

# The Rubens

AT THE PALACE

## GOURMET CHEF EXPERIENCE: THE RUBENS PASTRY KITCHEN

Enjoy an interactive pastry experience curated by Chef Sarah Houghting at The Rubens. Choose between a morning experience paired with a Royal Afternoon Tea in the Palace Lounge or an afternoon experience paired with Dinner in the English Grill.

### PASTRY CHEF SARAH HOUGHTING

Largely self-taught, Sarah's passion for desserts brought her from South Africa to London in 2005. As Head Pastry Chef at The Rubens at the Palace for the past seven years, Sarah and her team are responsible for all the desserts and popular Royal Afternoon Tea at the award-winning Rubens at the Palace in London's Victoria.

Sarah appeared in Channel 4's Great British Bake Off: The Professionals in 2021

### PART ONE: THE PASTRY EXPERIENCE

Embark on a voyage of discovery and hands-on education with Sarah preparing a selection of The Rubens signature items ranging from choux pastry, macarons, Mrs. Tollman's cape seed loaf, truffles, and tempering chocolate.

Having changed into Chef white's uniform, this session will be an interactive experience where you learn how to create a few of these pastries, cooking alongside Chef directly. Pick up professional tips, tricks, and secrets on mastering baking with skills that can be taken away and used at home to surprise and delight.

### PART TWO OPTION ONE: AFTERNOON TEA IN THE PALACE LOUNGE

Arrive for 10am to enjoy coffee and pastries before embarking on your pastry experience which runs through to early afternoon.

Guests then move through to the Palace Lounge with a view of Buckingham Palace's Royal Mews to enjoy our afternoon tea experience including The Art of Sabrage Experience.

Sabrage is the technique of opening a bottle with a Sabre - a method which became popular in France when the armies of Napoleon celebrated their victories. Guests pay witness to this theatrical experience and enjoy a bottle of Champagne with the Afternoon Tea.

### PART TWO OPTION TWO: DINNER IN THE ENGLISH GRILL

The Pastry Experience commences at 2 pm and culminates with dinner in the English Grill served early evening.

Following on from your Pastry Experience, you will move through to the English Grill kitchen where you will enjoy champagne and canapés with the team. Proceeding through to the restaurant, you will be seated to enjoy a three-course dinner accompanied by a bottle of wine, indulging in the incredible pastry creations you made earlier in the day.

Availability: Please note this experience requires a minimum of two weeks' notice to book.

Price: £1,200 for two people

### SAMPLE MENUS

Royal Afternoon Tea: <https://rubenshotel.com/dining-and-drinks/afternoon-tea>

English Grill à la carte: <https://rubenshotel.com/dining-and-drinks/the-english-grill>