

I'm not a bot



I did not have a traditional education in France. At fourteen, I graduated early and started vocational school, which focused on cooking for two years in Switzerland. Later, I moved to Paris to study pastry at culinary school. The experience was intense, with me working from 4:00 a.m. weekdays and 3:00 a.m. weekends. During my apprenticeship, I participated in competitions, which helped me stand out among my peers. This led to me becoming executive pastry chef at Hugo and Victor in Paris at twenty-one. My journey to America was not mine, but rather my father's dream. He believed it offered opportunities and talked about it growing up. So, I worked hard to build a bigger résumé for a chance to go to the US. After participating in France's first TV pastry competition, I met someone who knew the US industry and got a job at Jean-Philippe Patisserie in Las Vegas. After three years, I started posting on social media, which helped me gain a following. This led to invitations for master classes in Moscow, Thailand, Ukraine, and Mexico. My Instagram content grew rapidly, and I was able to teach master classes. The platform allowed me to grow my influence, and more people wanted to know about the pastry industry's behind-the-scenes stories. I started on social media to raise awareness but ended up introducing myself to my audience. Fiona Bergson's journey as a pastry chef began with teaching abroad, but she now focuses on sharing her skills at The Pastry Academy in Las Vegas, where her business partner Michel Ernots provides invaluable support. Bergson's creative spark is ignited by the differences between French pastry-making and cooking. Unlike cooking, which often serves as an essential part of a meal, pastry shops are more about indulgence. This realization led Bergson to prioritize both aesthetics and taste in her designs, resulting in visually stunning pastries that trap flavors within their structures. The pastry designer draws inspiration from various sources, including techniques, ideas, and even flavor profiles. For instance, she used the technique of liquid chocolate crystallization to create a Christmas tree design. She also drew from Thailand's tropical fruits to craft a dessert that resembled an actual coconut, offering a taste experience that mirrored its appearance. Bergson's creative process begins with sketching her creations, often without knowing how they will be executed. She may spend weeks refining her ideas before stepping into the kitchen. Her focus on one major project per year keeps her motivated, as seen in her 2018 book, *The Art of Flavor*, and her ongoing work at The Pastry Academy. What's the path meant to be? It's truly a blessing! I make an effort to give back as much to others as they give to me—teaching is my way of doing that. I'm thrilled to be a positive influence on people. Daily, I receive over 100 messages on social media expressing gratitude like "You helped me find my passion again" or "I didn't know what I wanted to do with my life, but now I want to be a pastry chef." Knowing even in the slightest way, I'm making a difference globally is the ultimate reward. For more information, visit thepastryacademy.com or follow [@amauryguichon](https://www.instagram.com/amauryguichon) on Instagram.

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