

PRESS RELEASE

Revolutionizing Culinary Arts: EHL and CREA Unveil Cutting-Edge Sous-Vide Cooking Course



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Lausanne, Switzerland – July 3rd, 2025 – EHL is thrilled to announce a partnership with the Culinary Research and Education Academy (CREA), to co-create and launch an innovative course on "Sous-Vide Cooking at Precise Temperature" for culinary professionals worldwide.

EHL, a leading hospitality and business education group, is collaborating with the Culinary Research and Education Academy (CREA), a global leader in culinary innovation and sous-vide education. Established to elevate sous-vide from industrial technique to elegant cuisine, CREA works with top chefs and culinary professionals around the world, offering hands-on training, seminars, and online instruction. Backed by scientific research and decades of expertise, CREA empowers chefs to master the art and science of sous-vide—from precise temperature control and food safety to advanced cooking techniques across all food categories.

A revolutionary cooking method:

Sous-vide cooking is a revolutionary method where food is sealed and slow-cooked in water at precise temperatures. This technique provides chefs with unparalleled control, enabling them to achieve incredible textures and impeccable flavors consistently. "Sous-vide cooking is highly sought after by chefs because it preserves essential vitamins and minerals, enables precise control over salt and fat intake, retains moisture and enhances flavor, and improves the bioavailability of nutrients, perfectly aligning with today's consumer expectations for healthier and more flavorful

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meals." specify the two EHL expert chefs, [Patrick Ogheard](#), Dean of EHL School of Practical Arts and [Cyrille Lecossois](#), EHL Senior Lecturer in Practical Arts, in unison

The Course details

The collaboration will result in the development of a comprehensive course on "Sous-Vide Cooking at Precise Temperature." This course will include detailed educational materials, hands-on training sessions, and expert insights from industry leaders. Participants will acquire a clear understanding of the core principles of sous-vide cooking, including temperature control, heat transfer, and time management. They will learn how to use and maintain key sous-vide equipment, master the right time/temperature combinations to achieve perfect textures for delicate proteins and vegetables, and build expertise in finishing techniques that enhance sous-vide presentation and flavor.

The course for professional chefs will start in September and will be held at the EHL Campus Lausanne or at the client's location, lasting 3.5 days. Chef [Cyrille Lecossois](#), Senior Lecturer in Practical Arts and [Dr. Adrien Demongeot](#), Research Associate of the EHL Institute of Nutrition R&D, both experts in the field, will lead the courses.

About EHL:

EHL – originally founded as Ecole hôtelière de Lausanne – is the global leader in hospitality and business education with 4,000+ students from more than 120 nationalities across 3 campuses in Switzerland and Singapore.

Our holistic approach to education, a hallmark of the Swiss system, seamlessly integrates academic rigor with hands-on experience and a deep commitment to human connection. At EHL, we educate hearts, hands, and minds. Within our two institutions we shape confident, versatile, and resilient leaders for careers in hospitality and wider experience-driven sectors:

- **EHL Hospitality Business School**, accredited by AACSB, NECHE and consistently ranked at the top of its field, offering undergraduate, graduate, and executive programs that deliver practical leadership, strategy, and operational insights.
- **EHL School of Practical Arts**, providing vocational and professional programs in hospitality, boasting expertise from 6 "Meilleurs Ouvriers de France" and an awarded and Michelin-starred academic restaurant.

For more than 130 years, we have been committed to leading innovation in the hospitality and services industry with a focus on emotional intelligence and business acumen. At EHL, education is more than knowledge – it's a transformative experience shared by a community of 30,000 passionate Alumni, who redefine excellence wherever they go. #EHLFamily

www.ehlgroup.com

About CREA:

A division of Cuisine Solutions, **The Culinary Research and Education Academy (CREA)** is a global leader in culinary research, education and consulting. Founded in 1971 in France by **Chief Scientist Dr. Bruno Goussault**, the Culinary Research and Education Academy (CREA) aims to change the way chefs prepare food through rigorous training, food science innovation, and food consulting. To date, CREA and Dr. Goussault have trained over 5,000 chefs including **over 80% of the world's 3-Michelin-Star chefs**. Through its headquarters in Washington, D.C., CREA educates and consults with professional chefs and top industry professionals alike through educational programs, global seminars, online video courses and customized engagements.

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