Syllabus

Descrizione corso

Titolo insegnamento	Seminar: Cook the Mountain
Codice insegnamento	40475
Titolo aggiuntivo	
Settore Scientifico-Disciplinare	NN
Lingua	Tedesco
Corso di Studio	Corso di Laurea in Scienze alimentari ed enogastronomiche
Altri Corsi di Studio (mutuati)	
Docenti	
Assistente	
Semestre	Secondo semestre
Anno/i di corso	2nd
CFU	7
Ore didattica frontale	0
Ore di laboratorio	70
Ore di studio individuale	105
Ore di ricevimento previste	21
Sintesi contenuti	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.
Argomenti	The Cook the Mountain philosophy; ethics and sustainability in

dell'insegnamento	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.
Parole chiave	Sustainable fine dining; Michelin-starred restaurant; local and seasonal products; Cook the Mountain philosophy; food and beverage partnerships.
Prerequisiti	
Insegnamenti propedeutici	
Modalità di insegnamento	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.
Obbligo di frequenza	No mandatory attendance but the attendance is strongly suggested
Obiettivi formativi specifici e risultati di apprendimento	The course introduces students to the Cook the Mountain philosophy, sustainable fine dining and the organisation of a three

attesi	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.
Obiettivi formativi specifici e risultati di apprendimento attesi (ulteriori info.)	
Modalità di esame	Final oral examination covering the topics addressed during the course, which may be supported by a presentation prepared by the student.
Criteri di valutazione	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.
Bibliografia obbligatoria	Materials provided by the lecturer and by the companies and institutions involved in the course.
Bibliografia facoltativa	Book: Norbert Niederkofler, Christine Lasta, Alex Moling, Cook the Mountain: The Nature Around You (Italian, German or English edition)
Altre informazioni	
Obiettivi di Sviluppo Sostenibile (SDGs)	Sconfiggere la povertà, Sconfiggere la fame, Buona salute, Acqua pulita e servizi igenico-sanitari, Energia rinnovabile e accessibile, Utilizzo sostenibile della terra, Innovazione e infrastrutture, Città e comunità sostenibili, Utilizzo responsabile delle risorse, Lotta contro il cambiamento climatico, Buona occupazione e crescita economica