

SARAH HELZER
CLUB COUPE DU MONDE DE LA PÂTISSERIE TEAM USA
NATIONAL SELECTION 2025 - TASTING CANDIDATE

BIOGRAPHY

Chef Sarah Helzer is a classically trained pastry chef whose career reflects a deep commitment to craft, creativity and culinary leadership. Based in Steamboat Springs, Colorado, Helzer is a consultant and pastry chef who designs bespoke pastry menus for clients, specializing in petite pastries, dietary accommodations and the integration of fresh, local ingredients. Her work includes staff training, kitchen planning and menu development for a range of events and hospitality venues.

As executive pastry chef for both The Nomadic Table and Primrose in Steamboat Springs since 2022, Helzer curates seasonal menus, manages daily production, and collaborates with sommeliers to create memorable dessert and wine pairings. Prior to this role, she helmed the pastry program at Sauvage, a fine dining establishment where she established a bread program, crafted plated desserts, and developed custom tasting menus for private events.

Her foundation in pastry arts was built during a rigorous three-year apprenticeship at The Greenbrier Resort in West Virginia under Executive Pastry Chef Jean-François Suteau. She graduated with skills in entremets, chocolate bonbons, petit gâteau, pastillage and both chocolate and sugar showpieces. Her apprenticeship culminated in a live 10-hour pastry competition judged by Chefs Nathaniel Reid and Sylvain Leroy.

Helzer later served as assistant executive pastry chef at The Greenbrier, overseeing production across large-scale events, creating new recipes for resort venues, and managing a team of more than 30. She also held positions at The Cosmopolitan of Las Vegas and Walt Disney World Swan and Dolphin Hotel, where she contributed to plated desserts, high-volume banquets, and café operations.

Known for her technical precision and collaborative spirit, Helzer excels in leading pastry teams, managing budgets and inventory, and delivering elegant, high-impact desserts. Whether she's sketching wedding cake designs or shaping sugar décor, she approaches each project with intention, artistry and a focus on flavor.

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