



An Association recognized by the Regional Government of Piedmont and having a Convention with the Italian Cooking Academy and the Professional Association of Italian Chefs

Course title:

“Master Italian Food Style”

An Educational Project
by



1st Edition 2010 : May 10th – July 31st

2nd Edition 2010: September 13th – November 26th

TRAINING AGREEMENT

Year 2010

EDUCATIONAL GOALS

Guarantee the student an in-depth knowledge not only of traditional and innovative cooking methods, but also of all that is related to Italian food and Italian creativity.

PROJECT DESCRIPTION

The *Italian Food Style* MASTER COURSE is addressed to professionals in the food-service industry and chefs wishing to get a specialization in Italian innovative cuisine, with a special attention paid to the health-related aspects of food, to food design and the style of food presentation.

The primary goal of I.F.S.E. in fact is the promotion of any possible initiative for the promotion of a correct food education, organizing courses, conventions and editing publications. I.F.S.E. is not a traditional cooking school, it also counts among its teachers doctors, nutritionists and agronomists.

A correct and balanced diet improves our health and strengthens the body defences against most diseases. Also the European Campaign on food safety covers such points as the hygiene and health-related aspects of our diet along with the nutritional ones and underlines how deeply our wellbeing depends on our food habits and life style. Taking into consideration few but fundamental rules can contribute to improve our health, reducing the risk area.

It is by now acknowledged that Mediterranean diet, and Italian cuisine in particular, are considered to be among the best in the world from an organoleptic point of view but not only: they are also considered to be the healthiest ones.

To this end I.F.S.E. associates the goal of spreading a correct food information with that of divulging our culinary traditions and our agricultural and food products in the world.

The Program in short :

Commodity economics

- Organization, purchase and control of foodstuffs
- Food microbiology
- Nutritional values and characteristics of food products
- Food intolerances
- The cold chain

Healthy cuisine

- Principles of a health-respecting cuisine
- Low-calorie recipes
- Nutritional rules
- Mediterranean diet and healthy cooking
- Low-calory and low-sodium menus

Innovation in the kitchen

- How to re-interpret recipes with alternative cooking methods and optimize times in the kitchen
- Vacuum: cooking and preserving methods
- Food regeneration
- Microwave cooking
- Food Design: how to blend creatività, design and fashion in the kitchen

Aromatic herbs and spices

- Correct use of aromatic herbs and their importance in Italian cuisine
- Characteristics and use of different types of salt
- Production methods and uses of different types of vinegar

Preserving food in glass jars

- How to preserve foods in oil and in vinegar
- How to prepare jams and marmelades
- Preserving food in glass jars and in total safety

Antipasti

- Cold and hot antipasti in modern and innovative cooking
- Antipasti of the regional and traditional cooking
- Finger foods : how to prepare and organize a buffet with finger foods

First courses

- Italian traditional fresh pasta
- Making dried pasta
- Characteristics and uses of Italian rice
- Gnocchi in their different interpretations
- Soups and creams

Meats

- How to know the different meats and their cuts
- Cooking methods and preparation of meat-based main courses

Salt-water and fresh-water fish

- Traditional and innovative methods for a perfect cooking result with fish

Vegetable-based dishes

- Vegetarian dishes , cooking with steam; vegan cuisine
- Vegetable sculptures

Vegetable oils and animal and vegetable fats

- How to achieve an in-depth knowledge of extra virgin olive oil and other types of fats in order to use them at their best when cooking

Cheeses

- D.O.P cheeses of the Italian tradition
- Making curds with cow's and goat's milk

Cured meats

- Production and curing methods of different kinds of cured meats

Traditional cuisine of the Italian regions

- A virtual tour through the Italian regions to know, beside their cuisine, also their history, art and geography

Bread-making

- Traditional breads
- Special breads for the food-service industry
- How to know the difference between different kinds of flour and use them at their best
- Different kinds of yeast and their uses
- Pizza and focaccia
- Panettone

Confectionery

- Traditional and modern cakes
- Plated desserts: new trends
- Sugar fundamentals; how to decorate with pulled, blown and melted sugar
- Working and decorating with chocolate
- Ice-creams: artisanal ice-creams and gelato for restaurants
- Yeast doughs
- Creative desserts
- Modern small pastries

Educational visits

- Visit and lecture on coffee at the Lavazza Training Centre
- Visit to a chocolate-producing company
- Visit to a winery
- Visit to a cheese producer
- Visit to a company producing professional kitchens and kitchen equipment

Final exams

The Master course has a duration of **6 months, 3 of which at I.F.S.E.** headquarters, followed by a 3-month optional externship at selected restaurants chosen by the school, working with the most famed Italian chefs. The educational activity consists of theoretical-practical lessons, laboratories, externships, guided school activities and tutoring, for a total amount of 800 hours, 400 of which on an externship (during this latter period board and accommodation will be provided by the hosting restaurateurs)

Teachers: The Faculty is made up of professional Chefs, Food Designers, Nutritionists, Teachers in the agricultural and food field and Technicians from companies producing kitchen machinery and cooking equipment

Addressees: The MASTER in ITALIAN FOOD STYLE is addressed to :

- New-graduates from Hospitality schools in the world
- Professionals in the touristic and hospitality field in the world
- Cooks with at least a 3-year experience
- Experienced foreign chefs
- New graduate pastry-chefs
- Foreign professional pastry-chefs

Course price :

€. 9200,00 NET - (VAT-free as per art. 10 of D.P.R. 633/72) Cost of accommodation (if necessary) at a hotel located at walking distance from the school **INCLUDED**

* For those who do not need the accommodation, the relevant cost will be deducted from the total price.

The above price includes :

- Theoretical/practical lessons at IFSE
- Full student's kit with uniform
- Recipes hand-outs and souvenirs picture on usb key
- IFSE certificate
- Certificate issued by the Professional Association of Italian Chefs
- Accomodation in twin-bedded rooms, breakfast included, at a hotel having an agreement with the school. (An extra-cost of 15 Euros per night will be charged for single rooms)
- Lunch from Monday to Friday at the school restaurant, except for National Holidays.
- Transfers during educational visits to companies/producers
- Transfer from the airport to the hotel for groups of at least 10 people

N.B. Anything which is not listed above is not included in the price

I.F.S.E. General Director

The Institute is officially recognized by the Regional Government of Piedmont

Visit the Regional Government of Piedmont's web-site:

<http://extranet.regione.piemonte.it/fpl/elenco/iaim.htm>

Anagrafe Regionale Operatori

IFSE - ITALIAN FOOD STYLE EDUCATION

Codice Anagrafico Operatore: D37550

Tipo Operatore: DAL – Cod. Fiscale/Part. IVA : 09398090010



Italian Food Style Edition
Ente convenzionato con l'Accademia Italiana della Cucina

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