

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



NNEDPRO GLOBAL
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Swiss Association for
Cooperation on
Food Education



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	<p>Tasting session led by Chef Jaroslav showcasing flavours of Switzerland & Central Europe using food pairing and network science</p> <p>Interactive Exercises:</p> <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 <p>Dishes:</p> <ul style="list-style-type: none"> • Lentil Salad • Guacamole Toast with Spinach & Pumpkin Seeds • Mushroom & Peas Enchiladas with Red Sauce & Black Beans <p>Modules Covered:</p> <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 <p>Dishes:</p> <ul style="list-style-type: none"> • Traditional Pirogies (Dumplings with Yoghurt & Potatoes) • Potato Goulash with Letcho-style Relish & Chickpeas <p>Modules Covered:</p> <ul style="list-style-type: none"> - Recipe design - Mise-en-place - Critical thinking - Interdisciplinary insights
17:30 - 18:30	Group Reflection & Closing	<ul style="list-style-type: none"> - Recap of key takeaways - Group menu design activity - MTK adaptation in Central Europe - Final thoughts over soft & hot drinks

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