

## foodNOTES

text RAINA NG  
& WENSHAN PANG  
photography SOO PHYE  
art direction AISHAH NORDIN

right Simple and minimal, the open studio is divided into a cooking class studio, restaurant and outdoor terrace furnished with wooden elements. below Nathalie creates everything on the menu and she never allows a dish to be served unless it is of the best quality.



Nathalie's macarons have been declared as one of the best, even by the French themselves.



**"MY IDEAS COME FROM CHILDHOOD MEMORIES, FROM THE ATTRACTION OF AN INGREDIENT, OR FROM THE DESIRE TO REJUVENATE A CLASSIC."**

"I have been cooking since I was little," Nathalie chirps in a cheerful manner, "I was baking cakes at 12." Cooking and food is more than a hobby to Nathalie, it is an art, something she has developed a passion for. "Both my mother and my grandmother are really good cooks and it was an enjoyment watching them and learning," she says. Nathalie followed her husband to Bangkok and found ample time to pursue her passion in cooking. "I began my own business from home," she shared. When the family decided they will settle in Kuala Lumpur for good, Nathalie decided on opening her restaurant. "I create everything on the menu and I will never allow a dish to be served unless it is of the best quality," Nathalie says. To keep things interesting, Nathalie develops a new menu monthly and while her meals are French they are more creative than traditional. Always out to research and test ingredients Nathalie's meals are refined, exquisite and meticulously well presented – art on a plate indeed.

Nathalie's restaurant opens for breakfast and lunch from 9am-6pm, Mondays to Saturdays and twice a month for dinner. The Gourmet Studio is also available for event hire and catering services.

### EYE FOR INTERIORS...

"I had an interior designer to begin with but I was not getting anywhere so I decided to do it myself." Chef Nathalie has a liking for the clean rustic feel that sticks true to practicality. The studio is open and it is divided into the cooking class studio, restaurant and outdoor terrace. Her restaurant is furnished with wooden elements and is left simple and minimal. The restaurant kitchen is an open concept kitchen that is equipped with wide clean work spaces and her cooking studio is practical, ergonomic, well lit with full length windows and a grand view of the palace.

Nathalie's Gourmet Studio is situated at Unit

A4-01-5 at Solaris Dutamas, tel: +603-6207-9572, email: contact@nathaliegourmetstudio.com.

### ON MACARONS...

Nathalie's macaron obsession began in Thailand. "I had a recipe and I am the kind of person who, once I have my mind on it, I will not stop until I get it." Her pursuit in making the perfect macaron saw her macarons being declared as one of the best, even by the French. She did not stop there. New flavours are constantly being developed by Nathalie and only from natural ingredients.

Several blogs have quoted Nathalie's macarons as the best ones in town. They are selling at RM4.40 each.

### ON HER BOOKS...

"I imagined this book the way I like cookery books, with beautiful pictures for each recipe, detailed explanations and tips on organisation. A dish should not only be good to eat but it must also look good. Aesthetics, I believe, are >

This chandelier made from wire whisks, is also Nathalie's creation, inspired by a chandelier made from tea infusers in a restaurant back in her native France.



# french CREATIONS

WHEN FRENCH CHEF NATHALIE ARBEFEUILLE SET UP SHOP AT SOLARIS DUTAMAS, SHE INSPIRED THE INTEREST OF MANY IN THE ART OF FRENCH CUISINE. HOME AND DECOR HAD THE OPPORTUNITY TO CATCH UP WITH NATHALIE AS SHE SHARED HER PASSION, AND VIEWPOINTS.



The restaurant's kitchen is an open concept kitchen that is equipped with clean work spaces. Her cooking studio is also practical, ergonomic and well-lit.



above Nathalie has a liking for the clean and rustic feel that sticks true to practicality.  
below Nathalie's Cucumber Gaspacho, Crab Tartar with Rhubarb, Lobster Bisque Espuma.

as important as taste," shares the fine chef, "and the recipes are my own creations. To create, to be different is not always easy, some of my ideas come from childhood memories, some from the attraction of an ingredient, or from the desire to rejuvenate a classic."

Nathalie's second recipe collection is available at all major bookstores. Her first book, Cuisine Passion is available only at the Gourmet Studio.

**ON KITCHENS...**

The chef expresses the importance for a kitchen to be very practical and functional. "The most important thing about the kitchen is the circulation. It is important to have a working space where you can turn and have everything just around you. And you need a really good oven." Nathalie Gourmet Studio's kitchen is designed by Bofi kitchen with ovens from De Dietrich.

For more information on Bofi kitchen go to [www.bofi.com.my](http://www.bofi.com.my).

**NATHALIE'S COOKING CLASSES...**

If buying Nathalie's macarons as a gift is not personal enough, Nathalie offers classes so you can do them yourself. Why we ask, would a chef share her cooking secrets but as Nathalie shares, a passionate chef can hardly keep the love for cooking to herself. "Cooking means sharing, generosity and love. Passion and love are essential," states Nathalie passionately. Nathalie's cooking classes are a great place to discover a passion for food, and the needed disciplines of creating great meals. "I believe everyone can cook," says Nathalie, "they just need to try."

Register on [www.nathaliegourmetstudio.com](http://www.nathaliegourmetstudio.com) for more information and receive monthly updates on Nathalie's cooking class schedule. ●