

**Food editor**  
**Jeff Fishbein**  
 (717) 248-6741  
 living@lewistownsentinel.com

# Food



## French connection

# Lancaster chef takes home big prize on TV contest

By **JEFF FISHBEIN**

*Lifestyles editor*  
 jfishbein@lewistownsentinel.com

LANCASTER — He's worked in some of the finest kitchens in the world, from Mar-A-Lago to Las Vegas to Philadelphia's former five-star restaurant, Le Bec-Fin.

His success as a chef was tested when he became a contestant on the spinoff of one of Food Network's top shows — and he passed with flying colors (in this case, red, white and brown).

Chef Cedric Barberet, who today owns and operates his own bakery and bistro in downtown Lancaster and a \$10,000 winner on the final episode of the first season of Chopped Sweets. His episode, themed Neapolitan (thus the colors, like the ice cream), debuted in late April. It will air again June 15 at 11 p.m.

Chopped is sort of the McGyver of cooking shows — the contestants are presented with an ingredients basket that they do not see until just before the competition begins. They all have to use the same ingredients — all of them.

"You have no clue what's in the baskets, but I've seen the show. They try to match (to your skills)," Barberet said. "When they talk to you they say they will match you with people (at) the same level. It's not like a completely upset balance where one is stronger than the other one and the show is over."

Competing with Barberet were Scott Breazeale of Ford Field Stadium in Detroit, Ashley Torto of the Chicago Waldorf Astoria and Jennifer Gryckiewicz, also a bakery owner, from Massachusetts. Barberet grew up in France, son of bakery owners, and in 2016 was named one of America's top 10 pastry chefs.

"I've been raised in the bakery business," said Barberet, who came to the U.S. in 1995.

There are plenty of cooking competitions on TV these days, with Iron Chef, Master Chef and Top Chef joining Chopped in the top echelon. Chopped Sweets, like the original, is a single-episode contest featuring four chefs and three rounds. One is put on the chopping block — chopped — after each of the first two rounds. The contestants are tasked with making perfect desserts, but the drama is in their time-limited bake-off, unlike earlier pastry-based shows like Cake Boss and King of Cakes.

The shows actually chase the contestants, and Barberet was a good find — finally. He said he had been approached previously, but couldn't make it work.

"I've gotten numerous calls before — they always call at the wrong time," he said. "They have their own schedule, and we have our own schedule. You can not just usually leave the business. But that one was a good timing."

He said it started with producers looking at his resume online.

"They have a casting agency that will go and hunt for the potential candidates. By them looking at my LinkedIn account and my resume, they saw that I could be a potential candidate. Once you agree to that, they send you to casting selections, which includes phone interviews and a video interview. "And then you have to do your own little video on who you are, what you are, present yourself."

"I guess they decided I will fit their criteria."

Once selected, he said, they will try to determine your strengths.

"I told them, 'I don't care. Just put me wherever you want.' I'm stronger in certain things than others but I don't mind," he said.

"I had an idea what I wanted to do. You have to kind of come up with (something). You don't have



Submitted photos

Chef Cedric Barberet's flexi ganache with pliable chocolate, honey mustard whipped cream, a red berry reduction and a seven-layer cake reduction with chocolate wine helped him win an episode of Chopped Sweets on the Food Network.



Chef Cedric Barberet emigrated from France, has worked in some of the top kitchens in the U.S. and now owns his own bistro and bakery in Lancaster.

recipes with you. So you need to memorize recipes and pastries is a very precise out. You can not just put a little bit of this and a little bit of that. You need to come up with an idea before you come to the show and try to have a few different recipes that you can adapt," Barberet explained. "At a point, you have to figure out once you look in the basket, whether that's going to work or not. Sometimes you get lucky and it works, sometimes you're not lucky and you've got to change again. We all know that once you open the basket you have a lot of trouble."

Before the basket, the chefs get a walk-through of the set and the pantry. He said you need to identify where everything is because you don't get a lot of help once the cameras are rolling.

The first basket on his show was strawberry themed, and he advanced with a wild strawberry gelee with mascarpone cilantro cream with a century egg, strawberry rice crispy treats and straw-

berry brunoise. Gryckiewicz — who previously had won an episode of Netflix's Sugar Rush, was chopped.

The second basket — the vanilla round — included a rotisserie chicken. His dessert was a "Floating Island," a chai latte vanilla Anglaise, cheesecake bourbon apricot poached meringue with fried chicken skin. Breazeale failed to make the cut, pitting Barberet and Torto, who advanced with a chicken and waffle sundae.

The final basket included a 24-layer chocolate cake, chocolate wine and a mix of frozen berries — plus a flask of honey mustard dressing. Barberet's winning recipe was a work of art worthy of a museum, a flexi ganache with pliable chocolate, honey mustard whipped cream, a red berry reduction and a seven-layer cake reduction with chocolate wine.

And Barberet was \$10,000 richer.

Barberet is looking forward to the reopening of his business, at 26

E King St., Lancaster, and online at <https://26eastlanca.com/barberet/bakery-menu/>.

Chef Barberet shares two of his creations for those who wish to play at home:

**Directions:**

Combine both ingredients into a kitchen aid and mix until you reach a stiffed peak. Fill the glass to the top



**Pot De Creme Chocolate**  
 SERVING 3 TO 5 GLASS DEPENDENT ON SIZE

**Chocolate cremeux**  
 PREP TIME: 15 MINUTES  
 SET TIME: 2 HOURS

**Ingredients**

- 540gr milk or 19 ounces
- 360gr heavy cream or 12.5 ounces
- 7 egg yolks
- 150gr granulated sugar or 5 1/4 ounces
- 360gr dark chocolate 64% or 12.5 ounces
- 150gr milk chocolate or 5 1/4 ounces

**Directions:**

Boil milk and cream; while milk/cream is heating mix egg yolk and sugar in a bowl. Pour boiling milk-cream into yolk-sugar mix, and whisk well, re-heat to 185 degrees with a candy thermometer. Pour mix over both chocolate and bur- mix with a hand mixer. Fill glass half way. Set in refrigerator for 2 hours for setting time. When glasses are set you proceed in doing a whipped cream to garnished the top of the glass.

**Whipped cream**

PREP TIME: 2 MINUTES

**Ingredients**

- 300gr Heavy cream or 10.5 ounces
- 45gr granulated sugar or 1.5 ounces



**St. Nizier**

A flourless chocolate cake recipe original from Chef Cedric's time at famed "le Bec-Fin restaurant"

Prep time: 30-45 minutes  
 Cook time: 1 hour and 15 minutes

**8-inch' cake**

Serving 3  
 Weight/475 gr each OR 16 3/4 ounces per cake pan

**Ingredients**

- Chocolate 64% / 290gr or 10 1/4 ounces
- Butter 290gr or 10 1/4 ounces
- Egg whites 370gr or 13 ounces
- Egg yolks 4 eggs
- Sugar 333gr or 11 3/4 ounces
- Corn starch 27gr or 1 ounce

**Directions**

Butter the inside molds. Set parchment paper on the bottom, and lightly butter again. Melt chocolate and butter together. Whisk yolk with half of sugar in a mixing bowl. Make a Meringue with egg whites and with remaining sugar to medium hard peak. (To make meringue, mix egg white in a kitchen aid mixer to soft peak and then add sugar slowly). Whisk chocolate and starch into yolk mix, then fold in 1/3 of the meringue, then the rest. Fill in the mix in the buttered mold scale to weight above place the cake pan into a water bath in oven no fan. Bake at 300 degrees for 1 hour and 15 mins. Cool down then unmold. Do not put in cooler. Dust top with cocoa powder and powder sugar.

**Send us your preservation tips**

How did you get started with home canning? What's your favorite thing to put up?  
 We'd like to share it — but we'd also like to hear the story behind the recipe.  
 Send your contributions to Lifestyles Editor Jeff Fishbein in care of The Sentinel, 352 6th St., Lewistown, PA 17044; email living@lewistownsentinel.com; phone (717) 248-6741 ext. 108; use our Virtual Newsroom at www.lewistownsentinel.com or visit our office in Pleasant Acres.  
 The deadline to submit is June 1.  
 Got a unique recipe?

**Yogurt Pie**

Hi, my name is Abigail Berrier. I am the daughter of Russell and Dawn Berrier of Port



Royal. I am currently serving as a Dairy Miss with the Juniata County Dairy Promotion.  
 My favorite part about serving as Dairy Miss is meeting new people

in every promotion. Did you know on average a Holstein cow produces nine gallons of milk a day?

**Yogurt pie**

The ingredients you will need are 1/4 cup of boiling water, a small box of sugar-free Jell-O, two small containers of yogurt (flavors of Jell-O and yogurt should match), and one container of Cool Whip. My favorite is blueberry Jell-O and yogurt. Mix all ingredients together and pour into a graham cracker crust.

**DAIRY RECIPE**

