



FOUNDATION UCCELIN TRAINING PROGRAM REPORT

Simeon Nikolov

Executive summary

The report outlines information about the professional training program in four and a half months provided by Foundation Uccelin to Simeon Nikolov. The program took place in 9 different establishments of the food & beverage industry in three time periods :

- 7th of October 2020 to 28th of November 2020;
- 12th of October 2021 to 19th of November 2021;
- 07th of February 2022 to 19th of March 2022.

Program Plan

The program has taken place in the following order:

1. Andreas Caminada / Schloss Schauenstein 07.10.2020 – 18.10.2020
2. David Steier / Metzgerei Peduzzi 09.10.2020 – 23.10.2021
3. Dirk Hany / Bar am Wasser 27.10.2020 – 01.11.2020
4. Heiko Nieder / The Restaurant - Hotel Dolder 04.11.2020 – 28.11.2020
5. Franck Giovannini / Restaurant Hôtel de Ville Crissier 12.10.2021 – 6.11.2021
6. Felchlin chocolate factory 08.11.2021 – 09.11.2021
7. Martin Donatsch / Winery Donatsch 11.11.2021-12.11.2021
8. Martin Bienerth / Sennerei Andeer 15.11.2021-19.11.2021
9. Rodolfo Guzman / Restaurant Borago 07.02.2022 – 19.03.2022

Evaluation

Schloss Schauenstein

Stage from Foundation Uccelin training program
7th of October – 18th of October 2020

Andreas Caminada (*executive head chef*)

Marcel Skibba (*assistant head chef*)

Timo Fritsche (*experimental kitchen*)

Felix Schneider (*Sous chef*)

Cornelia Fischer (*saucier*)

Jonas Grundner (*Fish section*), Michael Vogel, Christian Gruber (*entremetier*)

Ralph Kollnitzer, Joel Ellenberger (*garde manger*)

Nicolas Schroder, Daniel Meibner (*pastry*)

The stage at restaurant Schloss Schauenstein has taken place in 2 weeks during which I had the opportunity to learn new cooking techniques, combining modern and traditional Swiss flavors. This training has allowed me to acquire new knowledge about food products, kitchen organization and great hospitality service.

During the first week of my training, I worked mainly on garde manger section where I had various number of tasks of the daily mise en place preparation, taking part in the service and plating dishes, preparing cheese and charcuterie board. I also was involved in the daily picking of fresh herbs from the garden which usually take place in the early morning right before going to the kitchen.

In the process of MEP preparation, I could practice some basic kitchen skills as finely chopping of shallots and herbs which I find useful especially considering that afterwards I was "awarded" with more precise skills required tasks as setting fine jelly layers and making perfect shapes out of them, as well as placing on the decoration for some of the dishes. The chefs did give me interesting preparation tasks as the ceviche bouillon and the beef tartar. I also was shown some new techniques for me as making tonic water sponge and transparent "ravioli" shape out of rice paper. Some of the main tasks I was given during service include - setting up the decoration on the goat cheese balls, plating the tomato tartelettes and making the zander and kohlrabi dish.



In the second week of my training, I was rotated between the sections of hot line – fish and entremetier, garde manger and test kitchen. I have been helping with the cleaning of the fish and the preparation of the garnish and decoration for the fish dish. The tasks I have been given on entremetier section were various as preparing different garnish components, precise cutting shapes and learning how to make the signature fake oyster shells. During the time working at the test kitchen, I was helping Chef Timo with the huge project of fermented green tomatoes and the preparation of purple cabbage ice cream. I also had the opportunity to help the pastry section with decorating the almond tarts, preparing the mixture for their fabulous soufflé and making the service with them.



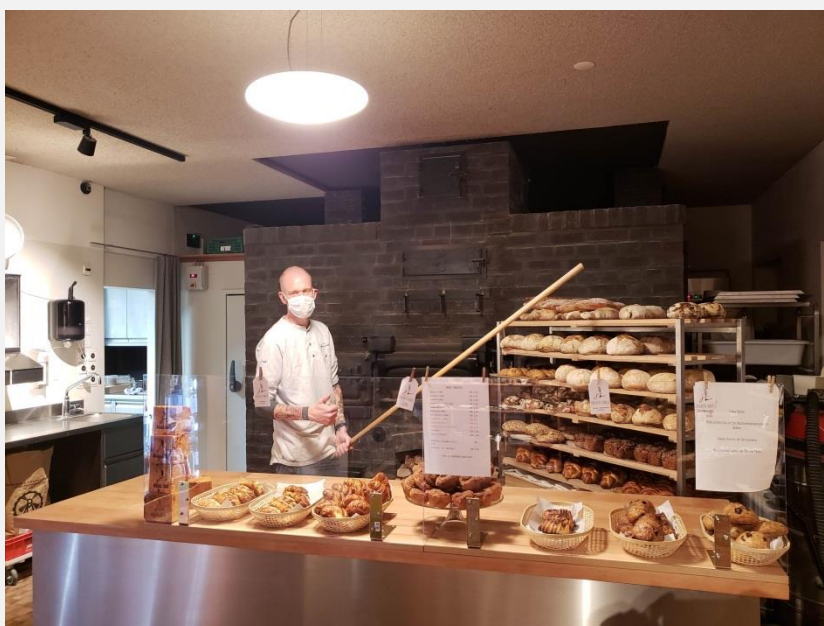
Overall, during the training at the kitchen of Schloss Schauenstein I have experienced really good behavior, the will to share knowledge and effort to make me feel as part of the team from everyone.

During the stage in Schloss Schauenstein I was lucky to get some extra trainings out of the schedule with two of the Uccelin's partners – Black&Blaze and John Baker.

Black & Blaze roast master Moni, who is in charge of the roastery in the Castle and also controls the quality of the coffee in all the restaurants of chef Caminada, introduced me to the process of roasting coffee.



I also spent one night in the bakery at Casa Caminada where they produce some really high quality bread which is baked in a huge stone furnace. Together with Jeannine (Uccelin) we had the chance to participate at the bread making, rolling croissants and baking the bread. James (the head baker) was really informative and let us practice our skills of bread shaping and baking.



Metzgerei Peduzzi

Stage from Foundation Uccelin training program

19th of October – 23th of October 2020

David Steier

Nicola (*head butcher*)

The butchery is located in Savognin, a village in the canton of Grisons. All the meat which is used in the butchery is sourced from animals received alive straight from the farmers.

The butchery is divided in two buildings, one of them is on the main street of the village, in which is located the store of the butchery and the kitchen where all the sausage preparation takes place, the other building is 100 meters away and there takes the slaughtering of the animals place, as well the aging, butchering and packaging of the meat.



During my training in the butchery I have expand my knowledge for butchering, storing meat, slaughtering of beef, regarding the structure of animals and preparing sausages. Nicola – the main butcher was really patient and allowed me to work with different pieces and cuts of meat explaining closely the process and the way of butchering for different purposes, if rather the meat would be used in the sausages produce or it would be sold as a prime cut.

The opportunity to attend the entire process where a live animal is slaughtered and turned into a piece of meat, made me think of how important it is to really treat the food with respect and be more aware of the food waste. It also showed me the importance of working closely with the farmer from whom you get the animals as a butcher and furthermore I got a better vision of the importance to work closely with your butcher as a chef. Every step of the process is of such an importance for the final product which comes to the table.

Bar am Wasser

Stage from Foundation Uccelin training program
27th of October – 1st of November 2020

Dirk Hany (*head bartender & owner*)

Flurin Sebastian Kopp, Sascha Pichi (*main bartenders*)

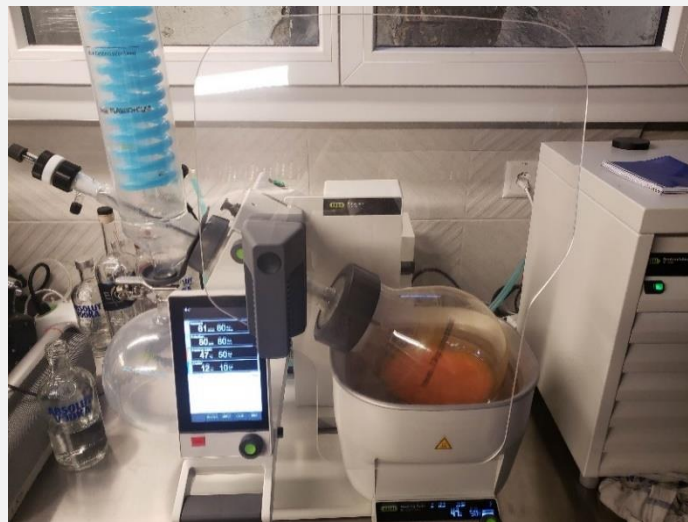
Vanessa Brzezicha, Shaun Iggleden, Oli (*bartenders, service*)

Malin Sundberg, Vanessa Kohler, Vera Zimmermann (*bartenders, lunch shift*)

Nnandi Onyemaechi (*chef*)

During the stage at the high-class cocktail bar “Bar am Wasser” of Dirk Hany - world awarded bartender, I was introduced to the craft of mixing spirits and the way they are served in their seasonal signature cocktails menu. The bar has its own laboratory in which they develop their cocktails and experiment enhancing spirits with enormous range of flavors. During my training with them I also had the chance to take part of a special event in which they served a special cocktail menu combined by food pairing.

The first day of my stage I was introduced by Vera to the main spirits used in the bartending and their characteristics, how the use of different spirits, liquors and bitters affect the final taste of the cocktails, as well as what the differences in the most used cocktail shakers are and how the jiggers are used. During the busy hours I was helping in the service not only by bringing drinks to the guests but also taking orders from the guests. At the end of the day, I was showed how to mix a cocktail and then I had to make two by myself.



During the second day of my training, I worked in the laboratory with Dirk Hany who showed me different ways of infusing liquids. He introduced me in the process of work with Rotavap – high pressure distillation, where under vacuum is created a high pressure which allows liquids get to their boiling point at much lower level. This method is really good for clarifying spirits after they have been infused with ingredients with a different structure.

I also learned about the work process with Ultrasonic – a water bath, in which under certain temperature and with the use of ultrasound, the flavorful oils are extracted from the ingredients and emulsified with the liquids.



Bar Am Wasser has its own cocktail menu which always has a theme. The theme of the current menu was "Travel around the world". Dirk and the team were taking their guests on a trip around the world through the flavors of their drinks as at this time it was almost impossible to do so in the real world because of Covid 19. The menu was separate by continents and looked like a world map from inside. Each continent offered to the guest cocktails based on traditional flavors and the creativity of "Bar Am Wasser" team.

Throughout my training most of the time I was given to practice as a server and I had to run a section, of course with the help of Oli, Vanessa, Shaun and Dirk. That was a good challenge for me as I didn't know the cocktail menu and I don't speak German. I am really happy for this experience, the knowledge I was given, the opportunity to have contact with the guests and that I manage to adapt to the team quickly.

The restaurant – Hotel Dolder Zurich

Stage from Foundation Uccelin training program

04th of November –28th of November 2020

Heiko Nieder (*executive head chef*)

Rene Kilian (*assistant head chef*), Andre Wehrstedt (*sous chef*)

Jannick, Gvido Stolcs (*entremetier*)

Daniel Hamann, Ivan Capo (*garde manger*)

Julian Koch, Florian Tillmann (*pastry*)

Micha S. (*apprentice*)

During the stage at “The Restaurant” I took part at the preparation process of the entire tasting menu, rotating through the different stations in the kitchen. The food of chef Neiko Nieder is beautiful, flavorful and elaborated as plating. It is a mix of classic dishes, modern techniques and fusion flavors with Asian influences.

For lunch they serve an Amuse Bouche tasting menu which is the same menu as for the evening but in smaller portions and including three soups. For dinner the restaurant offers one tasting menu which can be purchased in two sizes – 6 or 10 courses.

The first week of the training I was working on Garde Manger station which is in charge of all the 7 “apéro” bites and first two starters. During this time, I had various types of tasks as cutting vegetables, opening oysters, cleaning crab, making pomme soufflés, seaweed tartlets, arranging plates before service and helping during service. When the guests get seated at the table they receive the apéro bites. So usually at that time it is getting busy and everyone in the kitchen is participating in the decoration of the bites. The team at the kitchen is considerably small for the size of the menu and the components each dish consists of.



I spent the second week of my training at entremetier section from where all the garnishes and some of the vegetarian and vegan courses for the menu are coming from. At this section I was doing a lot of picking job and the arrangement of the oxtail tuille which consists of many small vegetables and herbs and also pre-plating the tuna salad course which is slightly arranged post service as it has many dots and veggies. During the week at entremetier one of the guys on the section was sick, which allowed me to step up a bit during service and help more in the running of a section. That felt really good as usually during a stage it is very rear to get such an opportunity.

The third week I have been helping on pastry section which produces all the desserts, the bread and the chocolate pralines. In this section the daily tasks I have been given included production of petit fours, making baby donuts, different jellies based on fruits or alcohol. I was also shown by Julian how they produce the chocolate pralines. They have a separate room for that purpose where they maintain the desired humidity and temperature in order to work with chocolate.

During the last week of the stage, I was pretty much rotating between all the sections and helping everywhere during the service time. During the preparation time I helped at fish and meat with the cleaning of oysters, scallops and meat preparation.

I very much liked the food of chef Nieder and the team has been really kind with me. I also admire that they are a small team working closely together but I didn't like the fact that they barely taking one break a day and they don't get any staff meals.



Restaurant Hôtel de Ville Crissier

Stage from Foundation Uccelin training program

12th of October – 6th of November 2021

Franck Giovannini (*executive head chef*)

Damien Facile (*assistant head chef*); Filipe Pinheiro (*Sous chef*)

Daniele Angelosanto, Nicola Descoux, Hugo Wlekly (*meat section*)

Clement Chollet (*game station*)

Florian Cartotto, Malko Baumberger (*entremetier*)

Remy Gravelaine, Stephane Demarcq (*Fish station*)

Lea Theler, Jean Chaillan (*crustacean station*)

Anthony Gaudre, Joao Coelho, Lisa (*garde manger*)

Nicolas Flandin, Marcel Pignolet, Aurea Gualandris, Sophie (*Pastry*)

Jessy Behar, Laure Hachuel, Sebastien Colle (*apprentice*)

During the training program at Hotel de Ville I have experienced great culinary professionalism honoring the patrons of this restaurant and the French gastronomy. My expectations of “arrogant French brigade” weren’t appropriate at all but my expectations of “well trained French cooks” were well met. I was amazed by the vast variety of poultry, game meat and seafood this restaurant could offer, the freshness of all these products and that much of it come straight from the hunters.

During the first two weeks of my training program, I worked on the meat line where I did also help the game section and entremetier. The meat section, which is in charge of the main meat dishes for the tasting menu and as well of few of the game meats as mouflon, chamois and roe deer. They also prepare the signature “spaghetti” dish which was one of my main responsibilities during these two weeks. I also did basic tasks as cutting veg brunoise, paysanne and lozenge, fold carrot stripes into metal cubes shapes, frying chips from variety of veggies and fresh herbs. I had the opportunity to learn how to clean some game poultry as becasse, partridge, royal fasan and also participate in the preparation of the famous Hare “a la royale”. Assistant head chef Damien did show me how to break down a whole chamois and then allowed me to do an entire one by myself.



The third week of my stage I spent on the fish section where I participated in the fish filleting, opening scallops and cleaning razor clams. I was shown the way they shape and cook the fish, how to arrange the langoustine terrine, make anglaise (mixture of egg yolk, water and flower) and also learned that anglaise is a term for 4 things in French culinary. This section also had a lot of arrangement tasks and building the garnishes for the dishes prior service.

During the last week of my stage, I was helping at garde manger where I was shown how they make the meat and vegetables terrines. I participated in the preparation process of their foie grass dishes, from the cleaning of the foie, marinating, shaping it into the silicon molds and then painting it.

This restaurant is a great example of hospitality and professionalism with the high standard of work they maintain and the capability to offer two tasting menus, an extra game menu and à la carte options for more than 100 guests a day! Also, their staff meals are always on point! After all there is one thing I was not impressed by and this is the food waste management.

It has been a great experience to be part of the team at Hotel de Ville. I am very thankful to the entire team for their nice attitude and the effort to show me as much as possible.



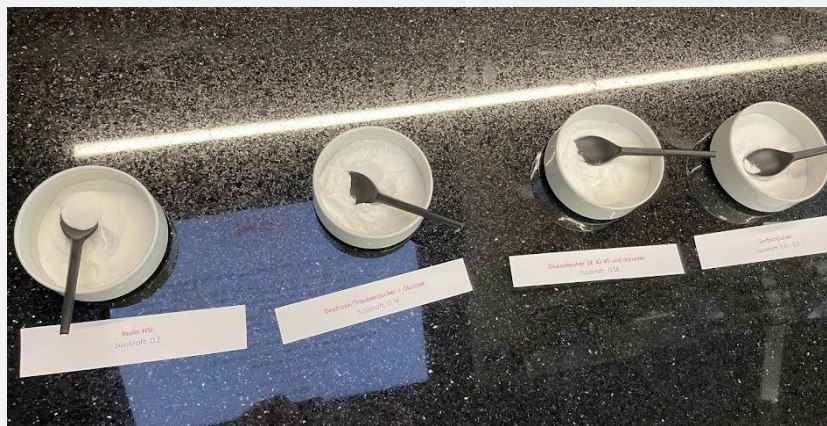
Felchlin chocolate factory

Stage from Foundation Uccelin training program
8th and 9th of November 2021

Erich Keller
Elise Garrigue
Moritz Runge
Ralf Wellauer

The two days course at Felchlin chocolate factory was a group course in which participated 7 Uccelin scholars. During the first day of the course, we were introduced to the company operation system, values, purchase and sourcing philosophy, as well as we were shown the entire process from receiving the cacao beans to turning them into chocolate. At the second day we had a chocolate workshop held by pastry chef Ralf Wellauer.

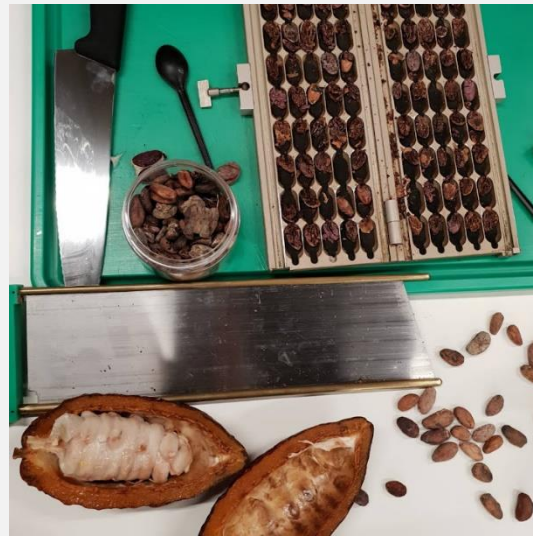
Food sensory program was one of the first day activities which was really interesting for me. We were introduced to the aromas and flavor profiles of the chocolate and then we also did few food sensory exercises. On the tables in front of us there were few different examples of chocolate and water solutions, all of them with a specific number. The first exercise was the "taste experiment" – we received a couverture sample of Neapolitan milk chocolate and we had to recognize the flavors of the chocolate with our noses closed. Then we did a "sense of smell experiment" – which means that there were two samples on the table in front of us which we had to smell and to find out what is the difference. In the next exercise we had to taste 5 water solutions and recognize in each of them one of the 5 basic tastes – bitter, sour, salty, sweet, umami. The following test was a "triangle test" – where we had to try 3 samples of chocolate and identify which one is different. And in the last exercise we had to taste 2 samples of chocolate and make a "neutral descriptive expression of taste and aroma profile".



Afterwards we had a presentation on the processes of harvest, fermentation and drying the cacao beans and more detailed explanation how is each stage contributing to the final product. The presentation also included information about the effort and resources they put to provide their suppliers with better work and live conditions because of their belief that the strong relationship with the farmers is the key for a good product.

The last part of the first day course was a tour inside the factory where we could see the entire process – from bean to chocolate bar. The tour started at the warehouse where all the beans are first received and the quality was checked. Each bag of beans has to be checked by cutting with a special tool about 50 beans in half. From there the beans are going through the cleaning, roasting, breaking, grinding, kneading, rolling and the finish with conching, which may take up to 72h.

During the second day we had a workshop where pastry chef Ralf Wellauer talked a lot about chocolate and how it interacts with all the rest of the ingredients used in desserts production, chocolate bars, ganaches. Then with the guidance of Ralf we had to make our own chocolate bars, ganache and bunnies.



This course was really interesting and enriching, despite that it was prepared in German. I am thankful to the Felchlin team members who tried to adapt their presentations in English and to my colleagues who tried to support me.

As a recommendation to the Uccelin family I would ask to be more aware of keeping the conversations in English between the entire group of scholars especially during gatherings like that one, so everyone could participate and share their experiences.



Donatsch winery

Stage from Foundation Uccelin training program
11th and 12th of November 2021

Martin Donatsch
Thomas Donatsch

In this extra two days training I had the chance to see for the first time the process of professional wine production. Martin Donatsch and his father Thomas were really welcoming and shared as much as possible about their philosophy in wine producing. I visited the winery together with Maximilian Weber, Uccelin scholar with great wine knowledge, which was also very beneficial. We also got to taste some great wines of the Donatsch winery.

Donatsch is a family winery which produces wine for about more than 100 years. They are one of the revolutionary wineries in Switzerland, which starts to age their Pinot noir in oak barrels and plant Chardonnay. They are also one of the very few wineries to grow the ancient Swiss variety Completer.

During the first day of our visit we saw how the Pinot noir wine was moved out from the tanks in order to be separated from the yeast and was moved back into the cleaned tanks for the second fermentation. Martin explained in detail about when, how and why they do the harvest of the grapes, the amount of time and people needed for it. Further on he explained the process of fermentation and that they use their old tanks for fermentation because of the special layer of cover they have inside and they only age the Pinot in the oak barrels. Donatsch wine is also produced following the Burgundian model of separating the wine in three categories: Tradition, Passion and Unique.



In the afternoon we had a special wine tasting where we could enjoy the delightful flavors of Donatsch Rose (100% pinot noir), Completer, Chardonnay Tradition and Passion 2020, Pinot noir Tradition, Passion and Unique 2018, Merlot 2019 and more.



During the second day of the training Martin took us on a tour through the entire winery and the wine fields. The tour started at the "Completerkeller" – 14-th century building across the street which they bought a few years ago, renovated it and now they are using it as a wine cellar and special events room. Throughout the visit of the wine cellar, we saw one of the oldest wine and brandy production, got more information about the barrels and the rotation of the wines. We also saw the Unique collection of Donatsch wines where each bottle has a unique label. Then we visited the wine yards around Malans.



Sennerei Andeer

Stage from Foundation Uccelin training program
15th - 19th of November 2021

Martin Bienenrth and Maria Meyer
Melanie Vanzetta, Julia (*assistant cheese makers*)
Daniel, Barbara Willi (*apprentice*)
Utte, Bridgette (*shop sellers*)

The stage at Sennerei Andeer has been an amazing experience which combines the spirit of the alps life with the skills and knowledge shared by Maria and Martin.

During my stage at the cheesery I was introduced to the process of making Swiss alp cheese, white soft cheese, pasteurized milk, cream, quark, yogurt and sour cream. I have gained knowledge about the different bacteria used in the cheese production, how the difference in the aging and the fat content results in.



My daily tasks in the cheesery include cleaning of the milk pot, helping with the set up for the cheese press, cleaning the caps for the milk bottles, filling yogurt jars and labeling. In the cheese cellar I had to spend few hours a day placing the cheese into the salt bath, taking it out of there and washing the old cheese wheels.

This training was a special one for me as I could not only gather a lot of knowledge from Maria and Martin and ask them hundreds of questions (like which bacteria goes where and when) but also because I could feel their relation with the alps and the cheese which they produce.



Restaurant Borago

Stage from Foundation Uccelin training program
07th February 2022 – 19th of March 2022

Rodolfo Guzman (Executive Head Chef & owner)
Fernan, Pedro, Mathias Martinez, Chris Howard (sous chefs & OP)
Rocio Mutizabal, Benja Corria, Felipin, Alejandro Araujo, Clemente Charme (Service kitchen)
Jhoan Lopez, Felipe Valenzuela, Ana Miranda, Eni Jallasi (production kitchen)
Evelyn Bravo, Javi Palacios, Mathhew, Felix, Gonzalo, Roberto, Stefano, Carlos, Lucho, Cristobal, Christofer, Catalina, Benja, Benja, Sebastian (stagiers)

Restaurant Borago head chef Rodolfo Guzman is extremely innovative and dedicated to foraging and bringing back old recipes, ingredients and technics. His philosophy about food is based very much on the idea of wild forest ingredients, Chilean food diversity and fermentations.

The products for the menu are sourced through many different suppliers – organic plant farms, Patagonia lamb farm, huge foragers community, fisherman from the wide Chilean coast and the southern fjords, as well as part of the team goes once every one/two week to forage. The kitchen brigade at the restaurant is separated into production kitchen, service kitchen, OP and innovation kitchen.

During my training at the restaurant, I have seen many new and unfamiliar products for me, very interesting techniques and innovative dishes but also, I had to do a lot of repeating monotonous tasks. Most of the time I was working at the production kitchen in the morning and then I was going to the service kitchen in the evening.

In the production kitchen is where were prepared most of the very time consuming preparations as peeling cherry tomatoes, punching out small circles of spinach, cleaning different types of seafood, packaging all the herbs and flowers, shaping milcao (Chilean traditional potato bread which in Borago is made with fermented potatoes), making the wings for the butterfly (prepared from fresh tomatoes which has been reduced to very thick paste and then dehydrated), the body of the butterfly (éclair dough, cut in half and then glazed with jelly), the branches (grissini kind of dough in the shape of a branch which after baking is cover with 9 or 10 layers of fermented figs marmalade and it's dried after each layer is placed, this way they obtain a surface which looks like a branch).



During service I was preparing and plating the Copihue dish. Copihue is a traditional Chilean flower which is very restricted and could be picked only with special certificate. This dish was part of meat section. They have only one dish including meat at the menu which is a lamb from Patagonia and it's cooked whole on open fire (asado). This technique is really interesting but also very unusual for such a high-end restaurant however I can tell this was the best lamb I have tried. It's cooked about 7 hours and they use mojo paste to baste the meat with, then they brush with fermented chilies oil.



All the fermented ingredients - miso pastes, koji, tamari, etc. were prepared at the OP kitchen. The restaurant has a special inoculation room and two fermentation chambers. Chris is the person in charge of these projects. He is also the one making the signature melon cheese, which is melon inoculated with camembert cheese bacteria.

Innovation kitchen is where Chef Rodolfo is creating the new menus together with his sous chefs - Pedro and Mathias. They spent huge amount of time everyday tasting new recipes and ingredients.

