



# Ancient Grains

Products from Piedmont

This course invites you into the Italian kitchen, interpreted by chefs, farmers, and experts from the Langhe, UNESCO protected territory. The core of the program focuses on biodiversity of Italian grain, typical products used for Italian desserts, and the modern approach to some of Italy's most-loved products/foods like pizza, focaccia, chocolate, coffee, and many more.

Academic Calendar

## 2024

# June 3-14

### LOCATION

Alba Accademia Alberghiera is in Alba, UNESCO Creative City of Gastronomy.

### LANGUAGE

Courses will be conducted in English and Italian (accompanied by interpretation in English).

### PREREQUISITES

Basic cooking methods is required and HACCP certification equivalent.

### COLLABORATING PARTNERS



### TO RESERVE YOUR PLACE CONTACT:

Julianne Clark: [j.clark@partner.aproformazione.it](mailto:j.clark@partner.aproformazione.it) | CP +39 327.980.3546

Sede di ALBA Str. Castelgherlone, 2/A - 12051 Alba (CN) - [albaaccademia.it](http://albaaccademia.it)



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**MINIMUM STUDENTS REQUIRED:** 12

**COURSE DIRECTOR:** Mario Deltetto

**HEAD CHEF AND SUPERVISING INSTRUCTOR:**  
Paolo Taricco

**COST:** 2.100€

**LOCATION:**

Corso Barolo, 8 12051 Alba (CN) for the didactic learning and lab kitchen hours.



**CREDIT HOURS:** Depends on hours and learning track between partnering schools.

**PREREQUISITE:** The student must have completed SERVSAFE or equivalent.

**TECHNICAL SKILLS:** It is recommended that the student have a basic knowledge of knife skills; culinary terminology; food science principles; cooking methods; starches, proteins, and vegetables.

**TEXTBOOK:** No required text

**THE COST INCLUDES:**

PRE-Trip: Q&A | Airport pick up and drop off shuttle from MXP (Malpensa) | 40 hours of instruction | 4 Didactic visits (shuttle, light lunch, etc...) | Orientation to Italian Culture & living in Alba | Use of all teaching labs & cleaning of the facilities according to internal HACCP regulations | All raw materials & equipment needed for the course (raw material, apron, hats, knives, etc.) | Majority of lunches following teaching lab | Italian to English interpretation as needed | Certificate of participation in the course recognized by the region of Piedmont

**NOT INCLUDED IN THE COST:**

Round-trip flight | Housing | Meals off campus

## COMPOSITION OF COURSE

### 10 day course | 40 hours

**Course structure:**

Monday - Friday: 4 hours of guided instruction in kitchen laboratory for a total of 20 hours per week

**Course content:**

- Cakes & pastries (brut et bun, pasta di meliga - cornflour, hazelnut cake, baci di dama)
- Savory (baking with local grains: pizza, focaccia, grissini)
- Chocolate, torrone (nougat), coffee, desserts, cakes and bavarian

**Didactic visits:**

There will be roughly 4 didactic visits to local producers and experts within the field. This is a great opportunity for the students to see different levels of production at both artisanal and medium- big sized companies.

**Raw material:**

Ancient grains | Chocolate | Piedmontese Torrone (nougat) | Piedmontese hazelnut | Coffee | Moscato d'Asti & Asti Spumante wine | Black summer truffle

*Orientation will include a brief immersion class on Italian culture and food terminology*



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