



Guilt-free pâtisserie

Award-winning pastry chef Johanna Le Pape is making a name for herself with her healthy take on French pastries

Compiled by: Paola Westbeek

Named World Champion of Confectionary Arts in 2014, Johanna Le Pape has made her mark as an innovator in French pâtisserie by creating edible masterpieces with healthy and sustainable ingredients. Who would have thought that French pastry could be enjoyed guilt-free! Here she tells us what made her decide to become a pastry chef and how she made it happen.

“I have always loved watching people cook and bake. At the age of 21, while living in Australia, I found a job as a manager at a French pastry shop. I believe that fate had something to do with it. Seeing how a multitude of pastries were made using impressive techniques dazzled me. It was obvious that one day I would also become a pastry chef.

“I decided to launch my company after a burnout. My philosophy towards food changed, and my goal was to reinvent pastries by making them healthier. Did you know that you can replace

butter and refined sugar in a cake with ingredients such as courgette and sweet potato?

“My signature pastry is the ECLAT, an antioxidant cake made with raw cocoa, argan oil, vanilla from Madagascar and coffee. The recipe doesn't call for much sugar, and the ingredients are really good for you. Raw cocoa helps regulate blood pressure, lowers bad cholesterol and balances the nervous system.”

Want to learn how to cook and bake according to Johanna's philosophy? Join in on one of the workshops offered at Johanna's Atelier Auraé in Neuilly-sur-Seine, just a stone's throw from Paris.

johannalepape.fr



CHEESE PARADISE IN DORDOGNE



From winter truffle markets to a wealth of historic monuments and streets lined with cosy restaurants, there's plenty to love about Sarlat-la-Canéda. And if you happen to like cheese, Chez Pierrô is yet another reason to plan a trip to the capital of Périgord Noir.

From a vaulted cellar dating to the 13th century, cheese connoisseur Pierre Besnier delights his customers with approximately 100 varieties of cheese (roughly half are produced in the south-west and a small selection are foreign).

Inside the *cave d'affinage* located at the back of the shop, Pierre ages a carefully curated selection of cheeses from small-scale producers. His mission is to work closely with them and offer the cheese at a fair price. Equally important is getting to know his clients and giving them tailored advice.

Stop by to discover a new favourite and soak up Pierre's enthusiasm for excellent *fromage*. chezpierrô-sarlat.fr

