

Fundaziun Uccelin:

Final Report

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1. Introduction

I wanted to start this report congratulating and thanking chef Andreas e Sarah Caminada for this amazing opportunity, this is a very rich and life changing program to young chefs that goes way beyond the kitchen and the professional aspect of it.

I hope that one day I can also make this type of difference in this area that needs so much reconstruction. Through the Uccelin program I was able to see what still misses in me as a professional so I can arrive in the place which I desire and how much further the area still has to grow in the human aspect.

I also wanted to make it clear that this is a report written by a person that loves her profession and therefore thinks about it critically, in order to make this a better, healthier, safer and more respectful environment for its workers. Since this type of work it's something impossible to be done by machine, kitchens of excellence are beautiful craftsmanship work that needs skilled humans to do it.

We all know that kitchen labor is a hard work of long hours on our feet, therefore with a lot of impact on our bodies, this is just the natural aspect of the profession and to achieve excellence we have to push it beyond, but must be a way of making it a little more comfortable to the cooks.

To keep the new generations interested in doing this so full of adrenaline work, we have a lot to figure out to fit in the new generation ideals of work. Cooking will never be a dying profession, since eating is a basic necessity of the human being, but we are going to face a real shortage of man labor if we continue to normalize the inhumane and unhealthy standards of labor.

The youth is not up to dealing with the moral and physical abuse in a work space anymore, and it should be definitely unacceptable. Before coming here I was so sure that this was a mentality close to the grave, but I could see with my own eyes that it is very much still alive. The only way of achieving excellence is through psychological abuse of the collaborators?

This is the story of what I lived in the past 4 months of my life being a cook around the world with a previous 7 years of experience in very different places, from Michelin kitchens to basic kitchens, passing through advertisement, videos shooting and all types of events. Was a journey with a lot of fascinations and also disappointments. But overfilled with lessons and learnings.

2. Restaurant and Partner produces

2.1. Schloss Schauenstein

My week at the Schloss Schauenstein set the bar high for the places yet to come. Amazing food, with a very objective and fast production, without unfit rules that gets in the way of the work and a very strict time schedule that allows cooks to work a regular amount of hours a day. Made me happy seeing that chef Caminada and Chef Skibba are part



of the change in the area and already started thinking about the well-being of the employees.

The cultural shock is something real and natural and in this case for me was kind of freezing since I can't speak German. At times I felt insecure and unsure if I understood it correctly and were doing the right thing.

This first week was harder than I imagined it would be. One thing I learned with my years of experience is that kitchens are the same but things are ruled and done always in different ways. A behavior that is the right posture in one place, can be a terrible mistake in another, so I often was unsure on how to proceed.

As I was completely terrified of making a mistake this blocked me a little, something I thought wouldn't happen after this many years of experience. But by the end of the week with the help and continuous explanations of the team, I felt more comfortable.

My favorite aspects of the castle were seeing how the work schedules are designed to fit the different needs that the stations have and the work dynamic in the pass.



I personally love acidity, and I was really amazed in how well the acidity is used in the plates, mainly in the entries, to bring out their best without being a tiring acidity to the palate by the end of the plate. As for example in the Zander plate. The sweetbreads were also one of my favorite plates, this was an ingredient that I had never tried before, the combination of the creamy and smooth texture of the sweetbreads with

the crunchy outside of the deep frying and the glazing sauce was just the perfect way to give that flavor + texture explosion, nested by the richness and fluffiness of the potato purée with brown butter that just embraced everything together.



2.2. Stucki by Tanja Grandits



Stucki in an amazing place to start your journey Tanja herself and the entire team are very welcoming and nice people, making you feel very comfortable from the beginning.

Already on my first day at the end of lunch Manuel put me in the pass to help dress the plates.

At first I was a bit hard since the service is in German, so the first week was very intense, I was really worried in memorize the menus and the plates presentations, that changed from lunch to dinner, and also its name in German. It took me the first full week to get used to the different menus and the names of the plates, but by the end I was able to understand the tickets calling. My entire time in Stucki I stayed in the pass helping them send the plates, mainly in the garnish/sauce station. Was very satisfactory to be able to do service once again, even being a service in German.



Manuel, Marco and André, the sous chefs were all amazing people, always making sure to let me know more about the dishes, the ingredients used in and telling me from where their products came from, their producers and how they got there, and introducing me to the products I didn't know. Like the Kaiserling mushroom, that a Porcini producer found two and brought them to Stucki just to show them, and Marco made sure to present it to me and tell me its history, as a

very rare mushroom the favorite of Roman Emperors and nowadays people don't consume it anymore for being too similar to a poisonous species.

I was very interested in accompanying Andre in the making of their jus or demi glaces, sauces are something all good restaurants makes their own, there are the main coordinates that are followed but each place has their own way of putting their spark in it.



Marco taught me a lot about game meat, which is something I'm not very close to since hunting is not such a usual activity in Brazil. In the summer menu they had a



deer plate with raspberries in different forms brioche, gel and fresh fruit was a perfect combination, very well balanced, not letting the strong meat overpower all the

flavors, the red fruit brought a lot of freshness and lightness to the main course.

In Stucki I had the amazing opportunity of having their 12 course tasting menu with the wine pairing which was very important to put sense in everything we were doing in the kitchen, was an amazing experience. I was also very impressed with the excellent wine pairing and how it really delivered its job in pushing and enhancing the dishes forward and making them shine brighter.



Tanja's initiative in putting up the store was also an idea that I really liked to see, and they made it work so well. The store is almost like Tanja's dreamland of food

and kitchenware products, selling things that go from skillets, the same used in the restaurant, to horse snacks developed by Tanja's daughter, Emma, who is a



professional horseback rider.

Was also nice to see how they gave a new usage put to the vegetables trims, herb stems and leaves that by the end of the week are not that pretty to decorate the plates but still good in taste, so they used to season sauces or dried them to make seasoned salts that they could sell in the store, this is a perfect example of how they diminish their food waste and also are able to generate more income to the restaurant.

I was really happy that I chose Stucki to be in my program, I learned a lot inside and outside the kitchen. They have a healthy work environment, taking care of each other and also make a real effort to not overload their team, all that delivering a great job.

One example that marked me was that when having smaller



services in the middle of the week, they would give rotational off shifts to staff member, as the restaurant does two services a day, that really helps in the well being of the workers keeping them fresh and with more energy for the needed times, because we all know busy days are very demanding. Besides the professional part I was really happy to be able to make real friends that I'll take with me for the rest of my life.

2.3. Baltram - feine patisserie



Baltram was a fortunate surprise that showed up in my program due to some last minute changes, since when I applied to the program they still weren't in the partner's list.

There I was able to see a huge variety of pastries, I was never able to accompany so closely so many different types of pastry techniques, it was a really well used week.

I could learn how to make laminated breads and could help Gerald to do the lamination process. I learned several types of shaping, fillings and new baked goods. I also closely accompany the production of macarons, chocolate truffles and bonbons, entremets and all its processes: the mousses, meringues, gels, work of assembling, glazing and decorating them.





Gerald and the entire team were really welcoming and showed me around their bakery, their amazing machinery, that helped a lot doing all this different types of pastry in a faster way, and their ingredients, gladly explaining how to use and why they used every emulsifying or jellifying agent.

Was really interesting to see how technical

they are and how Gerald really studies the process so he knows exactly the steps that are the essential for the classical recipes to work, that way they can skip the unnecessary steps and adapt classical pastry techniques to nowadays advanced equipment.

As a way of returning the favor of teaching me so much, I introduced them to some Brazilian spices that I brought with me. I was really happy because after a couple weeks, Gerald created a bonbon with Puxuri, one of the amazonian spices I introduced to them. The exchange of knowledge it's what makes this experience even more special.



2.4. Matteo Moscatelli - The Living Circle



My week with Matteo was a week full of creativity and about discovering new interests.

During that week Matteo introduced me to the structure of the fragrance creation, which was a really interesting acquired knowledge to me. And to put the learning into practice Matteo let me create a cordial with his pickled

strawberry. I could try different alcoholic bases and different spices to match the drink, which was called Gabriela cachaça.

Matteo and his restless mind were really inspiring in a very special way, he presented to me the idea that you can carve a new and own path in this area so that you can show the best of your abilities. After being the chef of the bar for a long time, Matteo presented to his superiors the idea of creating a development lab that supplies all the Living Circle business with the cocktail basis - the cordial.

This would be a way of maintaining the quality standard, improving and speeding up the bar staff work, so they can focus on service and in the client's relationship, which is one of the main pillars to the hospitality area. This also gives more valuable time to the local bar team to think and put to action their creativity finishing to the cordial basis delivered by Matteo.

That freedom inside a safe area is exactly what new workers need to feel part of the business, this way it's possible to give them this freedom without having the risk delivering a product to the final clients that is not aligned with the high quality standards of the company. This is thinking about the client's experience and the company's interests as a whole and taking it to the next level.

In this amazing environment was where I had the idea of my first product - the Brazilian essence. I deeply thank Matteo and Noemi for the truly inspiring week I spent with them in their lab.



2.5. Winery Davaz e Donatsch



My two days in the wineries were full of new experiences with wines, although I has already visited wineries before and was familiar with the process of wine making, was great to see it in a deeper way and, the best of all, seeing and participating for the first time in my life the vine's harvest, and accompanying so closely the very beginning of wine process.

I was able to learn things like: how to know when the grape is ready to be harvested and how to analyze the several possibilities that must be weighed in order to make the decision

of harvesting the grapes, which is a key decision to the quality of the wine to be made.

Davaz is a bigger winery that has around 7 different strains of vines and around 10 different labels.

In order to created new special wines they plant the same strains - Chardonnay and Pinot Noir - in different parts of the mountain/valley of Fläsch and in different soils - surrounded by rocks that save the warmth of the day and slowly liberates it during the night making the vines stay in a different temperature from the ambience one.

This gives them new characteristics in the final product, that's what makes the Chardonnay Gräba, Pinot Noir Uris and Pinot Noir Grond so special.

One of my favorite things about Davaz is that they are such an important part of their community, really making a difference in the village. They have a considerable amount of fruits but still not enough for their production, so they also buy grapes from the surrounding small vines producers from their region.

The entire day in the harvest season people come to their office/lab with samples of their grapes in order to measure the level of sugar and acidity of the grapes so they can make a decision about the harvest, considering the weather and other natural and practical factors.

They play a big role in their community and also with the community vines they can make great wines. It was beautiful to see a family business so well developed but without losing the close eye of owners. I saw Andrea that although doesn't manage the winery anymore, is still very active in the winery giving *in loco* guidelines and coordinating the harvest with his son Luca, and any other necessary activity.



They also were 100% involved in the process, making decisions and operating the machines, mixing started wines, measuring grape samples and still talking and exchanging opinions with their neighbors all day long, it is a communitary winery.

Donatsch is a smaller winery in the center of Malans, the winery that is based in a really old and interesting construction, with underground rooms and secret passages to their other building on the other side of the street. The winery has been in Martin's family for 5 generations now.

Unfortunately, in my day at Donatsch it was raining a lot so there were no harvest, but Martin Donatsch gave me a big and detailed tour through the winery showing me all the different processes and the different labels he makes and allowed me make a full degustation of the wines they produced.

In this tasting I was able to try this very unique wine: the Completer. Which is an ancient native vine from the Malans region in Switzerland, that they helped to rescue, since vine producers were no longer cultivating this strain. The Completer vine produces a wine naturally very high in acidity, this sour characteristic ends up being very well balanced by the sweetness that is kept in wine. Because of its high acidity levels the bacterias responsible for transforming the sugar into alcohol stop working a little sooner, therefore the wine has some natural residual sugar.

Thomas Donastch, Martin's dad, also has a groundbreaking history, since he was the first Swiss wine producer to use French Barrels to age the wine, something that wasn't even allowed back then. They could only use local wood to make the barrels to age the wine.



Martin also shared with me that one of their main goals is to produce timeless wines. Wines that can be kept for long periods of time and that will age well when stored in good conditions after being bottled.

He showed me the cellar his dad started so they could maintain their wines in order to check on how their different harvests age.

Was very interesting to be able to compare visions about the wine making process and to see them tracing their expectations to the new harvest.

2.6. Azurmendi



The Basque country culture was one that I was the most excited about getting to know, all the cooks that I met that have been there always told me about the wonders of the basque culinary. And how great was this pintxos food culture.

Azurmendi is like a retreat, it's further away from the city and stays in this beautiful mountain that you have to go all the way up to arrive at the restaurant. And in this way they have little sheeps and goats around the property, the construction it's a beautiful glass house

with a wood interior filled with natural light, the feeling is the expected, you feel connected and close to nature.

The kitchen staff is very serious and focused, the guests have their second step of the menu inside kitchen, the cooks fill a raw egg yolk from free chicken with the pork glace in front of the clients while a waiter explains to them what's happening at that moment. Guests love to be inside the kitchen and have a glimpse of the work done there, you can see in their eyes.



During my 4 weeks in Larrabetzu, the village in which Azurmendi stays, I majorly stayed in another restaurant from chef Eneko Atxa, called Eneko, which is just down the hill from Azurmendi. It is where they host all the big events, like marriages, anniversaries and company cocktails. The space also hosts the one Michelin starred restaurant from chef Eneko Atxa.

As it was the high season for events, I could see how they run their event and that was very enhancing to me, since for the past years, I've been mainly working with catering and events in Brazil.

They have a great method of organization to send all the appetizers and the plated dinner all at once in their huge events - from 100 to 300 pax.

Another point that caught my attention was the dedication on the presentations that nested the appetizers, always very elaborated and using natural resources to mimic the environment which the product was from or creating a new environment using elements of the native culture/country of the plate.



Pilar, Chef Atxa's sous chef, is a mexican woman that amazingly run Azurmendi and supervises Eneko's kitchen. She runs the kitchen in a method that I have never seen before. As they had a lot of big events during these weeks, they had huge *mise en places* to be done and in order to produce them faster it was all done as a team job. Delegating each process that the ingredients should pass through to different people, always with a pre-established quantity, so no time was

wasted doing more than necessary and of course to make sure we had enough done.

Always thinking ahead, Pilar with her very attentive eyes, as the current assignment was close to being finished she delegated a couple of cooks to start cleaning and setting for the new job, so when that activity was done, the majority of the team could immediately start the new task. This method keeps the people always moving forward with the production list and leaves no time to be wasted wondering what should be the next job and setting it.

I wish I had more time to see Azurmendi service, furthermore I enjoyed seeing their focused way of working and their organization.

On the other hand, I can't say I liked to see how the treatment inside the kitchen was still too depreciative. And that the well being of the cooks wasn't something really taken into consideration, mainly in Eneko, but in Azurmendi I saw them starting to thread some steps in that direction. Like creating a production station, that made the most time demanding tasks and was responsible for making the basis so the other stations could produce in a faster way.

There I had a lot of new experiences, saw amazing ingredients and high end

quality of service and kitchen work. They also gave me the amazing opportunity of going to the Gastronomika fair.

Chef Atxa gave a lecture at the event, so all the workers from both restaurants were invited to go. The fair happened in San Sebastian, a basque city 1 hour away from Bilbao. There I could stay a few days and was able to immerse myself in the basque food culture and even more in the gastronomic area.



During this fair I had a major eye opener experience, noticing that it is very easy to fall in the wrong path if you are not genuinely cooking for the food and its culture first, doing it to obtain fame or to fill our human ego's with prizes or lists will take you to a very distant place from where food should be.

2.6. DasPure



My week at DasPure was great and full of new experiences for me. I'd never dealt so closely with fermentation and could keep up with the so active work of microorganisms that we cannot see. The products pass through beautiful and shocking transformations. I was really happy to find people

like Patrick in this world, he is a person that the mindset of reducing the waste of natural resources is inherent to him, that's how he thinks and sees the world, it isn't an effort.

His kitchen is also a space where he unites the new and old generations to meet each other and exchange knowledge. And I noticed that whoever gets there wants to stay longer in order to accompany Patrick's experiences more closely, he is full of ideas and is not afraid of following them.

Such an inspiring place that I chose to make my final product with DasPure and use some of their amazing organic and environmentally conscious products.



2.7. Sennerei Andeer



I was so fortunate and glad that this amazing day at the Andeer happened. I met Floh and Maria and their beautiful work, they are indeed two special people that stepped on this Earth.

First their day starts really early with the different milk producers delivering small amounts of the freshly collected milk, the farmers make the delivery themselves in a very particular and old way: walking.

The family feeling is all over that place: Floh picks up fresh bread for breakfast everyday in their friend's bakery just around the corner, and

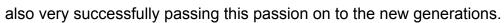
always brings some special baked good to his beloved Maria.

He also is responsible for cooking for the team's lunch everyday. So around midday everyday they reunited around Maria and Floh's dining table inside their house to share a meal together. I loved to meet the vanguardist and



uplifted energy of Floh, is contagious. And what an incredible professional Maria is, she doesn't speak English, so I couldn't have a lot of contact with her, but I could see how happy she is for creating their space in this world. And how she does her work with intention and care, beyond that she is a woman that pushes other women forward, putting together a team of strong hard working female cheese makers, was

Both of them created something amazing in that cheese factory that goes way beyond their incredible cheeses and derivatives. In that store and in their products you can see their passion for nature, those mountains, the cows and everything that Andeer provides them with. There they sell their love for what they do and they are



2.8. Core by Clare Smyth

something that delighted my eyes.



Core is a three Michelin starred restaurant located in Kensington Park Road, a very rich part of London, full every night, with an average of 50-70 clients per service. For sure a very successful restaurant, and a full house is what chef Clare said she validated.

Core principles are: very high quality local ingredients, that come from all parts of United Kingdom, nature and

craftsmanship and that is noticeable in their plates, all of them have well worked ingredients that are transformed to have a flavor and visual harmony in the plate, the plates are beautiful to see but at no point this leaves the taste in second place.

Core has an intense work rhythm and long hours, chef Jonny Bone and sous chef Christina maintain the



high quality level of all the productions, as for example having every batch of every production made in each station checked by both of them everyday.



They taste everything and engage the cooks to do it too and if something isn't quite as expected they make the cook who produced it point out the difference and where the mistake is, they also assist the cook explaining what and probably how they got it wrong.

I think that this conduct is very constructive. Clearly pointing out the mistakes and explaining how you got there is something really important and helpful when you're cooking, makes you think more critically about the food you're making and not make the same mistake twice.

At Core I was able to stay a week in all stations, starting at the Garde Manger: responsible for producing the finalizations of all plates, except pastry, and the cold entries. At garnish they send all the sides from main courses and the vegetables entries. At pastry they produce all baked goods: breads, buns and lamination breads, besides of course the desserts and petit fours.

Core has a very high end cuisine and has a truly impressive service,I was mesmerized when I first watched their service, was beautiful to see the continuous communication between the stations, the countdown to the plates dressing, the constant answer from the cooks, the synchrony of the kitchen as a whole.

It's something that we all learn that is important for a harmonic service but I had never seen any kitchen operating in this level of harmony.

They are very strict, and in my opinion there are some points to be improved in how they communicate with their staff, again the old school manners of the kitchen are still very alive in there, I have to say that I don't agree that in order to learn and have a good behavior



in the kitchen, cooks need to be yelled at or humiliated. As a place that has

excellence as a main pillar, excellence in staff treatment could also be in this list of desired achievements.



At the same time, Core's work is really impressive, and I had the amazing opportunity to see that from the other side as well. I was invited by Chef Clare and Chef Jonny to have the full experience and try out their Classical Menu with the wine pairing.

I was able to have the entire experience of the client and had the opportunity to see how all that work reflected to the clients.

The attention to detail, the attentive and caring service, the storytelling of the plates is something they worked really well in Core. Everyone who works there knows and believe that they are creating a special moment. Chef Jonny is also really good in lifting and pushing the team to the best of what they can deliver.

2.7. Conclusion

Having the opportunity of seeing a full panorama of the work of the currently best restaurants in the world is something that pushes your vision and forms a critical point of view about the hospitality area, is an amazingly enhancing opportunity in order to find your own path in the area. And a great way to make amazing new connections, true friends or who knows future co-workers, I just met a bunch of amazing and inspiring cooks and chefs. Thank you Andreas for sharing all your built over the years connections to us, Uccelins.

The way that the Fundaziun Uccelin runs this program is exactly the perfect way to give the resources for all young chefs to create a critical point of view about hospitality business, and that is extremely necessary in order to make a real and much needed improvement this area desperately needs.

It is incredible to see how workers in the hospitality area are people with very similar profiles: competitive people who like to be challenged and are very passionate about food, hospitality and the wonders and places that food can take us to.

I don't think that this will turn into a dying area, but the new generation, like me, is responsible for turning this area into a healthier and less traumatizing work environment.

Thank you one more time to the Uccelin team, Andreas and Sarah Caminada for creating this beautiful foundation. Thank you Anthea and Sina for all the support and for so carefully putting together this amazing journey I was able to live. Thank you Marcel Skibba for receiving me in the kitchen, for the audience in my presentation and for the feedback. All of you and the people mentioned in this report have contributed to my professional journey.

3. Final product

3.1. Müse sosse

3.1.1 Behind Müse sosse

The first time trying some food can create a very strong memory heavily carried not only by images but mainly by taste and smells of that moment. In this Uccelin journey couldn't be different there were simple and complex flavors and smells that stuck to my head representing each place I've been to.

The Müse sosse was built combining those flavors with my baggage as a Brazilian with the guidance of Patrick Marxer, during my week in DasPure I could see how carefully executed on the basis of science are his products. He fully understands the process chemically before doing it and is very focused on making them in an environmentally friendly way. As all Marxer's products are, Müse sosse is also made with organic and/or bioproducts and is a vegan glazing sauce.

The main goal of this product was to have the widest flavor combination possible, a sauce that could go around the entire kitchen, from savory to sweet. But as the climate hard times ask us to, I wanted to put the focus to the vegetables:

(GE)MÜSE SOSSE

because the vegetables should be our muses in the kitchen

Furthermore Müse sosse amazingly matches with fish, seafood and pork dishes and is also something that could go on to the baking and pastry area.

The main goal is to use Müse as a glazing material, this technique has a unique impact that only caramelized outsides can give in your tongue. Until this day I can remember the moment of my first time having a glazed crayfish.

3.1.2 Building the flavor journey

The sauce starts with the taste of the caramelized onions. That sweet caramelization smell reminds me of Stucki and their vegetable jus - which one I got truly amazed by the depth of flavor. And the carrier of its deep flavor was the caramelized, almost toasted onions.

At DasPure Patrick introduced me to what would become the swiss roots of the sauce: the black Sternapi apple. Sternapi, a beautiful star format apple, is a really old strain of the fruit dated from the Roman empire times and is one of the main variety forming the western swiss apple's stem.



Marxer runs the sternapi by enzymatic fermentation - putting them in vacuum bags and leaving it per 80 days for 60°C degrees, it's the same process of how garum is made. I got really excited with the sweet complex taste of that product.

When tasting the black apple it immediately reminded me of a very Brazilian flavor that would match really well with the black stenapi: amburana seeds. Amburana it's a big three that is native from the northeastern brazilian biome called Caatinga. *Amburana cearensis* is very used in woodwork but also it's seeds is used

as a natural medicine to breathing and intestine matters. But the real reason this smell and taste is so commonly known in Brazil it's because a lot of cachaça makers use amburana's wood to make aging barrels for cachaça. And this is the main spice of the Müse sosse and what makes it so uncommon and special.

By then the Müse sosse already had the flavors of this end of summer and early autumn, the season of my Uccelin program. In order to embody the Müse sosse flavor and to match with the current season, I added the herbal taste of fig leaves.

To close the flavor range of the Müse I decided to bring the best qualities of the Brazilian tucupi, which was my first inspiration to this sauce, the umami resemblance and the acidity. These two characteristics would close perfectly the flavor range of Müse.

And as a way of adding Patrick's history to the sauce I used his first fermented product and my favorite product of DasPure, respectively: the yellow peas shoyu and the three-month-old miso. The shoyu is light and yet so complex in the mouth and the peas young miso with its unexpected sweetness and fruitiness, that would finish my mind blowing flavorful glazing sauce.

3.1.3 Müse Sosse Recipe

• Ingredients:

4L of water (0 CHF)

500g of dried pears (5 CHF)

800g Black sternapi apple (32 CHF)

500g Mushroom scraps (8.40 CHF)

500g of yellow onions (1.25 CHF)

10g of rapeseed oil (0.04 CHF)

3g of amburana seeds (0,042 CHF)

3 und of fig leaves (0 CHF)

30g red wine vinegar (0.14 CHF)

40g of yellow peas shoyu (3.67 CHF)

40g of young peas miso (2.66 CHF)

Cost of full recipe: 53,20 CHF

Cost of production per portion (100g): 7.60 CHF per portion

Method:

- 1. Start making an infusion with the dried pears, the black apples and the mushroom scraps. Add the water, take it to the stove and let it simmer for one hour.
- 2. Then leave it infused for 24h in the fridge.
- 3. In the following day, strain the mixture and squeezing the apples throught the strainer, so that the apple give some consistency to the sauce. Save the strained liquid for later.
- 4. In a frying pan, put the onions in julinne with the rapeseed oil and let the onions in a low temperature slowly caramelizing. The onion should get really dark and well caramelized, like toasted. If it starts to burn, or sticks to the bottom add a tiny bit of water and scrape it so the color goes to the onions. When they are really brown and sweet add the miso and let it caramelize too for about 5 minutes, then add the shaved amburana seeds and turn off the heat.
- 5. Mix the caramelized onions with the infusion, add the fig leaves to it and let it infuse for 5 min, after that time take the leaves off. And let it reduce to a ¼ of the initial amount
- 6. Process the sauce with a blender so it gets smooth and pass through a strainer again, season with the shoyu and vinegar and adjust the texture so it has a texture but not too thick once cold.
- 7. This recipe gives 700g of sauce

3.2 Brazilian Essence

3.2.1 The beginning of an interest

The thing that I enjoy the most in the kitchen is the mix and match game of flavor construction, so with aromas couldn't be different. During my time in Matteo Moscatelli's lab with my new acquired knowledge of smell construction, I was really interested in putting it to practice.

Matteo noticed this interest and after I spotted his little wood box of essences and started to ask a lot of questions to him, he proposed that I build the smells of a new drink, the main ingredient should be some pickled strawberry that he had in his fridge.

He let me build my own cocktail, so I could make my first cordial from scratch. I chose my alcoholic base, which was cachaça, obviously. And when we got to the point of building the aromas of the cocktail, I could only think about Amburana, my favorite and very familiar Brazilian spice. I have known this smell since I'm a little kid taking the so-called *garrafadas*, a natural medicine made with a syrup and the indicated medicinal plants to cure your current sickness. This natural medicine is put in a big glass bottle (garrafa means bottle in Portuguese).

Amburana is a Brazilian tree, *Amburana Cearensis*, that has really good wood for furniture making, but its wood is also very used by Cachaça makers to build aging barrels to the spirit, so that the drink gets scented and a little softer to the palate.

The seeds of the tree are very used to medicinal ends and we, cooks, have been using it as a spice in the kitchen as well. It goes really well as a flavoring agent in creams and cakes or also in savory dishes with shrimps and crustaceans in general.

At that moment the very first idea for my final project came to my head. Build an essence to aromatize cocktails and also desserts, but not an essence of one seed, but built a new and unique aroma based on unknown Brazilian aromas and spices.

3.2.2 Brazilian essence: building the aroma

In the beginning of my aroma construction my idea was to start building the basis of the fragrance pyramid from the basis of Brazilian food: the manioc. From this root we extract three main products: flour - becomes the farofa, tapioca - which is the starch and the tucupi - fermented liquid. These are the three basic ingredients and with them we make thousands of different recipes.

By reducing the tucupi, this yellow liquid, we obtain a black smoky paste, very strong and rich flavor, with an umami resemblance. I wanted to use this as the carrier of the fragrance, the aroma that is there to give structure and hold the entire fragrance, not exactly to be felt, it builds the foundation.

Following the pyramid of fragrance construction, at this point I was searching for the middle notes, or heart notes, this is the mix that embodies the fragrance.

For that I used the leathery, wood and sweet smell of Cumaru, aka tonka beans, and the Amburana smell, that has the same aroma profile of the cumaru but a little softer and with more herbaceous and fresh wood notes.

Now I need to close the fragrance and build the tail of the aroma - the tail is that smell that is the first to be noticed in the nose. I decided to use Puxuri, in two different forms, toasted, to bring more complexity to the aroma, and natural, to bring the Puxuri freshness. As the cumaru, this is an Amazonic seed that the natives usually use to flavor soaps.

Puxuri has a very unique smell construction, also with the woody and herbaceous profile but it carries very clear minty notes with nutmeg ressemblance, it's very complex and rich flavor.

After several trials I got to a fragrance that was so unique, fresh, intense and complex, that I thought that this had a lot more potential than just flavor drinks and pastries.

So why not create a natural cosmetic line with this unique, fresh and memorable fragrance?

3.2.3 Going further

We all know how important smells are to the memory, how they can carve a memory into our brain, in a way that it immediately transports you to a very specific moment of your life.

With that in mind, this fragrance can bring that touch of uniqueness and the special moment that we so much try to achieve in the hospitality business. During my incredible experience dining at Stucki, I noticed how striking a small detail can be.

Tanja has her own line of soap and body lotion made with the natural cosmetic company, Soeder, from Zürich. She sells the line in her store and also uses them in Stucki's bathroom.

That moment when I was washing my hands and I first felt that amazing new, fresh, herbal fragrance called Spicy Green, that aroma was just in consonance with the entire experience, that we know pretty well that goes way beyond the dinner

itself. The smell clearly had Tanja's mark and was evident that her hand was also there, that she thought about every single detail.

Aromas are another way to show your style and provide to your clients a continuous experience, show your vision in every way possible, everywhere is a place to work on and show your creativity.

It's also well aware that what sets the hospitality businesses apart are the small details: it can elevate the client's experience from something ordinary to an unique and memorable moment in seconds.

So my idea is to create a natural cosmetic line with: liquid soap, body lotion and body scrub. This body scrub is a way of relocating the remains of the spices used to make the fragrance, diminishing the waste and also making a natural scrub, that is usually done with tiny plastic particles very harmful to the oceans.

This line could be used in the Caminada's hospitality business as a trademark and could also be sold to the general public.

3.2.4 Putting to practice

As a way to enable this project I first looked to the perfect partner to help in the construction of this line and I got to Soeder. A Swiss company, grounded and focused in creating products 100% naturally based, in consonance with the needs of the planet.

That would be the perfect company: they already work with other chefs like Tanja Gradits, and make personalized products and labels to hospitality companies like the Living Circle.

They would help with the development and commercialization of the products. Since they already produce soaps and body lotions. These two would be faster products to be developed, as they have a main formula ready. The body scrub, on the other hand, would be a groundbreaking new product for them as well.

The idea is that a percentage, to be discussed with them, of the sales profits, could be directed to the Fundaziun Uccelin in order to continuously raise funds to the foundation.

With the help of the Stucki team, I was able to make a first contact with the company and expose to them my idea. In return, they gave me a very positive response, that goes like this:

Dear Gabriela.

Thank you very much for your email and for introducing us to your exciting project through the Uccelin foundation.

We are truly appreciative that you've considered us and given us the opportunity to be part of this promising project. We want to emphasize how intriguing we find your idea and how much we support its mission. We will carefully discuss your project internally within our team to assess its feasibility.

Please understand that our schedule is quite full at the moment given our impending move to the new factory next year and the upcoming holiday season. Nevertheless we are committed to exploring the potential for a partnership as we share your values and goals.

We are also very interested in learning more about the distribution channels for Uccelin foundation products and whether you envision a Limited Edition in our product line. We are flexible and will collaborate with you to determine the best timing and fit within our 2024 campaigns.

Regarding product development it's important to note that such processes can take time typically around nine months.

In principle lotion and soap should not pose an issue but modifying the formulation to accommodate the new ingredient would necessitate development and the corresponding testing. Introducing a scrub would represent a new product for us entailing a slightly more substantial development effort.

How would you provide us with the ingredient for production? It is very important for us as well as for you that the ingredients meet our criteria for 100% natural ingredients.

We would like to express our gratitude once again for your interest in collaborating and we appreciate your patience as we carefully review the details in the coming weeks.

If you have some more information for me about the project which I can share internally let me know. Is there perhaps already a pitch for the project that you can share with me?

We will be in touch soon to discuss the next possible steps and to talk about the option of working together.

Best regards Corina

Corina Suter Corporate Business corina@soeder.ch +41 (0)44 500 27 88 +41 79 344 08 55

3.2.5 Conclusion

The only reason I haven't presented this as my final product was the time frame, it didn't fit in the program schedule. But I believe too much in this idea to leave it behind and not present it to the foundation.

Beyond all the upside of having a unique fragrance as I stated before, this would bring more awareness and propagation to the Uccelin Foundation as Soeder in a small brand but very familiar to the Swiss public.

I would more than gladly help to push this project forward with the foundation assistance and also would make the connection to send the natural ingredients from Brazil, through a socially and environmentally responsible Brazilian company. The natural spices could be mailed to Switzerland, since they will be used in small quantities.

I already found an interested partner to send the spices to Switzerland, a company called Manioca Brasil, they are a 9 year-old business based in Belém-Pará that sells Amazonic products all over Brazil. A company that has as a main characteristic the movement of the inner economy in small Amazonic communities as a way of helping in the preservation of native vegetation from the biggest tropical the forest in the world.

To know about the company access: www.maniocabrasil.com.br