

# FOOD ARTISAN @ Cibrèò

6 US Credits

## OVERVIEW

The course is directed at 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. The course is designed with a focus on the knowledge of local, seasonal and artisanal ingredients, cooking skills and restaurant management.

The Summer season provides some of the best and fresh ingredients. Italian and Mediterranean Diets rely on these elements, and this course will focus on this approach. Tastes, fragrances and colors are the key elements to prepare and elaborate a light yet rich menu.

The course consists of 120 academic hours which will include practical lessons, visits to artisan food and wine producers, keynote speakers, lectures and conferences, Cibrèò staff talks and multidisciplinary workshops.

Students will dedicate 70% of the scheduled hours to practical work in one of the Cibrèò's venues under the guidance of Cibrèò staff and 30% 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.

MORE INFO at <http://ww.cibreo.com/en/cibreo-restaurant/>



## **METHOD**

Cibrèo Academy training aims to empower each student to pursue their dream of starting an artisanal food business through the development of both their skills and vision. The final event 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's program, starting from the particularity and distinctiveness of the Tuscan and Florentine food culture within Italy, will invite the students to reflect on 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 4 weeks course combines practical hands-on training with 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, spreading awareness of the importance of environmental and social sustainability, and food quality. We strongly believe that they can have a direct impact on the food system through an ethical approach to food.

Our wish is to spread to a vast community our approach and respect for sustainable food and to make sure that local products and producers will play a primary role in the food market. We can't go against the perfection of nature, we need to keep in mind that industry is not the solution. Our students will spread these values in their home countries.

## **LEARNING OUTCOMES**

After having completed the summer course students:

- Will learn basic cooking skills using local, seasonal and sustainable ingredients.
- Will acquire the basic theoretical knowledge in order to develop concepts and ideas for designing, starting and running an artisanal food business.
- Will develop a deeper understanding of the importance of food by analyzing its life cycle and its social, cultural, political, economic and environmental implications.
- Will gain a clearer sense of what their skills, abilities and talents are, and how to apply them in their work.
- Will learn how to give value to the local food resources and how to communicate this value through their work.

## **CIBREO**

Cibrèò was founded on September 8, 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 Florentine cuisine.

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

## **APPROACH**

Cibrèo Academy's approach, starting from the particularity and distinctiveness of the Tuscan and Florentine food culture within Italy, will invite students to reflect on food production, consumption and preparation in relation to terroir, from a broad and multidisciplinary perspective. This program is a hands-on, practical, old-masters approach to learning the artisanal 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.

Cibrèo's values such as seasonal and fresh products, ethical food production, simplicity, authenticity and tradition will be the key elements of the learning process. The course combines practical, hands-on training with lectures, keynote speakers, testimonials (suppliers, producers and farmers), and field trips. Students will be asked to develop a group final event that will be held at Teatro del Sale.

The course 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, Cibrèo fusion restaurant and C.Bio.

The hands-on training will range from bread making, to pastries and desserts, to butchery and charcuterie, to seasonal preserves, to foundations of Italian cuisine and cooking skills. The theoretical modules will focus on subjects such as restaurant management, restaurant branding, supplier management, staff management, PR & communication, history and culture of Italian gastronomy, food sociology, nutrition and sustainability in the food supply chain.

Furthermore at the beginning of the program students will attend a Haccp certification course which will allow them to work safely and to respect the hygiene and safety standards in the kitchen.

## **WEEKLY SUMMER MENU**

### WEEK 1: ANTIPASTI AND PRESERVES

Week 1 will focus on appetizers based on the available seasonal ingredients. Furthermore, students will learn how to preserve summer vegetables, from tomatoes, to peppers and eggplants.

### WEEK 2: PRIMI AND BREAD

Week 2 will focus on the preparation of primi piatti, from home made pasta, to risotto to soups only using seasonal summer ingredients. Students will also gain practical skills and knowledge to bake using several different flours and yeast for the preparation of bread, focaccia and pizza.

### WEEK 3: SECONDI AND BUTCHERY

Week 3 will focus on the preparation of main dishes, such as meat, fish and seasonal sides. Students will also gain practical skills and knowledge in meat selection and fundamental butchery skills as well as curing techniques.

### WEEK 4: DESSERT, PATISSERIE AND JAMS

Week 4 will focus on the fundamentals of patisserie, such as morning pastries and tarts, including shaping techniques, fillings and toppings as well as a variety of different base doughs.