Syllabus

Kursbeschreibung

Titel der Lehrveranstaltung	Seminar: Cook the Mountain
Code der Lehrveranstaltung	40475
Zusätzlicher Titel der Lehrveranstaltung	
Wissenschaftlich-disziplinärer Bereich	NN
Sprache	Deutsch
Studiengang	Bachelor in Lebensmittelwissenschaften, Önologie und Gastronomie
Andere Studiengänge (gem. Lehrveranstaltung)	
Dozenten/Dozentinnen	
Wissensch. Mitarbeiter/Mitarbeiterin	
Semester	Zweites Semester
Studienjahr/e	2nd
KP	7
Vorlesungsstunden	0
Laboratoriumsstunden	70
Stunden für individuelles Studium	105
Vorgesehene Sprechzeiten	21
Inhaltsangabe	The course explores the Cook the Mountain philosophy and its application at Atelier Moessmer Norbert Niederkofler, a restaurant awarded three Michelin stars and the Michelin Green Star for sustainability. It covers fine-dining operations, the selection and culinary use of local and seasonal ingredients, communication, brand protection and partnership management. Practical activities, company visits and meetings with premium brands and producers provide insights into food and beverage supply chains, foraging, game, food pairing and sustainable gastronomy. The course

	concludes with the development and preparation of a menu based on local products.
Themen der Lehrveranstaltung	The Cook the Mountain philosophy; ethics and sustainability in enogastronomy; partnership and network management; contracts and protection of ideas and trademarks; projects developed by Norbert Niederkofler and his team; communication strategies, press relations, graphic design and social media; organisation and commitments of a chef awarded three Michelin stars and the Michelin Green Star for sustainability. Practical activities include visits to mountain farms, seasonal foraging and the exploration of local products. Students examine the operations of Atelier Moessmer Norbert Niederkofler, awarded three Michelin stars and the Michelin Green Star: kitchen and dining-room organisation, selection of raw materials, food preparation, mise en place, guest service and relationships with suppliers and stakeholders. Further topics include the apple supply chain and apple-based gastronomy, food pairing, and the regulation, hygiene, processing and culinary use of game, in collaboration with the South Tyrolean Hunting Association. Guided visits and meetings are planned with premium food and beverage producers, fine-dining partners and leading brands, including Ferrari Trento winery, Miele Italia, Felicetti and the regional mycological association. Additional collaborations with Audi, BWT and Lavazza may be included, subject to confirmation. The course concludes with a practical challenge at Gustelier in Bolzano, involving the preparation of a menu based on local products.
Stichwörter	Sustainable fine dining; Michelin-starred restaurant; local and seasonal products; Cook the Mountain philosophy; food and beverage partnerships.
Empfohlene Voraussetzungen	
Propädeutische Lehrveranstaltungen	
Unterrichtsform	Lectures and seminars; practical workshops; field visits to farms, food and beverage producers and partner companies; observation of kitchen and dining-room operations in a three-Michelin-starred restaurant awarded the Michelin Green Star; tastings,

	demonstrations and a final practical culinary challenge.
Anwesenheitspflicht	No mandatory attendance but the attendance is strongly suggested
Spezifische Bildungsziele und erwartete Lernergebnisse	The course introduces students to the Cook the Mountain philosophy, sustainable fine dining and the organisation of a three Michelin-starred restaurant. Students will learn to evaluate local and seasonal ingredients, understand relevant supply chains and partnerships, and apply these principles to the development of a sustainable menu.
Spezifisches Bildungsziel und erwartete Lernergebnisse (zusätzliche Informationen)	
Art der Prüfung	Final oral examination covering the topics addressed during the course, which may be supported by a presentation prepared by the student.
Bewertungskriterien	Knowledge and understanding of the course topics; ability to critically connect theory with practical activities; clarity and accuracy of oral communication; appropriate use of technical terminology; and quality of the supporting presentation, if used.
Pflichtliteratur	Materials provided by the lecturer and by the companies and institutions involved in the course.
Weiterführende Literatur	Book: Norbert Niederkofler, Christine Lasta, Alex Moling, Cook the Mountain: The Nature Around You (Italian, German or English edition)
Weitere Informationen	
Ziele für nachhaltige Entwicklung (SDGs)	Keine Armut, Kein Hunger, Gesundheit und Wohlergehen, Sauberes Wasser und Sanitär-Einrichtungen, Bezahlbare und saubere Energie, Leben an Land, Industrie, Innovation und Infrastruktur, Nachhaltige Städte und Gemeinden, Nachhaltiger Konsum und Produktion, Maßnahmen zum Klimaschutz, Menschenwürdige Arbeit und Wirtschaftswachstum