



#### Welcome

First of all I want to thank everyone for this incredible journey. 3 Countries, 4 Restaurants and 4 Producers.

Especially Andreas Caminada and the whole Uccelin team (special thanks to Anthea, who organized everything and was always there if I needed anything) for making this possible and giving young and talented chefs and services the opportunity to experience this whole scholarship.

It was by far one of my most thrilling, instructive and also must fun time I ever had as a professional chef in the kitchen.

08.03 - 19.03.2023 Schloss Schauenstein

20.03 - 24.03.2023 Eat Umami

27.03 - 31.04.2023 John Baker

04.04 - 8.04.2023 No Idea Bar

10.04 - 14.04.2023 Städlichäsi

19.04 - 13.05.2023 Memories

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12.06 - 08.07.2023 Boragó

# Schloss Schauenstein & OZ

8.03 - 19.03.2023

My first days were marked by getting to know everyone and how the 3\*\*\* kitchen runs and works. The whole team around Marcel and Simon are super friendly, in a good mood and very open minded for all my questions. Starting at Garde-manger, producing Mis-en-place and plating the Apéros, Amuse-Bouche and first course during service.

They showed me to cure the fish "Schauenstein"-Style and how to make the perfect liquide Onion-Ceviche. Helping out everyone wherever I can, I got a good overview of the menu and tasted almost every single dish, since the chefs not only produces for the main kitchen, but also do all the preparation work for Caterings and Functions of Andreas Caminada.

Luckily I had the chance to stay 4 days with Timo, the headchef at Restaurant OZ\* just across the road. OZ is a full vegetarian restaurant, focusing on local products just 30-40km away. Seeing Meju blocks hanging to dry in the backoffice really made my day. Meju are blocks of crushed soybeans hung up to ferment and dry. When they're ready they can be used to make Doenjang and Guk-ganjang, a traditional Korean soy sauce.

Timos kitchen is based all around homemade Shoyus, Ocoo-cooked (pressure double-cooking tool) and lactofermented vegetables, making the most out of a product while being sustainable.



## **Umami**

20.03 - 24.03.2023

So here I am, at my first Production station. I decided to go with the Start-Up **Umami**, they develop and grow Microgreens for retail and restaurants. Unique about them, is that they use Aquaponic on a big scale.

"Aquaponics is a food production system in which fish are raised in tanks of water where plants are also grown, so that the waste from the fish provides food for the plants and the plants keep the water clean."

The whole structure is based on nature, so for me it was the first time so see a walk-in fridge entirely made out of wood. Also all the racks for the green to grow are handmade and out of wood.

The difficulty about such a simple product (microgreens) is to perform each time, getting the best out of the seeds and minimize failure. What all sounds pretty self explaining at first,



Umami grows following greens: Daikon, Radish, Rocket, Pak Choi, Pea, Sunflower, Stem Cabbage, Thai Basil, Coriander, Caraway, etc.

gets complicated when you look closer: The main problems are:

- •Different batch of seeds, its a nature product varying in many attributes.
- •Controlling the water and the nutrient content, to keep it as balanced as possible.
- •Planing the harvest time, since not all the seed need the same time to

develop.

Overall I had an amazing week with great friends, seeding, harvesting and growing micro greens. Thanks a lot to the whole team, for the loving welcome and giving me insights in the whole process.

(I added more pictures below)

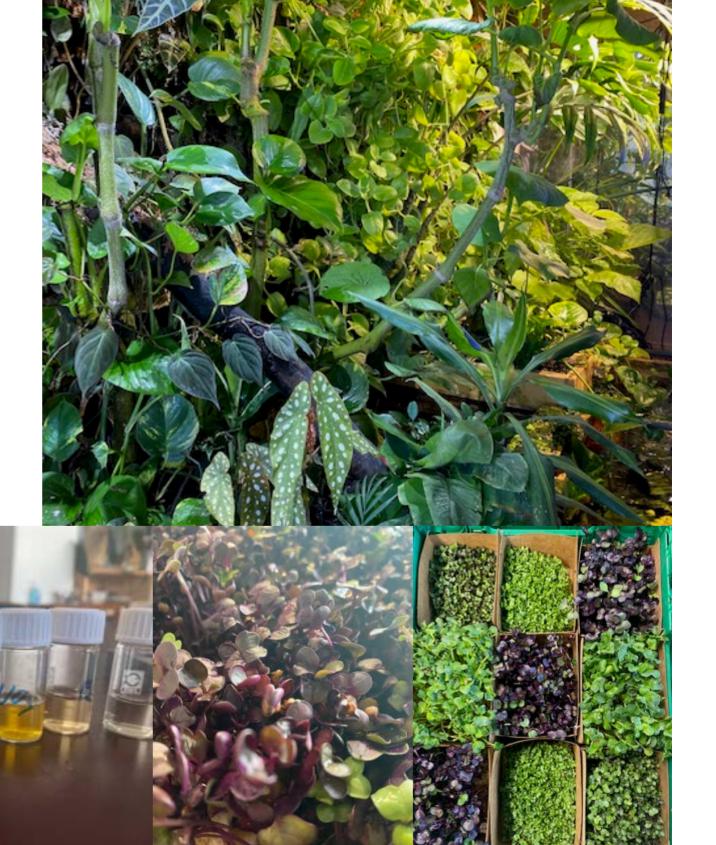
## **Umami**

20.03 - 24.03.2023

Super excited to see what future brings for Umami.

For now everything is made by hand. The harvest, the seeding and also the packaging -> from opening the bags, to put labels on it and filling the finished product in the bags.

Keep in Touch and all the best for you! Keep rocking!





### John Baker

27.03 - 31.03.2023

As a german-bavarian I of course had to John Baker, for the best bread in Zurich Town. Super excited for the start the first shock happend. Starting at 2am, as a chef, who usually works **until** 2am and not from 2am, this was probably the hardest challenge, but luckily Lucas, Thorsten and Sven made me lots of coffees and were good and fun company during work.

So everything is formed and baked by hand. The first 2 days I was with Lucas to make all the doughs for the next day, since they are always one day ahead, so the bread can rest and develop more flavor and structure.

After that, I spend my last 3 days forming, shaping and baking the bread in the early morning hours. Asking many question this early can be hard for others, but luckily we had such a good time, laughed a lot and were very productive aswell. What amazed me the most about baking bread, was that it doesn't matter if you have a perfect recipe or the perfect oven. Its a symbiosis between being married to your oven, understanding the small differences in products like flour, yeast and water when making the dough. Touching the dough and understanding the process behind it. If its another batch of flour your recipe might not work. Same with the oven, its essential to understand the oven and work for the it, not just with it, because just like humas, every oven is different, has different airflow, heat distribution and steam production.

A big thanks for the patience, time, knowledge and good times we had together! See you soon!



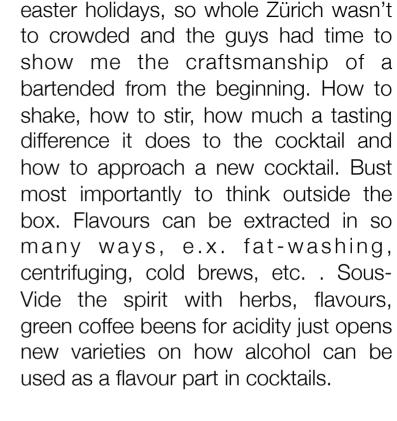
### No Idea Bar

04.04 - 08.04.2023

Shaking, stirring and diluting. The concept of Noldea Bar is yet simple, but also phenomenal. The Idea is to showcase a story about the drink. Andrew, Telmo and Julian showed me how the approach cocktails. First they think about a perfect storytelling. After

that, they think about the time the story plays in, whereabout and what flavours you associate with this specific time. Then their fantasy has almost no limits. From a salty foam, representing the rough sea, to a cocktail aged in claypots to showcase the ramble from a seed becoming a tree.

The time I had there was just great. I was lucky enough to be there during the



We had a great time together and it was very interesting to mix their bartender knowledge with my kitchen mind, teaching everyone of us a little bit on how to move forward and how to mix different knowledges.

Their spirit collection is and was just incredible, from spirits tasting and smelling like green olives to cardamom vodka.

Meet great people who become good friends. All the best No Idea!





### Städtlichäsi

10.04 - 14.04.2023

Next step was a cheese dairy. The first thing that was really exceptional, was the hygiene protocol. Washing your hands every 10 minutes and disinfecting everything with alcohol is a must.

All containers used for production get dipped in lye after and before usage, to guarantee a perfect product. Since the outcome of the cheese will take 1-3 months, everything has to be perfect and ensured not to be contaminated with bad bacterias. Also the owner didn't want any distractions during work since any mistake won't come up until the product is ready to be sold.

Städlichäsi also produces their own butter formed by hand. Every cheese gets labeled and packed by hand.

Working there showed and explained me, why cheese is so expensive. Only 13% of the milk can be made into cheese. And even this amount reduced through storage and evaporation to another 5-6%. So for example:

100L Milk gets 13kg of Cheese.

After storage this cheese weights about 12,35 kg

Since milk prices rise the last years it is just clear, why milk products and especially cheese prices have risen the past decade.





#### **Memories**

19.04 - 13.05.2023

Memories is a remarkable place. Inspired by nature and its surroundings, Sven Wassmer creates a sensational menu with comfort food like the "Knöpfli", the classic "Saibling" he serves since the beginning to a beetroot paired with chickenjus, chicken skin and juice.

In an open kitchen like this, its inevitable to interact with the guests. They even have 4-6 seats at the "bar" looking directly at what the chefs are doing.

Sven and Chris (Sous-Chef) are super supportive to the whole team, trying to keep the fun and atmosphere up so everyone enjoys work. It seems to me, Sven and the whole Organisation team behind Memories understood, that having happy and stress free chefs and services, is the key to constancy in fine dining.

Working with just local and alpine products can be a pain, but I had lots of fun collection ramson, spruce and dandelion. All these ingredients are only available for a short time of the year, so you need to know when, where and how much of it you gonna need.

The kitchen reminds me of old familiar tastes but in a gourmet style. Almost all the plates are easy to plate, fast and simple with the best ingredients. Sven himself says, that the more he cooks, the less he uses.



I really want to say a big thank you to the whole team, especially in the kitchen.

Sven, Chris, Ruari, Reha, Simon, Andi and Lele treated me great and as one of them from the first minute on. I really enjoyed being there, learning a lot but also having lots of fun and laughing all day around.

On my last day Sven was kind enough to gift me one of his books, where most of the real recipes we used in the menu are in, also he gave me his signature "Negroni Wassmer Style", that is absolutely delicious.

Not to forget the whole Grand Resort Team around Amanda Richter, from making the rooms to helping me out when my key didn't work in the beginning and of course the opportunity to host me for 4 weeks in an apartment.









## Quintonil

15.05 - 10.06.2023

It was my first time in latin-america and it had to be Mexico City. With around 9 million people living there its a huge place full of people, food and culture.

From the first moment on I felt very welcomed by the whole team. Even though I didn't speak any Spanish (not even a word) and a lot of the chefs didn't speak any english, everyone from service to kitchen tried talking and communicating with me and getting to know me. Gera, the sous chef has been really helpful and always checking on me if everything is fine and made sure everyone knows who I am what I am here for.

Also it was my first time seeing a kitchen that is completely divided into Service-Kitchen (Service starts at 12.30am and finishes around 11.30pm) and Prep-Kitchen. During my stay I was changing weekly between these two kitchen and got to know how things are cooked, prepared, what ingredients are used and how the finished plates looks like.

Chef Jorge specialises in local sourced ingredients, paired with old Mexican recipes. Quintonil is also famous for using a lot of insects in their menu.

They even have a chef, preparing staff food everyday for around 50-60 people in the building, Fernando did a great job.

After a few days the whole place felt like a second home to me. We laughed a lot in the kitchen and I learned much about local ingredients and how to make some classic Mexican dishes.

On my days off I enjoyed Mexico City and its markets, that are (for an European) absolutely crazy and fascinating at the same time. The amount of good street food is insane, every corner of the city is full of delicious tacos and Mexican cuisine.

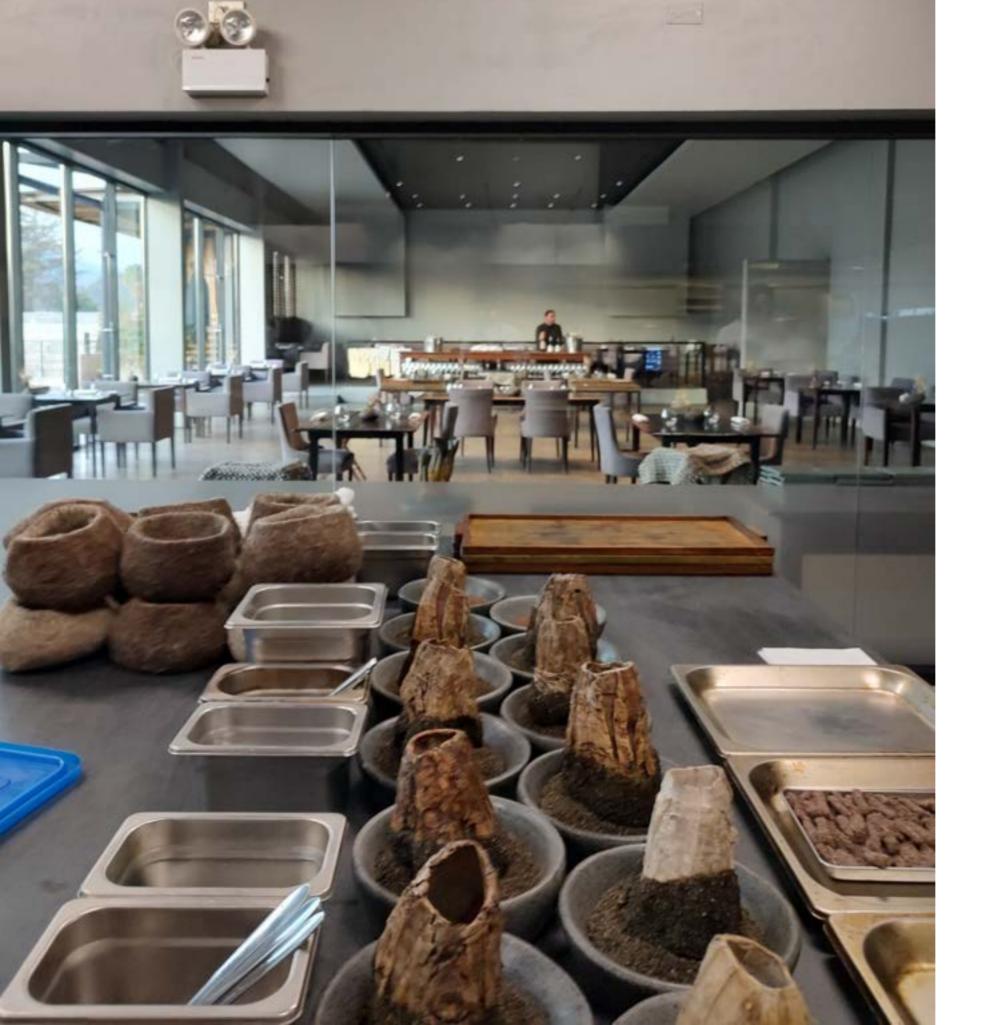
A big thanks to Jorge and Alejandra for making my stay great. They really take care on Uccelins and know why we are in these restaurants. Showcasing the beauty of Mexico and giving insights in why and how they cook things as they do. But all good things come to an end and mine was great. Quintonil invited me to the tasting menu and it was absolutely fabulous, sitting there on my last day in Mexico enjoying the food cooked by my family just felt great. Thanks for everything.

Hope to see you all soon!









# Boragó

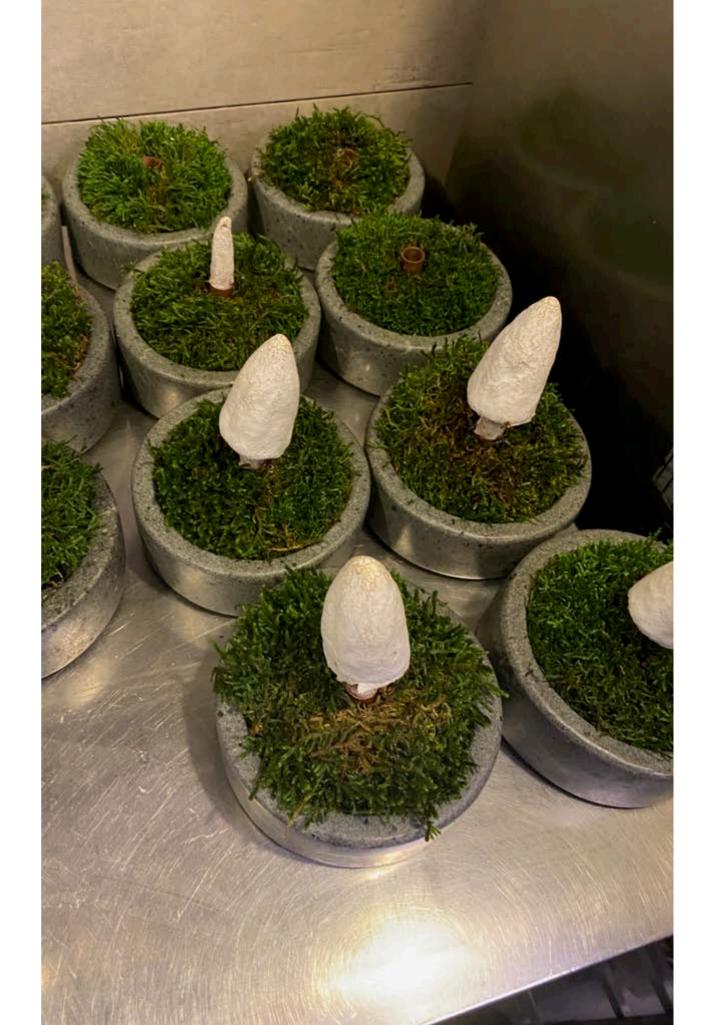
12.06 - 08.07.2023

Next stop: Chile.

Head chef Rudolfo Guzman welcomed me personally on my first day in the restaurant. Showing me the service kitchen, prep kitchen and also the research and development kitchen upstairs, where they have a team of 3 just thinking of new dishes and all the ferments in the house, where I knew someone from Noma times.

Sadly Rudolfo had to leave to Valencia to the 50th best, in which the Restaurant was rewarded number 28 of the world. So I only had the chance to see him one day. So now his head-chef was in charge of the kitchen.

The restaurant itself is an experience, there are more stagiaires (mostly culinary school students, since its mandatory to make a 3 month internship during school in chile) than payed chefs, what makes it all a bit unorganised and hectic from time to time, since so many hands don't always know what to do. Also what was very different to me, is the head-chef in charge of service, doesn't announce during service, nothing like: "3 Pax New Table 5" or "Next up 2 Mushrooms Table 23". Since I was working with my back to the guests, I always had to turn around and check if new guest arrived and if I missed some I was quite in a rush finishing the plates. I really don't know why every time I had to get gloves, I needed to go to head-chef and ask for them personally and would only get one pair (seemed a bit like chicane to me, not going to lie), even though they required me to wear them during service.



I really don't know why head-chef in charge was so obsessed with washing hands. All chefs line up and wash their hands, 30 seconds and not a second shorter. After washing we sometimes got our hands sprayed with a homemade mix of alcohol and water (yes, my hands were super dry after my time there) and got our nails and fingers checked by him.

I was lucky enough that Lukas, another Uccelin, spend some time here just

before I did, so he gave me some insights in what to expect and what is happening in this place. He told me about their unnecessary obsessive cleaning in the kitchen and that its never really clean to european standards, what I can confirm. But different country, different culture.

But I was lucky to work with great people in Snack and Pastry section, so I had a fun and quick time there with Alejandro, Diego, Clemente and Davide and of course all the other stagiaires were super kind to me, since we were all in the same boat.

The kitchen style itself is super creative and tries to be as native chilean as possible. We foraged mushrooms, seaweed and a lot of greens growing in Chile. These ingredients get represented in every single dish showcasing the beauty of local cuisine.

In my last week head-chef asked me if I stay 3 or 6 months as a culinary stagiaire, showing me he sadly has no idea, was not briefed by the administration of Boragó and has no interest in what the whole Uccelin foundation is about. Almost none of the staff knew the foundation and the reason why I am here, so I was just treated as a culinary student working for free, but shorter.

But there is always good input, I saw a lot of new ingredients, made great friends and got to see a new culture and cuisine and hopefully the next Uccelin coming here, has a more organised Borago since Lukas and me tried our best to spread the word.





### **Conclusion**

08.03 - 15.07.2023

How time flies! My 20 weeks of the program are already over. From Switzerland to Latin-America.

I am very grateful to Andreas Caminada and the whole Foundation Team of Uccelin, making this possible and giving me the opportunity to develop myself and getting so many impressions. It truly has been an exciting and instructive time for me.

Anthea, who organises all the Uccelins, restaurants and accommodations for us was just great. Always there if I needed help with anything and planing my whole trip. Thanks you for that, I highly appreciate your work and what you have done.

From learning how to make bread, cheese, microgreens and cocktails to two 3\*\*\* restaurants and two 50 best restaurants in latin-america, I really got a lot of input and met a lot of great people and come across a lot of strangers, I can call my friends now.

Probably I need some time to process all the informations, impressions and processes but I never had a more informative time in such a short time.

Thanks to everyone for making my time so great and educational and of course again, a HUGE thank you to the Uccelin Foundation!

(If anyone wants to ask me personal questions about my experience, the foundation or the stations I was at, don't hesitate to contact me via Email <a href="mailto:andreas@adlassnig.de">andreas@adlassnig.de</a>)





## **Project**

#### Sustainable Garum

Head-chef Marcel asked me, if I could do something with his fish scraps, so I though to myself, how can I make a Garum that is sustainable and doesn't take up to 6 months to finish.

I played around with temperature and found a good way to cut down the 6 months to only 5 weeks, without losing flavour, texture or taste.

With cutting down the heating time (Garum need to have 60° for usually 6 months) I reduce the carbon footprint, have more space in the heating chamber and therefor can be more sustainable and it is easier to produce in mass.

Also it is easier to make, since it doesn't require the attention a normal 6 month garum does, since at one point it is heated to 90 degrees, stabilising and sterilising the liquid.

Tried to keep it all in Switzerland, I made a Swiss barley Koji and blended it in with the fish/crayfish offcuts, added salt and a little bit of water.

5 weeks later we have a dark and salty liquid, full of Umami, great to use as a finishing touch.