having Choux Café was a lot of fun and I met some fantastic people who became part of my life and still are...I was also the first one to introduce the real French Macaron to WA; I remember, in the beginning, a customer calling them the French Tim Tam. Then in 2012, Alain asked me to join him in his vision of an 'authentic French bistro in Subiaco', so I sold Choux Café and the rest is history: **Bistro des Artistes** opened its doors in June 2012. At the bistro, I am in charge of the sweet side and Alain of the savoury side and our fusion is blessed with lots of passion! I am still actively creating new desserts there, as well as revisiting some very old and forgotten ones that take me straight back to my childhood. Well, 18 years later and we are still in Australia; no need to say that we love our life here. Our three kids are my greatest joy: Zlatan, Louis and Maya, and the two dogs, Simba and Tinky. Enjoy the book, explore your creativity and happy reading.