

# "InnoGastro - Innovative Approach to Gastronomy in Vocational Schools "

## Experimental (Molecular) cuisine course - PROGRAM

Valencia, March 20<sup>th</sup> - 26<sup>th</sup>, 2018

### Tuesday, 20<sup>th</sup> March 2018

10:20 – Meeting with CSHM coordinators at Hotel ILUNION

10:40 - Visit to the city centre: *Norte* railway station, Town Hall, The Cathedral, The Basilica, Serranos Towers, the squares of *Plaza de la Virgen* and *Plaza de la Reina*, the main street of *Calle Colón*.

11:30 – Lunch at CSHM

### 12:00 - Session I: Spherifications

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Sodium alginate</li> <li>• Chloride of sodium</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> <li>• Preparation of molecular desserts</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <p>Explanation of technical sheets</p> <p>-Put in place of the technical sheets</p> <p>- Serving up dishes (with technical sheets adding basic culinary techniques.)</p> <ul style="list-style-type: none"> <li>• Spherification of yogurt</li> <li>• Modena vinegar pearls</li> <li>• Chocolate spaghetti</li> <li>• Red fruit spaghetti</li> <li>• Tomato sauce spaghetti with Parmesan cheese spherification</li> <li>• Pearls of honey and saffron</li> </ul>
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19:00 – Dinner at CSHM

### Wednesday, 21<sup>st</sup> March 2018

09:45- Meet with CSHM coordinators at Xativa metro Station (in front of the *Norte* railway station)

10:00 - Visit to the Central Market of Valencia, where you can try the best food at different food markets, for example the “**Central Bar**” (Plaza Ciudad de Brujas), founded by the Valencian chef Richard Camarena. They cook with products of the same food market and their sandwiches, tapas and dishes are of good quality and taste incredible. The “**Super Gourmet Bar**” is located at the front of the Central Market (Avenida Baró de Cárcer) famous for their delicious tapas traditionally served with good wine, beer or sangria.

11:00 – Visit to “**Horchatería Daniel**” founded in Alboraya in 1979. Here you can try the typical Valencian refreshing drink consumed in Spain during the hot summers. It is made from the tubers of the *chufa* plant, which grows only in the land of the Valencian community. It has got a milky appearance and it is normally served ice cold. It’s located in Mercado Colón, Calle Jorge Juan.

11:30 – Lunch at CSHM

### 12:00 – 14:00 Session 1: Spherifications

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Sodium alginate</li> <li>• Chloride of sodium</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> <li>• Preparation of molecular desserts</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <p>Explanation of technical sheets</p> <p>-Put in place of the technical sheets</p> <p>- Serving up dishes (with technical sheets adding basic culinary techniques.)</p> <ul style="list-style-type: none"> <li>• Spherification of yogurt</li> <li>• Modena vinegar pearls</li> <li>• Chocolate spaghetti</li> <li>• Red fruit spaghetti</li> <li>• Tomato sauce spaghetti with Parmesan cheese spherification</li> <li>• Pearls of honey and saffron</li> </ul>
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14:00 – Session 2: Emulsions

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Soy lecithin</li> <li>• Carbohydrate. Type of Alga</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <ul style="list-style-type: none"> <li>- Explanation of technical sheets</li> <li>- Put in place of the technical sheets</li> <li>- Serving up dishes (with technical sheets adding basic culinary techniques.)</li> </ul> <ul style="list-style-type: none"> <li>• lemon air with lecithin</li> <li>• mushroom foam and parmesan cheese</li> <li>• cream of vegetables in textures</li> <li>• beetroot siphon cake with salmon in texture</li> <li>• emulsified cake of tomato with air of black olives</li> <li>• floating island with lemon meringue</li> <li>• coconut liquor air</li> </ul>
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19:00 – Dinner at CSHM

**Thursday, 22<sup>nd</sup> March 2018**

9:00 - Session 2: Emulsions

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Soy lecithin</li> <li>• Carbohydrate. Type of Alga</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <ul style="list-style-type: none"> <li>- Explanation of technical sheets</li> <li>- Put in place of the technical sheets</li> <li>- Serving up dishes (with technical sheets adding basic culinary techniques.)</li> </ul> <ul style="list-style-type: none"> <li>• lemon air with lecithin</li> <li>• mushroom foam and parmesan cheese</li> <li>• cream of vegetables in textures</li> <li>• beetroot siphon cake with salmon in texture</li> <li>• emulsified cake of tomato with air of black olives</li> <li>• floating island with lemon meringue</li> <li>• coconut liquor air</li> </ul>
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13:00 – Lunch at CSHM

15:00 – Session 3: Gelifications

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Carbohydrate. Type of Alga</li> <li>• Elastic</li> <li>• Gellan gum</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: rice</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Preparation of starters: shrimps, crabs, lobsters</li> <li>• Preparation of main course: meats</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <ul style="list-style-type: none"> <li>-Explanation of technical sheets</li> <li>-Put in place of the technical sheets</li> <li>- Serving up dishes (with technical sheets adding basic culinary techniques.)</li> </ul> <ul style="list-style-type: none"> <li>• coffee mousse with honey gel</li> <li>• sweet gelatine mix</li> <li>• tomato canelloni with parmesan cream</li> <li>• fruit jelly beans</li> <li>• olive oil spaghetti</li> <li>• raspberry sweetener for cup cakes</li> <li>• sepia burger</li> <li>• soft chocolate gel</li> <li>• liquid croquettes</li> </ul>
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18:00 – Dinner at CSHM

**Friday, 23<sup>rd</sup> March 2018**

**9:00 - Session 3: Gelifications**

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Carbohydrate. Type of Alga</li> <li>• Elastic</li> <li>• Gellan gum</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: rice</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Preparation of starters: shrimps, crabs, lobsters</li> <li>• Preparation of main course: meats</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <p>-Explanation of technical sheets -Put in place of the technical sheets - Serving up dishes (with technical sheets adding basic culinary techniques.)</p> <ul style="list-style-type: none"> <li>• coffee mousse with honey gel</li> <li>• sweet gelatine mix</li> <li>• tomato canelloni with parmesan cream</li> <li>• fruit jelly beans</li> <li>• olive oil spaghetti</li> <li>• raspberry sweetener for cup cakes</li> <li>• sepia burger</li> <li>• soft chocolate gel</li> <li>• liquid croquettes</li> </ul>
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**11:00 - Session 4: Thickeners**

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Carbohydrate. Type of Alga</li> <li>• Gellan gum</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> <li>• Preparation of molecular desserts</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Preparation of main course: meats</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <p>-Explanation of technical sheets -Put in place of the technical sheets - Serving up dishes (with technical sheets adding basic culinary techniques.)</p> <ul style="list-style-type: none"> <li>• custard cream</li> <li>• pineapple ice cream</li> <li>• basil puree</li> <li>• raspberry cream</li> <li>• vegetated ice cream with chocolate and coconut milk</li> </ul>
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13:00 – Lunch at CSHM

**15:00 – Session 4: Thickeners**

<p>Block I - Using specific products:</p> <ul style="list-style-type: none"> <li>• Carbohydrate. Type of Alga</li> <li>• Gellan gum</li> <li>• Rubber Xantana</li> </ul> <p>Block II - Molecular cuisine preparations I:</p> <ul style="list-style-type: none"> <li>• Preparation of menus</li> <li>• Preparation of molecular appetizers</li> <li>• Preparation of starters: cocktails and salads</li> <li>• Preparation of main course: vegetables</li> <li>• Preparation of main course: salty coca and pasta</li> <li>• Preparation of molecular desserts</li> </ul> <p>Block III – Molecular cuisine preparations II:</p> <ul style="list-style-type: none"> <li>• Preparation of starters: salads</li> <li>• Preparation of main course: meats</li> <li>• Forms and aesthetic compositions</li> </ul>	<p>Lesson Plan:</p> <p>-Explanation of technical sheets -Put in place of the technical sheets - Serving up dishes (with technical sheets adding basic culinary techniques.)</p> <ul style="list-style-type: none"> <li>• custard cream</li> <li>• pineapple ice cream</li> <li>• basil puree</li> <li>• raspberry cream</li> <li>• vegetated ice cream with chocolate and coconut milk</li> </ul>
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18:00 Dinner at CSHM

### **Saturday, 24<sup>th</sup> March 2018**

10:00 – Visit to the River Turia Park and the City of Arts and Sciences, the most important modern tourist destination in the city of Valencia and one of the 12 Treasures of Spain. It is situated at the end of the former riverbed of the river Turia, which was drained and rerouted after a catastrophic flood in 1957. The old riverbed was turned into a picturesque sunken park. Designed by Santiago Calatrava and Félix Candela, is composed by the *Hemisfèric*, an IMAX Cinema which resembles a big eye on the water; *El Museu de les Ciències Príncipe Felipe*, an interactive museum of science that resembles the skeleton of a whale and *L'Oceanogràfic*, an open-air oceanographic park. It is the largest oceanographic aquarium in Europe with 110,000 square meters and 42 million liters of water.

13:00 - Lunch at CSHM

14:00 – Visit to the city of arts and sciences or rest at *Malvarosa* seaside.

18:00 - Dinner at CSHM

### **Sunday, 25<sup>th</sup> March 2018**

12:00 Lunch at CSHM

FREE DAY

18:00 Lunch at CSHM

### **Monday, 26<sup>th</sup> March 2018**

10:30 – Meet coordinators at Xativa metro Station (in front of the *Norte* railway station)

10:45 – Visit to some famous restaurants in Valencia.

12:00 – Lunch at CSHM

14:00 – **Session 5: Final test (preparation)**

18:00 Dinner at CSHM

19:00-21:00 - **Session 5: Final test (presentation & menus)**

A test will be done where the students must perform:

- 1 first course
- 1 second course
- 1 dessert

Please notice:

- All dishes are prepared with the ingredients provided by the school and presented one by one to the judges/teachers
- Certificates will be provided at the end of the course