

NEWS RELEASE



OUTLET:
DATE:
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SUBJECT:

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Sarah Helzer - National Selection Candidate

Find link to story [HERE](#)



A SWEET BEGINNING *



The journey of Pastry Chef Sarah Helzer began at just 3 years old, cooking beside her mom in the kitchen. Being homeschooled gave her the freedom to explore her curiosity and discover a passion for the culinary world. She started with savory cooking but quickly realized she wasn't a fan of breaking down animals and fish. That's when she discovered her true calling—on the pastry side—where creativity and precision collide, and where it instantly felt like home.





THE GREENBRIER PASTRY APPRENTICESHIP PROGRAM

During a family trip to West Virginia, Sarah's parents brought her to The Greenbrier. That visit led to a life-changing summer internship at the legendary Big G, where she met Executive Pastry Chef Jean-François Suteau and accepted a full-time position. Instead of enrolling in the French Pastry School in Chicago, Sarah made a bold move: she became one of the first-ever pastry apprentices at The Greenbrier, alongside Devin Cowan.

What followed was a thrilling, challenging, and rewarding ride as she helped build the pastry apprenticeship program from the ground up. Eventually establishing it as one of the best in the nation. The program was designed like competition work from the start and culminated in a 10-hour live pastry showdown for graduation.

Being a hands-on apprentice and one of Chef Suteau's protégés proved more valuable to Sarah than any classroom could. Chef Suteau shaped how she approached pastry, rooted in classical French techniques but with room for her to add bold, savory twists to her plated creations. As every Greenbrier apprentice knows, it's all about mastering the fundamentals and executing them with finesse.

**"TO THIS DAY, CHEF SUTEAU'S
RECIPES ARE STILL USED. THEY
WORK. THEY ARE SOLID."**

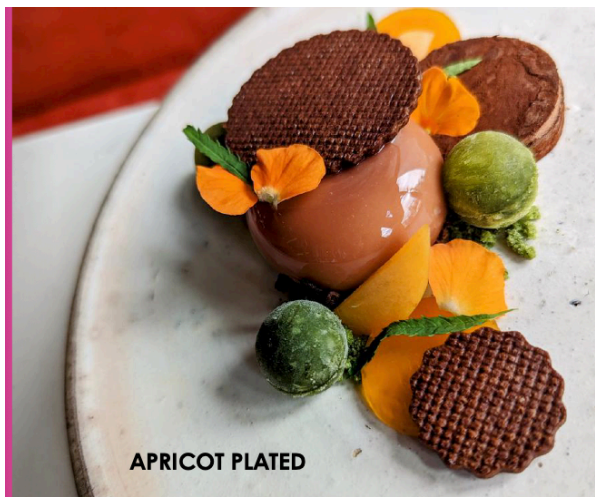
ROAD TRIP OF A CAREER

Sarah took on the role of Assistant Executive Pastry Chef at The Greenbrier even before graduating the program. A great milestone in her career. She would also intern at Walt Disney World's Swan and Dolphin Hotel. Her journey then took her to Fontainebleau in Miami Beach, where she sharpened her artistry and cake design skills in a whole new way. There, she reimagined what pastry could look and taste like broadening her palate and adding new chapters to her recipe book.

Next up: The Cosmopolitan of Las Vegas, where she served as a Sous Chef. This role gave her the creative freedom to develop new recipes, manage multiple restaurants, and grow her network of like-minded, world-class chefs.

In 2022, Sarah found her new home in Steamboat Springs, Colorado, where she now leads the pastry programs at The Nomadic Table and Primrose. Her dream? To make the name Sarah Helzer synonymous with top-tier pastry in Steamboat Springs and become the pastry chef the town didn't know it needed.





APRICOT PLATED



LEMON PLATED



MANGO PLATED



PLUM PLATED



**GRAPEFRUIT PETIT
GATEAU**



**ESPRESSO
MACARONS**

THE FINAL DISH

CELERY LEAF GRANITA

LABNEH ESPUMA

YUZU GEL

CELERY SALAD MEDLEY

PISTACHIO CRISP



NATIONAL PASTRY

CONFERENCE CHAMPION

In 2024, Sarah took the National Pastry Conference by storm in Charlotte, North Carolina, winning Plated Dessert of the Year. The judges called her entry “a bold risk”—and one that paid off beautifully. The dessert, titled TAZAA, was a tribute to Colorado’s vibrant agricultural scene, crafted with hand-harvested celery, local bee pollen, yuzu gel, and Iranian pistachios. TAZAA was a perfect expression of Sarah’s pastry philosophy—honoring classical structure while adding her own savory, thought-provoking layers.

“The Celery Dessert Chef.”

She earned a new nickname
from the competition





THE ROAD TO THE COUPE DU MONDE

From apprentice to innovator, Sarah's career has been fueled by grit, creativity, and quiet confidence. During her Greenbrier days, she focused on staying humble, working hard, and saying "yes, Chef." But her talent always spoke louder—and now she's competing for a place on the three-person U.S. team heading to the Coupe du Monde.

The win at the National Pastry Conference caught the attention of Coupe coaches, who urged her to apply. Sarah recalls:

"I applied for the Coupe du Monde on the last day, the last minute. I even emailed the chefs to make sure they got the application. But—I made it!"

She'll be competing in the tasting category and presenting a sugar showpiece on September 6, 2025, to secure her spot on Team USA. If selected, she'll head to the final stage: the Coupe du Monde de la Pâtisserie in Lyon, France, January 2027.

Sarah is fired up and ready to bring her best to the world stage.



A LEGACY IN THE MAKING

Known for her flawless technique and inventive touch, Chef Sarah Helzer has led elite pastry teams in high-volume kitchens and luxury restaurants across the country. Her range is unmatched: costing, plated desserts, breads, chocolate, bon bons, cakes—if it belongs in a pastry case or on a fine-dining menu, she's done it.

To the next generation of chefs, she offers this:

"Listen. Keep your eyes and ears wide open. The old-timers still have knowledge to pass down—they sculpted my career."

And her final advice, a philosophy for both kitchen and life:

"Find balance. Yes, keep your head down, stay focused, live that 'yes, Chef' life—but also go out to the lake. Breathe. Enjoy the day. And keep pushing to create incredible pastry."

