

## **Lessons by guest chefs joining the Jeunes Restaurateurs d'Europe Association**

They present a menu of their restaurants using innovative techniques.

### **Extra virgin olive oil**

Production areas and varieties of oil olives - Knowing, tasting, matching - Organoleptic and health characteristics - Culinary uses of olive oils, both cooked and uncooked.

### **Traditional Balsamic Vinegar**

Characteristics and production techniques – Tasting - Culinary uses of traditional balsamic vinegars both cooked and uncooked.

### **Innovative techniques in the culinary use of cereals**

Rice, spelt and barley, new cooking and presentation techniques - Fresh pastas, new preparation and presentation techniques.

### **Mediterranean diet**

Aspects, yesterday's products, today's products - Healthy and beautiful, the mediterranean food culture - The mediterranean diet: cooking with traditional products- Mediterranean dishes revisited using new cooking techniques.

### **Finger foods**

Small tastings of delicacies to savour from every point of view- Finger food equipment  
Adapting traditional recipes to finger foods - Adapting ethnic cuisines to finger foods Italian style - Examples of food design.

### **Freshness and quality**

Quality and certification marks - Products in season - Preserving the freshness and quality of products - The use of vacuum-packing techniques in storing and cooking - Why to use vacuum-packing in the food-service industry to store food and for how long - Vacuum-packing risks in storing, sanitation laws and food poisoning - The use of gas in storing and in dry-cooking - Cooking vacuum-packed foods with steam and with hot air - Modified atmosphere, its uses with different kinds of gas and gas effects on food products  
Blending in the absence of air.

### **Smoking techniques**

How smoking was born and why - How to smoke and what kind of aromatic ingredients to use - Hot and cold smoking techniques.

### **Bread and bread-sticks**

Main ingredients, kneading and rising processes - Special and regional breads.

### **Cooking with cheese**

Knowing cheese, nutritional values, organoleptic properties - its culinary uses.

### **Chocolate**

Varieties, production areas, laws – Traditional and modern processing techniques, machinery and equipment - The role of chocolate in contemporary cuisine - Chocolate decorations - Guided tasting of different kinds of chocolate

### **Sugar works**

Sugar working techniques - Examples of sugar decorations

### **Enology**

National enography - Wine tasting techniques: visual, olfactory and gustatory exams, the various tasting sheets  
The great Italian white wines – The production of sparkling wines - The great Italian red wines - Dessert wines - Food-and-wine pairing techniques  
Practical pairings with: cheese and cured meats, foods prepared with natural aromas, preserved foods, foods prepared with the vacuum-packing technique.

### **Visits to agricultural and food companies and processing areas**

among which a visit to a producer member of the Consortium of the Culatello di Zibello , a Grana Padano cheese factory, a winery, a fruit and vegetable market, a fish market, a butchery, a chocolate producing company, a coffee roasting company.