



PRESS KIT

**YANNICK ALLÉNO**  
**MODERN CUISINE**

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## A TWO TIMES THREE STAR CHEF



Yannick Alléno was born in Puteaux and grew up in the Parisian suburbs where he spent his childhood in the kitchens of bistros run by his family. At age 15, he began to learn from the great chefs and started his career at the Royal Monceau in Paris under Gabriel Biscay. He then joined Sofitel Sevres under Roland Durand followed by Martial Enguehard.

It was however at Drouant, under Louis Grondard that his maturity and determination came to the fore. He consolidated his skills under the tutelage of this great chef, whom he greatly admires. Thereafter he took his place among the greatest chefs and was appointed head chef of the kitchens at Scribe.

- He was awarded his first Michelin star in 1999 in recognition of his work and his creativity, and was rewarded again in 2002 by a second star.
- In 2003, Le Meurice entrusted their kitchens to him and he was rapidly awarded two Michelin stars in 2004 and then a third in 2007, thanks to his very specific cuisine.
- In 2008, he created his own company, Yannick Alléno Group.
- In 2010 Gault & Millau honoured him with 5 toques.
- On July 1<sup>st</sup>, 2014, Yannick Alléno took over the culinary management of the Pavillon Ledoyen in Paris, and opened Alléno Paris which, after only 7 months, was awarded 3 stars in the Michelin Guide.
- In 2015, he was elected chef of the year by the Andrews Harpers and Gault & Millau.
- In 2017, his restaurant Le 1947 at Cheval Blanc in Courchevel was rewarded with a third Michelin star; a supreme and historic distinction for Alléno who now holds two restaurants with three Michelin stars.

Yannick Alléno is a member of the exclusive circle of the greatest chefs in the world. He has consecrated his life enthusiastically to his passion and has created a strong French cuisine, rich in history and yet ambitiously creative. His visionary approach to the culinary arts, which pairs knowledge and excellence with audacity, leads him to experiment endlessly, in order to find the purest, quintessential flavours.

He pushes the boundaries with his curiosity and talent, to create the basis for a new type of cuisine that is truly unique, Modern Cuisine.

# A VERY UNIQUE CUISINE: A MODERN ONE

*Modern Cuisine* is a culinary movement started by Yannick Alléno in 2013.

Modern, visionary and singular, it strives to bring together perfect techniques that are found in great traditional French cuisine with a real creative ambition, in which research holds an essential place.

Respectfully tipping his hat to the great work done by his predecessors in *Nouvelle Cuisine*, Yannick Alléno today proposes his *Manifesto of Modern Cuisine* in which he lays out the basic principles of this new cuisine.

1. Serve fresh products.
2. Respect the seasons.
3. Highlight foraged produce.
4. Prioritise plants/vegetables.
5. Be inspired by the flow of the French Gastronomic Meal.
6. Make the aperitif an exciting moment.
7. Serve bread as a speciality.
8. Make the main course the centre of the meal.
9. Be creative with cheese, to make a link between sweet and salty.
10. Assemble flavours in your desserts.
11. Create, invent, don't just rework.
12. Prioritise new techniques.
13. Use revolutionary culinary tools.
14. Perfect the extractions for making jus (juices).
15. Concentrate, don't evaporate.
16. Ferment, age, marinade, when necessary.
17. Prioritise service in the restaurant.
18. Refine food and wine pairing.

Since 2013, Yannick Alléno has been carrying out research and development on French cuisine. Through study and experimentations, he works to modernise one-by-one the pillars that are the basis of French cuisine. This renaissance is a journey rich in flavour, that takes us right to the core of French cuisine's DNA.

The first pillar that has been closely studied, is sauce, which can now be perfected, thanks to the revolutionary, modern and patented technique created by Yannick Alléno in 2013: the Extractions®.

The second pillar is fermentation, which opens the possibility of studying the 'gastronomisation' of the terroir.

# SAUCES/EXTRACTIONS®

*“Sauce is a verb of French cuisine”*

Yannick Alléno

Sauces have always been the backbone of French cuisine. They bring together the different elements on the plate and create coherence and harmony.

In spite of the fact that sauces have rather fallen out of favour in the last decades, Yannick Alléno has chosen to go against the current and to reintegrate them fully into his cuisine, creating recipes which are remarkably flavourful and healthy.

This re-appropriation opens the first chapter of his reflection on a renaissance in French cuisine.

In 2013, with the help of Bruno Goussault - scientific director of a center of research and studies about alimentation (CREA) -, Yannick Alléno created a unique and revolutionary process which allows the concentration and perfection of flavours, providing them with texture, a long finish and minerality. This process is called Extraction®.

Up until now, the essential concentration of flavours was achieved by evaporation using heat. Extraction®, by using the right cooking temperature preserves the elements from destructive heat and brings the products to the fore, so that they render and develop their purest flavours, without adding any fat or other ingredients (except possibly, water).

Extraction® = Cooking at the right temperature + Cryo-concentration

Modern sauce = blending of several Extractions®

With this new Extraction® technique, Yannick Alléno believes that a chef's work takes on a new dimension and opens up infinite possibilities, allowing for greater creative freedom.

# THE HISTORY OF SAUCE

<ul style="list-style-type: none"> <li>◦The beginnings of foraging and hunting</li> <li>◦The discovery of fire (- 500,00 years) with movement from raw to cooked and smoking meat.</li> <li>◦Beginnings of fermentation and salting.</li> </ul>  <p><b>PREHISTORY</b></p>	<p>The growth of condiment sauces:</p> <ul style="list-style-type: none"> <li>- <b>Muria</b> (salty)</li> <li>- <b>Garum</b> (fermented fish sauce, ancestor of nuoc mam)</li> <li>- <b>Dulcia piperata</b> (peppered sweets)</li> </ul> <p><i>Chef: Apicius - De re coquinaria</i></p>  <p><b>ANTIQUITY</b></p>	<ul style="list-style-type: none"> <li>◦Development of roasting (meat juices) and the use of spices, marinades, deglazing (verjuice, vinegar).</li> <li>◦Binding and thickening: bread, breadcrumbs, boiled egg yolk.</li> <li>◦Use of muslin to homogenize sauces.</li> </ul> <p>Sauces: cameline, saupiquet, dodine (milk, wine, verjuice), sauce Robert (white wine, vinegar, mustard), poivrade (pepper, wine).</p> <p><i>Chef: Taillevent - Maître Chiquart</i></p> <p>→ Asia: soy sauce (China: Song dynasty), shoyu in Japan, nuoc mam fermented fish sauce) in Vietnam.          → Arab-Andalusian: vegetable garum, pickled vinegar sauce (<i>Fudalat al-Khivan, 1238</i>).</p> <p><b>MIDDLE AGES</b></p>
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<ul style="list-style-type: none"> <li>◦The arrival in France of plants from the Americas (corn, haricot beans, chocolate, Caribbean sugar) tomatoes and potatoes only used much later.</li> <li>◦Use of lard, butter and milk (15 sauces popular around time of Rabelais, 1494-1553).</li> <li>◦Italian influence.</li> </ul> <p><i>Chef: Bartolomeo Sacchi (1421-1481)</i></p>  <p><b>RENAISSANCE</b></p>	<ul style="list-style-type: none"> <li>◦Improvements in reductions, roux (butter and flour to thicken sauces), bases, bouquet garni...</li> <li>◦Aristocrats invent sauces: <b>Béchamel, hollandaise, coulis, meat juices...</b></li> </ul> <p><i>Chef: La Varenne (1618-1678)</i></p>  <p><b>THE «GREAT» 17th CENTURY</b></p>	<ul style="list-style-type: none"> <li>◦Increasing number of "mother sauces": soubise, villeroy, mayonnaise (emulsion of oil and egg yolk).</li> <li>◦Use of duxelle (onion, mushroom), mirepoix (ham, carrot, celery, onion, spices).</li> <li>◦Spread of roux sauces.</li> <li>◦Louis XV: food lover.</li> </ul> <p><i>Chef: Vincent La Chapelle (1690-1745)</i></p>  <p><b>18th CENTURY</b></p>
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- Classification of mother sauces (espagnole, velouté, allemande, béchamel).
- Lesser daughter sauces (Antonin Carême collects 60).

*Chef: Antonin Carême (1784-1833)*



**LATE 18th AND 19th CENTURIES**

New classification of around 200 sauces by Auguste Escoffier (Le Guide Culinaire):

Cooking bases, roux, basic mother sauces, daughter sauces, mixed brune sauces, daughter white sauces, warm sauces anglaises, cold sauces. Mixed butter sauces (béarnaise, beurre blanc, nantais), marinades, brine, jelly.

\* Technology: electric whisk (1908), mixer (1922).

*Chef: Auguste Escoffier (1846-1935)*

**LATE 19th AND 20th CENTURIES**

Nouvelle cuisine

- Increasing scarcity of sauces, replaced by reductions.
- Disappearance of the sauce chef from most kitchens : mousses, siphons.

*Chefs: contemporary*



**SECOND HALF OF THE 20th CENTURY**

- Foams, warm jellies (chemistry), siphon.
- New ideas about sauces (2010) "Sous-vide cooking at the correct temperature" and cryoconcentration (through freezing) allowing for extractions.
- New taste nuances.

*Chef: Yannick Alléno*



**21st CENTURY**

**YANNICK ALLÉNO**  
**VINCENT BRÉNOT**

**SAUCES**  
REFLECTIONS OF A CHEF

hachette cuisine

THE HISTORY OF SAUCE (click here to see the film)

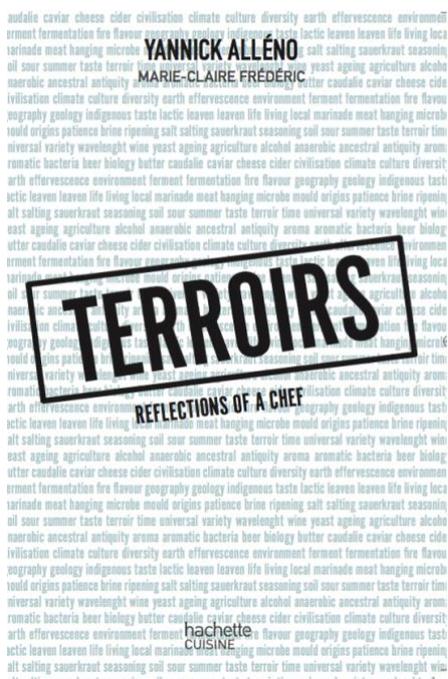
This first chapter is fully explained in a first book: *Sauces, reflections of a chef*, May 2014, Hachette Cuisine.

# TERROIRS/FERMENTATION

*“Fermentation and reduction are the foundations of the gastronomisation of the terroir.”*

Jean Vitaux

The story began in 2014, when Michel Chapoutier told Yannick Alléno: *“Only fermented products bring out the true value of their terroir of origin”*. That is when the chef behind the Modern Cuisine movement understood that terroir is not simply about place and geography, but rather a true signature. It is the impact soil can have on a product. He decided that the second chapter of his *Reflections of a chef* series should focus on terroirs as seen through the lens of fermentation. He quickly understood certain fundamentals. Firstly, fermented products are everywhere in cuisine – even if they are often not identified as such (for example, chocolate, wine, coffee, tea, cheese, ketchup, and bread); secondly, fermentation is too often limited to its ancient function of preserving food.



So Yannick Alléno began a series of experiments to analyse the impact of heat on fermented products. This allowed him to understand that only by cooking products at exactly the right temperature can their gustatory qualities be truly released. He then suggested combining fermentation – which provides a product with energy and “wavelength” – and his revolutionary technique of Extraction® (detailed in *Sauces*) that reveals the true tastes, to obtain – as with wines – extraordinarily powerful flavours, unique and specific to the soil. Thanks to these experiments, Yannick Alléno can now say with certainty – and proof – that a seed of Monarch celeriac does not have the same taste when grown in the Parisian region as it does in Normandy. More than opening up new culinary horizons, fermentation offers the culmination of the culinary art: the “gastronomisation” of the terroir.

This second chapter is the subject of *Terroirs, reflections of a chef*, July 2016, Hachette Cuisine.