



SCHOLA

CIBRÈO



**Food
Artisan**

**HandMade
Training Programs**
Accademia Cibrèo
FIRENZE

Our menus follow the turning of seasons: they may seem static, but they actually move from winter to spring, summer and fall and change every month, every week and every day.

Overview

Cibrèo Academy long term program provide students with a fully and unique immersive experience within an artisanal and authentic food business and restaurant based in Florence. Students will learn how to develop an artisanal food business (anywhere in the world) based on a respectful approach to food production and consumption, by giving value to the resources of the territory and by connecting with local and sustainable food producers and farmers. The Program combines a practical hands-on training in Cibrèo's kitchens along with theoretical study in order to provide skills and experience 'on the field'. Students' path will be tailored according to their background and visions.

The next session will start on 23rd august 2021 and the following one will start on 8th february 2022

Cibreo

Cibrèo was founded on September 8th 1979 following an intuition by Fabio Picchi, who chose this name in full harmony with its family tradition and with a real passion for the alchemy of the Florentine cuisine.

In a constant shift between past and present, the city, the neighborhood and the whole world, Cibrèo has become the ideal setting for cultural discussion and social promotion. Cibrèo is not only a restaurant, it is also an eatery, Cibrèo Trattoria (the so-called Cibrèino), a coffee shop, Caffè Cibrèo, a cultural association Teatro del Sale, a Tuscan Oriental restaurant, Ciblèo and a grocery store, C.bio.



Method

Cibrèo Academy training course is part of SCHOLA a platform for education in the field of craftsmanship.

Cibrèo Academy training program aims to empower each student to pursue their dream of starting an artisanal food business through the development of both their skills and vision. Each student's final project will be the common thread of the course and will lead the students to acquire the skills and the knowledge to put into practice their ideas.

Cibrèo Academy program, starting from the peculiarity and specificity of the Tuscan and Florentine food culture within Italy, will lead the students to reflect about food production, consumption and preparation in relation to terroir, from a broad and multidisciplinary perspective. Students also engage with design and branding elements essential to developing a personal path in the artisanal food field, that will impact their future as makers, entrepreneurs or successful employees all over the world.

The nature of the discipline is such that the course will rely on skilled practitioners as the key facilitators of learning. Instructors are food producers, farmers, food entrepreneurs, wine makers, chefs food historians, sociologists and

anthropologists, marketing experts, who will have a common focus in that they will seek to develop the skills of students as proactive and reflective independent learners.

Some workshop activities will require students to work in groups, also from other courses, in scenarios involving multiple cultures and nationalities.

The 1 program combines a practical hands-on training with the theoretical study of subjects that focus on the food landscape and production and on how to design and run an artisan food business.

Our purpose is to build a dense network of contemporary culinary artisans who are able to change the world with their hands by developing a conscious relationship with food and spread the awareness of the importance of environmental and social sustainability, food quality and terroir. We strongly believe that they can have a direct impact on the food system through an ethical approach to food.

Introduction to Food Artisan course

The semester long program is **addressed to students** who are willing to live a unique learning experience at Cibrèò, one of the most established multi-culinary projects in Italy, and to learn how to develop a new concept of culinary projects and artisan food businesses all over the world. Courses are designed with a focus on the knowledge of the local, seasonal and artisanal ingredients, cooking skills and restaurant management.

Along with real experience and work with Cibreò's Chef, room managers, suppliers and Cibreò' staff, students will learn how to bring a project to life, from concept building to business plan and project management elements.

This program is a hands-on, practical, old-masters approach to learning the artisan craft of making food. Instructors are all professionals in the field who will impart both their theoretical and practical abilities as well as their experience as a food artisans.

THE PHILOSOPHY

Cibrèò is an independent thinking business founded by Fabio Picchi who is known worldwide for his intellectual honesty and ability to innovate his approach to authentic products. Cibrèò Academy is not strictly a cooking school but it's a wider experience that focuses on how a food business works.

Cibrèò Academy is not a Tuscan or Italian culinary school. Cibrèò aims to educate on hand-crafted, traditionally made, authentic artisan produce, therefore students coming from abroad or planning to set up a business outside Italy are welcome to apply their knowledge to deliver an authentic experience worldwide. It's simple!

COURSE STRUCTURE

Cibrèò's values such as seasonal and fresh products, ethical food production, simplicity, authenticity and tradition, will be the key elements of the learning process.

Each semester will rely on what the current season will offer and no exception will be made. Seasonal products will be the leading and central theme of the program which will be focused on food producers, on the transformation, preparation and final presentation of the food products. Every month will bring different fresh products on stage and Cibrèò method will guide students in order to emphasize seasonality as a positive value for customers.

Student will learn in a non strictly academic context which means that they will be required to adapt to the daily restaurants schedule. Students will be requested to start classes very early in the morning or finish late at night. This is part of Cibrèò academy way of transferring real skills by real professionals. On top of that students will have access to some of the venues during the closing day so they will have free access to equipments and products under the tutor guidance.

During the program, students will explore topics such as sustainability, ethical and health issues relating to food production, consumption and quality, and how these elements relate to producers.

Program and classes

The semester programs is comprised of 580 academic hours which will consist of practical lessons, visits to artisan food and wine producers, keynote speakers lectures and conferences, Cibrèo staff talks and multidisciplinary workshops.

The program is structured in order to provide a fully immersive work experience within the Cibrèo network including Teatro del Sale, Ristorante Cibrèo, Trattoria Cibrèo, Caffè Cibrèo, Ciblèo fusion restaurant and CBìo.



LABS/KITCHEN

Students will dedicate 50% of the scheduled hours to practical work in one of the Cibrèò's venues under the guidance of Cibrèò staff. Each Monday all the students will work on Teatro del Sale Kitchen while the venue is closed to the public and on Tuesday afternoons student will work in C.Bio focusing on preparation of bread, pasta, jams and sauces. During the rest of the week students will be divided into smaller groups and will follow the daily work of one of the 6 venues according to their customized academic itinerary. Students will be asked to join the kitchen at a very early time or until the end of the night shift. The schedule cannot be planned in advance and will be organized on a monthly basis. Every Friday afternoon the course coordinator will share with each student the plan for the following week.

Practical/Kitchen classes will be based on the following themes:

- _Centrality of Ingredients: understanding the ingredients, their origin, their method of production.
- _Knowledge of the ingredients: introduction to the concept of seasonality and relationship with producers.
- _Raw materials: and the importance of starting from high quality raw materials, the approach to ingredients and food products.
- _Transformation of the ingredients and flavor development: cooking techniques, manipulating and processing the ingredients respecting their original taste.
- _Presentation: the visual and aesthetic importance of the dishes.

The practical training will focus on artisan bread, patisserie, preserving fruits and vegetables, artisan cheeses and cold cuts, meat, fish, vegetables, pasta and wines.

THEORETICAL CLASSES

At the beginning of the semester students will attend a Hccp certification course which will allow them to work safely and respecting the hygienic and safety standards in the kitchen. Students will dedicate 20% of the scheduled hours to theoretical classes that will provide a solid theoretical framework and a deeper understanding of the complexity of the subjects that are addressed during the program. The classes are divided into modules and each of them will provide the theoretical knowledge and skills for setting up an artisan food business.

The theoretical modules will focus on restaurant management, restaurant branding, suppliers management, staff management, pr & communication, history and culture of Italian gastronomy, food sociology, nutrition, sustainability in the food supply chain.

MULTIDISCIPLINARY WORKSHOPS

Cibrèò's Academy is part of Schola which is a platform dedicated to the intelligence of the hands and which trains fine craftsman in different fields. Students will take part in multidisciplinary workshops with other artisans from different fields (tailors, shoemakers, leather makers etc) in order to work on a specific project in a multitask and multidisciplinary approach.

We strongly believe in skills sharing and this workshop will build problem solving and multidisciplinary group working skills.

The multidisciplinary workshops will focus on the History of Florence, on photography labs and on design and branding elements.

HISTORY OF LIFESTYLE

This module traces the history of Italian and western habits from the mid-18th century to the present day. Delivered through lectures, screenings and visits, the course introduces students to understanding lifestyle and food as a social and cultural phenomenon through the examination, exploration and consideration of creativity, context and archiving.

PHOTOGRAPHY LAB

This module will provide the basic skills for taking still-life photographs of shoes and accessories and allow students to gain skills necessary to create images for press and digital media.

DESIGN AND BRANDING ELEMENTS

Students will learn basic concepts of design-centered approach related to leather products. Elements of Branding will provide students with an overall view of the potential of their product and brand.

FINAL PROJECT

Students will be required to complete and present their final project.

The aim of the program is to give the skills and knowledge to develop a realistic proposal for an artisan food business. The final work must be complete and detailed project, including business plan and brand strategy. Each student will present it at the end of the program in a final showcase that will take place at Teatro del Sale in Florence. Each Student final project will be an original project for a new format in culinary business that can apply the Cibrèo's values to those countries or territories where students have decided, to develop these projects.

KEYNOTE SPEAKERS AND FIELD TRIPS

Every season both Fabio and Giulio Picchi will select and present a serie of keynote speakers who will be strongly connected with the Cibrèo network. Suppliers, wine makers, poets, anthropologist, fashion designers, theatre actors, musicians and many other figures will inspire students. Field trips will represent a fundamental part of the learning experience. The students will visit artisanal food producers, such as cheese makers, farmers and wineries, that were carefully selected by Cibrèo and and that supply daily its kitchens.

Informations and requirements

ATTENDANCE AND TIMETABLE

Attendance is mandatory. Classes and workshops are held from Monday to Friday. The schedule and timing may change depending on Cibreo's needs and priorities, therefore students are required to provide maximum flexibility in order to fulfill their academic curriculum and experience the complexity of the Cibrèo's network operations. The schedule will be provided at the beginning of the course.

NUMBER OF PARTICIPANTS

Enrollment is limited to 15 students. There are no pre requirements. Personal motivation and vision will be the main aspect that will be taken into consideration and evaluated in order to be accepted into this program.



