Syllabus

Course Description

Course Title	Seminar: Cook the Mountain
Course Code	40414
Course Title Additional	
Scientific-Disciplinary Sector	NN
Language	German
Degree Course	Bachelor in Enogastronomy in Mountain Areas
Other Degree Courses (Loaned)	
Lecturers	
Teaching Assistant	
Semester	First semester
Course Year/s	2
CP	6
Teaching Hours	0
Lab Hours	60
Individual Study Hours	90
Planned Office Hours	18
Contents Summary	The course is divided into 2 parts. In the first part (taught by Norbert Niederkofler) it aims to provide theoretical and practical concepts and skills on how a team of a star chef should collaborate to develop the activity of a high level restaurant and related projects. During the second part, professional experts will give an overview on different food commodities, such as apples and apple-based gastronomy, and on aspects related to hunting and the use of game in gastronomy, wine, pasta, mushrooms and other commodities related to gastronomy.
Course Topics	Cook The Mountain philosophy; partnership and network management; contracts; protection of ideas and trademarks; the different projects in which NN and his team has been involved: ethics and sustainability concepts in enogastronomy;

	communication strategies and press office; graphic sector and importance of social media; agenda and commitments of a star chef; visit to local mountain farms; foraging according to the season, collection of natural products according to their seasonal availability. Routine activity of a star restaurant (Atelier Moessmer Norbert Niederkofler): dining room and kitchen. Choice of raw materials, gastronomic preparations, mise en place, customer reception and service, relationships with suppliers, customers and private and public stakeholders. Supply chain of apple production and processing and apple-based gastronomy: visit to an apple growing farm; tasting of several apple varieties and discussion on how to pair apples with gastronomic specialties. Aspects of hunting and the use of game in gastronomy; regulation, hygienic aspects; slaughtering, meat cutting, and cooking. Guided tours to a top winery, a pasta factory (Felicetti), and a guided tour of the woods in collaboration with the regional mycological association. Final challenge on the preparation of a menu using local products at Gustelier (Bolzano).
Keywords	Cook the Mountain philosophy; sustainable mountain gastronomy; fine-dining restaurant management; teamwork in haute cuisine; regional food supply chains; apple and apple-based gastronomy; game and hunting in gastronomy; wine; pasta; mushrooms and foraging; supplier and stakeholder relations; gastronomic innovation and sustainability; South Tyrolean quality products.
Recommended Prerequisites	NO
Propaedeutic Courses	NO
Teaching Format	Classroom learning, exercises, study visits, projects; laboratories.
Mandatory Attendance	No
Specific Educational Objectives and Learning Outcomes	The student will gain knowledge about the development of projects related to the managing the activities of a star restaurant (in a team) and related activities; to apple-based gastronomy; to the role of hunting and game in gastronomy, wine, pasta, mushrooms and other commodities related to gastronomy. Applying knowledge and understanding. The student will develop the capability of applying the theoretical knowledge of the course to practical problems related to high quality enogastronomy, as well as the capability of evaluating the potentiality of innovative technologies.

	Making judgments The student will be able to make judgements in the main aspects related to the management of a star restaurant, as well as to identify the information needed to introduce sustainable innovations. Communication skills The student will be able to clearly and exhaustively communicate notions, ideas, problems, and technical solutions to interlocutors, either professional or not, representative of the various and specific competencies related to high quality enogastronomy using conventional and digital media. Learning skills The student will learn how to face challenges and solve problems related to the production of enogastronomic specialties in a star restaurant.
Specific Educational Objectives and Learning Outcomes (additional info.)	-
Assessment	The final assessment consists of an oral examination comprising a student-selected presentation topic related to the course, followed by questions covering the remaining course topics.
Evaluation Criteria	Relevant for the exam: clarity of answers, mastery of language, ability to summarize, evaluate, and establish relationships between topics; critical thinking. Successful completion of the exam will lead to 'passed exam' without a numerical grade.
Required Readings	Key notes and didactic material provided by the lecturers.
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, Affordable and clean energy, Life on land, Sustainable cities and communities, Responsible consumption and production, Climate action, Decent work and economic growth