

Culinary Workshop at Chefs en Cuisine

Experience the Taste of Sustainability



Date: 10 July 2025

Time: 14:30 to 18:30 CEST

Location: Chefs en Cuisine, Biel/Bienne

Rates:

Standard: CHF 140

Certified: CHF 200



NNEPRO GLOBAL
INSTITUTE FOR FOOD,
NUTRITION AND HEALTH



Swiss Association for
Cooperation on
Food Education



Bern University
of Applied Sciences

14:00 - 14:30		Arrival & Registration
14:30 - 14:45	Welcome Remarks	Opening remarks by hosts and facilitators
14:45 - 15:15	Creative Afternoon Tea	Tasting session led by Chef Jaroslav showcasing flavours of Switzerland & Central Europe using food pairing and network science Interactive Exercises: <ul style="list-style-type: none">- Identify ingredients- Explore food perception- Compare European & Mexican cuisines- Intro to food pairing
15:15 - 16:15	Workshop Part 1 – Mexican Menu	<ul style="list-style-type: none">- Introduction to the MTK project (Prof Ray)- Cooking with Chef Jaroslav & team- Interactive discussion during preparation Dishes: <ul style="list-style-type: none">- Lentil Salad- Guacamole Toast with Spinach & Pumpkin Seeds- Mushroom & Peas Enchiladas with Red Sauce & Black Beans Modules Covered: <ul style="list-style-type: none">- Recipe design- Mise-en-place- Critical thinking- Interdisciplinary insights
16:15 - 16:30	Tea/Coffee Break	
16:30 - 17:30	Workshop Part 2 – Central European Menu	<ul style="list-style-type: none">- Systems thinking in cooking (Jaroslav)- Cooking & collaborative discussion with facilitators Dishes: <ul style="list-style-type: none">- Traditional Pirogies (Dumplings with Yoghurt & Potatoes)- Potato Goulash with Letcho-style Relish & Chickpeas Modules Covered: <ul style="list-style-type: none">- Recipe design- Mise-en-place- Critical thinking- Interdisciplinary insights
17:30 - 18:30	Group Reflection & Closing	

BMJ Group

BMJ Nutrition,
Prevention & Health



MOBILE
TEACHING
KITCHEN
INTERNATIONAL