Syllabus

Course Description

Course Title	Seminar: Cook the Mountain
Course Code	40475
Course Title Additional	
Scientific-Disciplinary Sector	NN
Language	German
Degree Course	Bachelor in Food and Enogastronomy Sciences
Other Degree Courses (Loaned)	
Lecturers	
Teaching Assistant	
Semester	Second semester
Course Year/s	2nd
CP	7
Teaching Hours	0
Lab Hours	70
Individual Study Hours	105
Planned Office Hours	21
Contents Summary	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.
Course Topics	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.
Keywords	Sustainable fine dining; Michelin-starred restaurant; local and seasonal products; Cook the Mountain philosophy; food and beverage partnerships.
Recommended Prerequisites	
Propaedeutic Courses	
Teaching Format	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.
Mandatory Attendance	No mandatory attendance but the attendance is strongly suggested
Specific Educational Objectives and Learning Outcomes	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.
Specific Educational Objectives and Learning Outcomes (additional info.)	
Assessment	Final oral examination covering the topics addressed during the course, which may be supported by a presentation prepared by the student.
Evaluation Criteria	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.
Required Readings	Materials provided by the lecturer and by the companies and institutions involved in the course.
Supplementary Readings	Book: Norbert Niederkofler, Christine Lasta, Alex Moling, Cook the Mountain: The Nature Around You (Italian, German or English edition)
Further Information	
Sustainable Development Goals (SDGs)	No poverty, Zero hunger, Good health and well-being, Clean water and sanitation, Affordable and clean energy, Life on land, Industry, innovation and infrastructure, Sustainable cities and communities, Responsible consumption and production, Climate action, Decent work and economic growth