

FUNDAZIUN UCCELIN

FINAL REPORT
CHRISTIAN FARJE GRANDJEAN



Schloss Schauenstein

Andreas Caminada

Fürstenu - Switzerland

06/06/18 - 17/06/18

After several months from first receiving the great news that I was going to be taking part of the Uccelin Program, the first day started.

After beeing picked-up from Thusis I arrived for the first time to the monumental "Schloss Schauenstein" in Fürstenu where I immediately got the opportunity to meet Chef Andreas Caminada. Although he was very busy organizing everything for the reopening, after being closed for several months, he took time to welcome me in the program. We got to talk about the big project that was the reopening of the "Schloss" and all the new features like new rooms, cheese cellar, dry age meat room, bakery and a little store room to sell his products, so the neighbors and guests can buy what they like and take it home. A really interesting project. We also chatted a bit about myself and my goals for the program.



**OUR WELCOME PICTURE WITH CHEF
ANDREAS CAMINADA**

That day I met another 2 stipendiaries, one of them was also in the culinary program and the other one was starting the service program.

Later that day I met Ollie, the head chef, who runs the kitchen when Chef Caminada is away, and he introduced me the team and right away I started working in the kitchen doing some preps for dinner for that night.

What I started doing was portioning some Turkish delight for the guest house. It was a really meticulous task because at this culinary level everything has to be perfect. All portions had to be carefully cut in the same size and then very accurately be wrapped and labeled for house keeping to place them in the guest rooms.

The next days were a little of everything. I got to help in different stations like entremetier, pastry and saucier and finally not only take a look but be part of the team of a 3 Michelin Stars establishment. Through experience I got the opportunity to observe and understand how a kitchen of this kind works. Organization as well as skills and passion are definitely defining and an important part of the success.

Butchery Peduzzi Savognin - Switzerland

20/06/18 - 23/06/18

This week I went to a butchery in Savognin, 25 minutes away from Schloss Schauenstein. Butchery Peduzzi it's ran in family tradition. Opened long time ago by the grandfather of the current manager.

There I had the opportunity to meet the main butcher, who has thirty six years of experience. The next few days I got to work side by side with him and observe the process and abilities that come with the production of hand-made, high-level products.

My first task was to butcher half of a pig with his attentive assistance in order for every step to be made in the correct way. It is the least to say that it was a very cool experience because the technique for this process is very important and defining of the quality of the end-product. We use the saw to cut trough the bones, then we grabbed a pork belly to start carving up the spare ribs. After 12 pieces I was done, it took me a long time but I managed to finish. The result might not have been as perfect as the one done by experienced hands, but I for sure was on the right track. Next task was to cut some bone-in pork chops and clean tenderloins. All the remaining meat can be kept to make sausages or to be used for a meat stew.



ME WITH SOME WIENERLI

The second day was more focused into preparing everything for the next day because we were going to make sausages. For this purpose it was important to have the mise en place ready to start in the morning so we didn't waste time at all and could finish early.

We started weighing all sorts of meat such as meat from the head, shoulders, tenderloins, legs, belly, etc, then seasonings, milk, fat, herbs, ice cubes and many more ingredients. It took us half of the day to do all that because we were going to make a bigger batch than was usually done.

On the third day I started at 6am and we were 4 people, including the manager David, Pietro Peduzzi's nephew. We had to make about 12 sorts of sausages, including the signature sausage from the butchery "the Peduzzi sausage" made out of first quality meat such as tenderloin. We started the process by grinding the meat followed by putting it in the mixer with the other ingredients, leaving it a certain amount of time mixing so it could be properly done. The mixing step is very important because the machine has blades that

cut the meat and any other ingredient in it and mixes them at the same time. It also has a chilling feature so the meat cannot be warm up with the heat of the blades and then it has to rest in a specific range of temperature below 4 degrees Celsius.

After this the casings have to be filled with the meat, then, for some sort of sausages either they are boiled at 75 degrees Celsius or they are smoked in a special chamber and then chilled in a different one.

The process of making them was really interesting, I could see step by step all that it takes to produce artisanal sausages, from butchering the animal and having the remaining going into the grinder to filling up the casings and having the end-product in your hands. Somehow it's an easy process but it takes time and careful work.



SAUSAGE READY TO BE CHILLED

Bakery John Baker. Zurich - Switzerland

27/06/18 - 30/06/18

The week after the butchery I went to the bakery “John Baker” located in Helvetiaplatz in the center of Zurich.

This producer was the one I was most wishing to visit because bakery is something that I'm very interested in and want to look into more deeply. John Baker is not a traditional bakery where there is one baker doing the dough, shaping and baking at the same time, you have traditional bread but one person for each station. The first day there I spent it doing doughs.

The first morning I met Trevor, the store manager, at 4am to start our journey. We started doing different sorts of dough in large batches such as rye, spelt, wheat, full grain and some mixed with olives, dried fruits, seeds etc.



TAKING OUT SOME LOAFS FROM THE OVEN.

In this process you have to take care of every ingredient and element to do the dough because for example, if the water is above 21 degrees Celsius the final dough could be above 25 degrees Celsius and the process of the “bulk fermentation” would be shorten, what could cause a reduction on the quality of the flavor. Other points to consider is the room temperature, the humidity, flour temperature and many more details.

Another thing to keep in mind is to not over knead the dough or to don't mix the salt and yeast together because it kills it.

In bakery the way how you proceed in every step matters because it can affect the final product, not like in the kitchen, where even a salty sauce can be saved in the process.

At John Baker all doughs are made with a stiff starter made out of rye and wheat flour and fed every 24 hours. That is how sourdoughs starters are taken care of.

The second day I worked on the shaping. This was not so easy to me because if you use too much flour in your hand the dough won't stick enough to be shaped but if you don't use enough flour it will stick too much and you will have a mess in your hands and table.

In this station I met Torsten, a baker with more than 20 years of experience that made look everything so easy, because when I tried to shape a few bread rolls it took me almost three times longer than it did Torsten.

The third day I shared my time between baking and shaping, it was like being in hell with 5 ovens over 250 degrees Celsius each but the loafs looked really good and had a pretty nice dark crust. Here I had the opportunity to learn how to braid a traditional Swiss “Zopf” with 4, 5 and 6 strands or “Stränge”. I wont lie, it was quite difficult, but interesting of course to learn, because I had never made it that way, I had just try with 3 strands at home and is way much easier.

The last day I had the chance to go to another bakery from the brand where they have a nice wood oven in a show kitchen, so all the clients can see how the bread is baked. It was a really interesting opportunity for me since I have been really interested in baking. What most impressed me is the amount of work and care that goes into every bread made in the bakery. The good amount of bread types that are available to the customers is for sure very satisfying. Not to even mention the customer service, always very kind and in a good mood, even in the early morning. For sure one of my favorite stations from the program.



FRESH LOAVES RESTING

Restaurant Stucki

Tanja Grandits.

Basel - Switzerland

3/6/18 - 28/6/18

My next stop and first long stay was Basel. There I spent one month working in Restaurant Stucki by Tanja Grandits rated with 2 Michelin stars and 18 Gault Millau points. The Uccelin team couldn't recommend this restaurant more and I was very satisfied that they were right.

The first day I got to support the chef de partie from the entremetier station. I started doing some preparation work like chopping onions, tomatoes, celery etc while checking another preps from them and of course helping a bit with the family meal. Later that day I went to the pastry section just to check it out and got to meet the pastry team.

That evening, after the break, as there was not too much for me to do I went to the pastry section to ask if I could help doing some preps, and so I started making a couple of jellies and infusions for the next day menu desserts and helped during service.

On that day I first realized that, in a general matter, the dishes from Stucki are based in the colors of nature, each dish has its own color theme. For example the red or green in one dish could be taken from many ingredients and presented in different ways like for example as home made powder, fresh chopped products, in dehydrated or baked form or even transformed into a mousse or puree, just to mention a few.

This idea has become the signature of the restaurant and also a challenge for the cooks, since they have to always look for new ideas so that they don't repeat the same technique in every menu.

The next day after I arrived they told me that I was transferred to the pastry section, the first thing I thought was "I'm not a pastry chef, I don't know anything about it, what am I going to do?" So I started that day helping with preps like infusions and crumbles and during service I was in charge of the section of petit fours.

The petit fours from Stucki, during the time I was there, consisted in 3 sorts for lunch time and 4 sorts of small desserts for dinner. What customers love is something like a lollipop made out of brioche, traditional praline, tonka panna cotta and a small piece of cake filled with a gelee and a piece of blackberry.



PETIT FOUR READY FOR A GUEST AT LUNCH TIME

This section of the restaurant is not just in charge of the desserts from the restaurant, they have to top up the sweets shelf from the boutique that is run on the side of the restaurant. There you can find spreads for bread, yoghurt and cereal mixes, pralines, fruity sorbets, and flavored chocolate bars. This is really convenient for people who like his sweets and want to take a piece with them to eat it at home or just on the way to work.

From that moment I had the opportunity to work with Julien Duvernay, the pastry chef from Stucki and pastry chef of the year 2018 according to the Gault Millau guide. It was something different for me because I was completely out of my comfort zone. I think this is one of the ideas from the Uccelin program, to put you out of your comfort zone, because is the only way to start learning something different, something that you are not familiar with and wouldn't ever have thought to try.

Every week was kind of different at Stucki because when I started there, they were in the middle of planning the new menu so I got the opportunity to see how Chef Julien works in the trial and error of his desserts. Should the flavor be lighter, more refreshing or more roasted, a bit more acid or not so sweet, so he tries different ways with different techniques to reach the perfect result. For him his desserts don't have to be primarily sweet but light and refreshing for sure. He even thought that it was time to change the butter they use for the bread (one with fennel) because he didn't want one that completely overweights the flavor of the hand made bread from their own bakery located a couple of miles away from the restaurant. So he was trying a pink one made with cassis to see if it pairs properly with the bread they have in the menu.

Later that month I also had the opportunity to visit and work a few days in the bakery with Piotr, the baker from the restaurant. I could see and try all the breads they do for the restaurant (lunch and dinner service) and for the shop. On the weekends they have different and more sorts of bread like the typical Swiss “Zopf”, the French “fougasse” or some “morning buns” that are made with a croissant dough. They are really buttery and lightly sprinkled with sugar, orange zests and cinnamon. You have to try it if you go there, totally recommended! I even got the opportunity to visit the flour mill from their suppliers and had the chance to see the quality of the flour they use. I enjoyed having such an insider look of the organic products they have and the old fashioned mill they use to produce the different sorts of flour so Stucki can have a first quality product.



PREDESSERT WITH GREEN PEAS

In culinary school I took a couple courses of pastry but it was more the traditional kind, where I learnt to make pana cotta, profiteroles, black forest cake and so on, so I was just typecast in that kind of products and with this opportunity I got to see different technics and ways to make desserts.

For example I never though to use vegetables for a dessert! Before being at Stucki, I would have never used peas or green beans as a main ingredient or add parsley, lemon grass or rosemary in an infusion. What I learnt from Julien is that you don't need to use always apples, vanilla, strawberries or chocolate to make a dessert, there is more ingredients out there that can be used for a dessert from first category.

This responsibility was a great experience for me because I felt useful. Not in every restaurant the stagiaires are allowed to be in the main kitchen during service or even if they are, they are not allowed to touch anything. There are some strict rules to keep the high standard in this restaurants, so an opportunity like this cannot be taken for granted.

At Stucki I learnt something different, not only new technics or new ingredients that I never had seen in my life but I learnt that the way you manage your kitchen is very important.

First of all there is no need to yell like a crazy person as you see in tv shows. It is possible to be a nice, respectful and humble person and boss with your team and nonetheless achieve success. This is something important in Stucki's kitchen, and something that really impressed me, they really are not just a team, they are a family. There are some cooks who have been working there for more than 10 years (Julien for example, the pastry chef, has been there for over 16 years now), and I think that it says a lot of how Chef Tanja manages her kitchen. If you have your staff working happy with you for several years then you have a happy clientele.

Restaurant Hiša Franko

Ana Roš

Kobarid - Slovenia

1/8/18 - 28/8/18

I had the opportunity to spent all august at Hiša Franko by Ana Roš. The restaurant is located in the surrounds of the Soča Valley in the middle of nowhere so all guests have the chance to sleepover booking one of the rooms from the “hotel” or stay in the closest inn from the neighboring village in Kobarid. The food at Hiša Franko is made from local ingredients that come from farmers or sometimes from their back garden like the purslane we used for a beef tongue dish. They also have a fish pond where they catch the trouts for the dish made with whey and poppy seeds.

What I saw from this cuisine is that there is some similarities with the Peruvian one in ingredients, for example they use beef tripe, and other guts, as we also do. The food at this restaurant is really Slovenian and it represents really good the valley where it is located. They for example use Slovenian cheese bought from a local cheese maker, and they ferment it for years in their own cheese cellar. Also worth mentioning are the fruits and vegetables fermented with Slovenian vinegars that are made by local befriended producers.

The first day I started in the hot section making the main courses with the south african chef de partie and another stagiaire from San Francisco. As a Peruvian my first task was to make the “leche de tigre” (tiger's milk) -What can I say? I do a really good one- for a dish with a funny name called “Black Cod Bob Marley / Pink Floyd Style”. It was a piece of cod that was lightly grilled and served with a “Bob Marley” green sauce, this green sauce was mellow and smooth, made from a white chocolate ganache, and then a splat



EMULSION OF BITTER CHOCOLATE AND SALTED LEMON, WATERMELON, TOMATOES CONFIT IN MEADOWSWEET OIL, GARDEN CUCUMBER SALAD

of pink sauce that was wild raspberry fermented and mixed with the "leche de tigre". Then I jump from one station to the other and did more preps for dinner that day like clean a roe buck loin, chop mushrooms, make some whey, portion beef tongue etc etc.

The following weeks I had the same duties, I stayed in the same section but sometimes jumping into another to help during service. During the month I stayed there I could see and feel the freshness of the products. You can truly feel, smell and taste the difference between recently harvested products and ones from X supplier stock in a warehouse during days before being delivered. That is something they use as an advantage in this kitchen. As I mentioned before, they have a big back garden where they plant vegetables such as tomatoes, summer squash or eggplants, herbs like sage, tarragon, oregano or even small fruits like wild raspberry and plums. All this is a big plus in the task of making a dish interesting and they for sure know how to do it.



ME WITH THE TEAM IN MY LAST DAY

In the last night I had the opportunity to dine there before leaving Hiša Franko. It was interesting to see from another point of view the dishes that I made the month I stayed there. I was also served the paired wines so I could have the whole experience. I took the long menu and some of the dishes that really catch my attention were for example the "Goat-cow cottage cheese ravioli, corn, prosciutto and hazelnut broth" or the "Green bean scogliera / sea snails, clams, mussels, razor clams in black garlic" this dish is their interpretation of a traditional scogliera because instead of pasta they use green beans finely cut like vermicelli's to appear as pasta, then they blanch them in sea fruit broth. The top of the dish has a crispy chicken skin where they spread honey, that's something that not a lot of people might like but is tasty and everything is better with a sip of the sauvignons blanc, the paired wine that the sommelier chose for this dish.



SCOGLIERA DISH

Another dish that I have to talk about is the “Trout, whey, roasted poppy seeds, beets in tonka vinegar, sour cress” . Seriously I didn’t expect to much from this one, I even didn’t try it before the dinner but in this opportunity I had to and to my surprise it was really nice. I specially liked it with the wine, that in this case was a Stemberger, from the south of Slovenia, close to the border with Italy. This dish was a really surprising experience, the combination of the acidity from the pickled beet root and smell of tonka with the slightly sweet and creaminess from the whey and smell of the toasted poppy seed. I absolutely recommend it.



TROUT AND WHEY DISH

What impressed me the most from this destination, besides of course of the beautiful landscape, was the very laid-back style with which chef Ana manages her kitchen. Not only she, but the whole team lives besides the restaurant so they are kind of a big family. I also liked the baldness with which Ana creates her dishes. A lot of the time one might be confused by the ingredients, but once you try the dish, everything becomes clear, and paired with the right wine, it becomes a delicious experience.

Restaurant Central

Virgilio Martinez

Lima - Peru

3/09/18 - 6/10/18

Going back to my homeland as a stagiaire was a completely different feeling from going to the other restaurants. Lima is the city where I grew up, went to culinary school and had my first experiences in the kitchen. In this ever-growing, chaotic and nevertheless exiting city is where Virgilio Martinez has his acclaimed restaurant "Central"

The restaurant has recently moved into a new place not so far away from the old one, and is now located in the artsy neighborhood of Barranco, in an old colonial house. They brought down all the structures from the old restaurant and built everything up again in the "new Central", where Virgilio's wife also has her restaurant on the second floor, called Kjolle. I chose this place because I left Peru around eight years ago, just a little before the Peruvian cuisine started blooming and being present all around the world. At that time Peru was only known for the ceviche (the national dish that consists of fresh, raw white fish that's cured in citrus juice, mixed with raw red onion, and aji amarillo) and all the wonderful ingredients that we have to offer where only about to be "discovered"

I wanted to get to know this "new ingredients" such as plants, herbs, fruits etc that chefs around the world are now using and integrating in their own cuisines.

For me it was important, as a Peruvian, to go back home for a few weeks, re-educate myself and catch up in everything that is going in the Peruvian kitchens. Who could be better to learn from that one of the best chefs of the world, Virgilio Martinez.



PIRANHAS HEAD

The restaurant has a 17 dish tasting menu with a veggie alternative for those who don't eat meat. The menu is organized by geographic elevation. Peru is a country of vast biodiversity, and Central's menu celebrates that by offering a tour of those regions on its menu. Each dish is served with the intent of a single bite.

The menu at Central is based on different ecosystems where ingredients from a sometimes very small ecosystem of 2m2 are mixed with the ones from a

microclimate in the Andes mountains. The idea behind it, is that, f.ex. a vegetable grown at 100m above the sea level tastes different then the same one grown at 4500 m above the sea level which is why all ecosystems found in one dish have to come from the same altitude.

Knowing all of this, I had a lot in my head on my first day. I wanted to see everything, every single ingredient in that kitchen because Chef Virgilio is well known for using a lot of tubers, for example, in different ways. He is also considered one of the new generation of Peruvian chefs promoting the spread of Peruvian cuisine, for his use of applying modern cooking techniques to indigenous Peruvian ingredients.

My first task was to laminate oca, an Andean tuber. It consisted in placing it inside sous vide bags, steam them and later dehydrate them. The oca comes from the Andean highlands, due to its easy propagation and tolerance for poor soil, high altitude and harsh climates like in the mountains of Peru and Bolivia. It is a really important ingredient of the farmers diet.

After that, I dehydrated sweet potato leaves for a dish called “dessert plants 180 masl”. This creation consisted of three separate bites. All the plants in this dish are of course grown in soil at the same height of 180 masl.

During my time there I saw many new ingredients and products I never had. They are in touch with local producers in Cuzco where they have a research center so they can get a register of the new products that are not listed yet.

It was a long and interesting time in Lima, I saw a lot of new tubers, fruits and even herbs. I really liked it there, most of the time I was in the prep kitchen and I could see the techniques they use with the new products. I hope the Peruvian kitchen continues growing and making more and new great chefs.



ME AND THE TEAM IN MY LAST NIGHT

Prorest - Passion for food

Rene Widmer

Zurich - Switzerland

After the long trip from Lima to Zurich, I had only a few hours to catch my breath and go to my next stop, Prorest in Rafz.

There, alongside other 3 Uccelin stipendiaries we received a two-day talk about passion for food. Sounds kind of vague right? Well it is a training about avant garde cuisine where we learnt new techniques to be use in the kitchen such as how to use new machines, how to cook with them or the possibilities they offer besides their obvious traditional functionalities.



PUMPKIN HARVEST AT JUKER FARM

On the first day we sat down and for the beginning of the training we watched a video about motivation at work. Which in the case of working in the kitchen seems specially relevant, since the work is really hard, demanding and stressful. After that we learnt about the avant-garde cuisine and what machines are to be found in such establishments.

They showed us for example what can be done with a thermomix, besides chopping and mincing up meat. As it came out, it can be used for plenty of things such as cooking pasta, steaming fruit and vegetables, stewing meat, vegetable or fruits, boiling liquids, crushing ice or frozen fruit, kneading bread dough and many more things. I found this "revelations" quite interesting since it could mean reducing or simplificate some tasks in the kitchen.

We then got to see the functions of a few more gadgets such as the pacojet, vacuum machine, sous vide machine, oc'oo and try them with products of Texturas El Bulli.

After that we started grilling with the Green Big Egg. What makes this "gadget" so special is that it combines the manado technique (an ancient Japanese traditional stove) and a new ceramic technique what means that you can not only cook or grill but also bake, stew or smoke. We then used it to grill a smokey pulled pork.

We also infused a gin with tonka and then proceed to distilled it to see how a home sized distillery machine works. We first bag-packed the gin with the tonka beans and we sous vide it for about 15 minutes, then chilled it and prepared it to be distilled. That was an easy task but the distillation took quite a long time.

We also used the oc'oo, it's a double pressuring boiler/cooker that automatically controls pressure and temperature to ensure even, slow cooking. As an example, we fermented, for about twelve hours, garlic and dry aged a cauliflower so we could see how the machine works and what the results were.

The next day we met up early in the morning, before 7am, to visit the "juker farm" so we could take a look and learn on what the work in a farm consists, from seed to harvest and finally the packaging to be send to the local stores.



DRY ICE IN ACTION

We also got to see what they do with the dry ice, besides chilling meat or sea fruits. They showed us that they use it to make lollipops from foam of any kind of fruit, by putting the tepan grill alongside with the dry ice in a styrofoam box.

Another technique showed there was how to make "fake caviar" or also called "Spherification" so if you'd like to incorporate caviar into your cooking at home without spending big amounts of money, there is this way to make your own "caviar". You just need vegetable oil, flavored liquid (could be a liquor juice or any kind of stock for example) gelatin powder and a dropper. Thats something every cook has at home or can be bought at the grocery store.



US AND THEM

Something that really catch my attention was the Olix, a home-size machine to make oil. I found it quite interesting because I never though about making my own oil at home. We tried it with pumpkin, flaxseed and sesame seeds. The only con we saw from the machine is that you need a large amount of seeds to have a considerable amount of oil so it can be use in a cooking recipe. The residues of the seeds can be f.ex be used, mixed with bread crumbs, to bread a chicken.

I went to this training already knowing some of the machines, but was positively surprised by all the uses they can be given, and that I had no idea of. Rene and Fridoling can truly make magic with some kitchen appliances I would definitely recommend this training to all Uccelin stipendiaries and culinary enthusiasts!

Brewery

Bieraria

Martina - Switzerland

For this training we did a 3 hour road trip from Zurich to the village of Martina located in the Canton of Graubünden. After enjoying the really awesome view of the Alpes during our trip we arrived to the brewery where we were having our training of how to make a good beer. CHEERS!

Before starting, even before the z'nüni, Christian Schneider, the master brewer, took us to the grinder to grind some fresh malted barley that was put to boil so we could win some time to get to see the results before the end of the day.

After that he gave us a tour of the first floor, where everything happens. In the "kitchen" they showed us the "maischepfanne" where malted barley is soaked in hot water to release the malt sugars. Then the malt sugar is boiled with hops for seasoning, Hops are flowers and they are used as a bittering, flavouring and stability agent, later the solution is cooled in a different container, where the pipes are frozen, and the yeast is added to begin the fermentation. The yeast ferments the sugars releasing the CO2 and ethyl alcohol. Sounds simple right? Sadly, because of the time, we couldn't see the last two steps because it takes between 4 and 6 weeks to ferment and have a decent beer. Later we went to the basement where first the bottles are washed and then the beer is bottled and packed, ready to be delivered. In this process the beer can be poured into bottles, kegs or aluminium cans but in this brewery they just use glass bottles because is traditional to them and other different package can change the flavor of the artisan beer they make.

After this we started tasting the difference sorts of beer they make. We started with the Biera Engiadinaisa and continued with the "Tschlin cler", a lager beer with a crisp and refreshing taste with a smooth finish from longer aging. Lagers are know to be the world's most popular beer. Next we tried the "Tschlin Ambra", an amber beer, tasty as well, with full bodied malt aromas with hints of caramel. After that we tasted the "Engadin pale ale", a craft beer, and we finished with a "Weizen" beer made with wheat that its light and easy to drink with very little aftertaste



OUR TASTING PANEL

Brewing its an art like cooking or baking as soon as you start with it at home it catches you, you want to speed up the time to see and taste what you are making and share it with your friends.

Sensorikkurs

Kaffemacher

Basel - Switzerland

Let me state from the beginning, that I don't drink coffee and also don't really like it, so for this course I was in a neutral mood. To say the least, I was very positively surprised by this experience. It was really interesting and informative.

We were received by the team and of course a cup of coffee with no sugar or milk, completely plain and dark. With the first sip I could smell nice touches of wood like oak and tobacco and mild acidity. Something interesting to me because I took my the last cup of coffee long ago, sorry, instant coffee is not coffee.

Coffee is a brewed drink prepared from roasted coffee beans, so we started with some theory about them. What are coffee grains? Where do they come from? how are they roasted? The seeds of berries can come from many countries all around the world. The two most common beans are the arabica and robusta. Once ripe, coffee berries are picked, then processed, and dried. Dried coffee seeds are roasted to varying degrees, depending on the desired flavor.

Then we started the practical part of the training by boiling different types of water and heating at different temperatures to taste the coffee cups. The slight differences of the water have an important influence in the making of coffee because for example, tap water from an X country tastes different from the one in Switzerland and the same with the water from glass or plastic bottles. We could try, in this first round of tasting, coffee from Colombia, Ethiopia and Indonesia. This time I could differentiate smells like fresh wood, chocolate, tobacco and acid tones, light acid tones like a mandarin and bitterness from a dark chocolate maybe.

The next step was to recognize different types of flavored water. They mixed in small glasses salt, sugar, lime juice and bitter taste, 4 different quantities of each flavor. Our task was to sort each flavor in increasing line. That was easy for us because of course, as a cooks we have our palates already trained to recognize flavors.

We continued tasting more coffee, this time there was a catch, one of the cups of coffee had a “strange” agent mixed in the water. This was way to easy for us because it hat a product we sometimes use in the kitchen to cook, it was “agar agar” from textures el Bulli. To starting “cupping” the best is to clean your palate by drinking some water or chewing plain white bread



They proceed to show us how to make a good coffee. The water has to be heated

COFFEE RESTING 4 MINUTES BEFORE TASTING IT

at 90°C and the water, it has to be from a specific brand from a local grocery store and leave to rest for 4 minutes without moving or stirring it. The proportions of coffee and water are:

for a coffee: 1.5% coffee and 98.5% water
for a espresso: 10% coffee 90% water

This is a common mistake when drinking coffee, people sometimes measure it wrong. If you want a spectacular coffee invest in good quality coffee of course (like a whole bean coffee to grind at home) and a scale, take your time to measure the proper amount of coffee and water. Store your whole-bean coffee in high-quality, airtight coffee canisters, in a cool, dry place, away from air, light, and extreme temperatures (hot or cold) for best results. You want to go further? Buy the right cup, the cup you use to enjoy your coffee matters of course. Plastic is definitely out. It alters the flavor of your coffee, use ceramic or glass.



OUR TASTING PANEL

Our journey here it end up with a lot of bitterness and acidity in my mouth but with a lesson good learnt about coffee. For sure I won't start drinking coffee, I still don't like it but this world of brewing coffee is really interesting and intricate like everything concerning gastronomy. Coffee is more than a roasted bean, while it grows, it takes all the flavors from the surroundings of the plant. in a cup you can have flavors like banana, olive, sage, honey, lime etc. The temperature you use and the time you roasted the beans are extremely important for the final product, as well as the tap water or the temperature the water was heated. This world is so big that there is more there to learn that what you can in one day.

BEET ROOT BREAD

For the bread dough

500 gr all-purpose (plain) flour
150 gr cooked and peeled beet root
30 gr white sugar
7 gr salt
50 gr liquid starter
30 gr baker's yeast
200 gr water at 20°C
70 gr butter

kneading in a stand mixer.

Put all the ingredients in the bowl. Knead with the dough hook for 4 minutes at low speed, then 6 minutes at high speed.

Kneading by hand.

Put the flour on a work surface or in a mixing bowl and make a large well in the center. Pour in half the water, then add the starter, fresh yeast, and salt. Mix well, then add the remaining water and the beet root. Blend until all the flour is incorporated. Knead the dough until it becomes smooth and elastic.

Cover the dough with a damp cloth. Let it rise for 1 hour 30 minutes to 2 hours. It will have increased in volume by the end of the rising time.

Place the dough on a lightly floured work surface. Turn it over, then bring the edges in towards the center and press them gently. Turn the dough over again and shape it between your hands, while pressing down on the work surface, to create a well-rounded ball. Cover with a damp cloth and leave to proof for 2 hours.

Place a baking sheet on the bottom shelf of the oven and preheat to 230°C. Transfer the dough onto another baking sheet lined with parchment paper. Score the surface as you wish. Just before putting it in the oven, pour 50 gr of water onto the preheated baking sheet. Bake for 40-45 minutes.

Remove from the oven and leave to cool on a wire rack.

Liquid sourdough starter.

- Day 1: Mix 20 gr of rye flour with 20 gr of water (at 30°C) in a bowl. Cover it with a clean cloth and leave it for 24 hours in a warm place.
- Day 2: You should be able to see bubbles on the surface of the starter, that's a good sign!
mix together 40 gr of rye flour and 40 gr of water. Stir in the mix from the day before. This is called "feeding" the starter. Cover it with a cloth and leave it fermenting for 24 hours
- Day 3: The mixture will be bubbling more than the day before. Mix 80 gr of rye flour and 80 gr of water. Blend in the mix from the day before. Cover with a cloth and leave it again for 24 hours.
- Day 4: Add 100 gr of rye flour and 100 gr of water to the mixture of the day before. Stir really well and your starter is ready to use! The starter has to look like a pancake batter. If you are not going to use it daily, store it in a airtight glass jar in the refrigerator.

Taking care of the starter.

Keeping the starter in the refrigerator, it will remain alive maximum 3 days after being refreshed. It should be refreshed every 3 days by adding 50% of its own weight in water and flour.

example: if you have 100 gr of starter add 25 gr water and 25 gr flour.



Ready to eat!

COSTS

For 1 loaf : 500 gr all-purpose (plain) flour	-	CHF 1.80
150 gr cooked and peeled beet root	-	CHF 0.60
30 gr white sugar	-	CHF 0.03
7 gr salt	-	CHF 0.006
50 gr liquid starter	-	CHF 0.39
30 gr baker's yeast	-	CHF 0.67
200 gr water at 20°C	-	CHF 0.38
70 gr butter	-	CHF 0.86
TOTAL :		CHF 4.74
Liquid starter: 100 gr Rye flour	-	CHF 0.59
100 gr water	-	CHF 0.19

CONCLUSION

It was a long journey, however the time passed really fast, as it usually does when you are enjoying yourself.

I think this is a very good program and initiative from Chef Caminada, for sure the industry will take benefit from better prepared and experienced professionals.

An opportunity like this is very much appreciated because having the chance to be part of high-end kitchens doesn't come very often. It is my hope that "Fundaziun Uccelin" continues growing and can support more professionals in their careers and personal goals. This is a life changing project so I hope there are more cooks that can be part of this movement and start moving forward in their careers.

I learnt a lot from the chefs, co-workers and producer and made good professional contacts. Working inside Michelin star-rated kitchens and working with the high standards they have was truly a great experience. I'm very grateful to chef Andreas and Sarah, I really appreciate their wish to make a change and better the gastronomy industry and help young, talented and passionate cooks find themselves and succeed. I wish them a lot of success.

Thank you very much.

Christian Farje Grandjean
Stipendiat