

China Foods Alliance

10 day programme for
teachers and educators



Exploring Chinese Cuisine: A Culinary Journey for Swiss Educators

This unique 10 day program invites Swiss culinary educators on an enriching journey through the vibrant and diverse world of Chinese cuisine. Hosted in the culinary capitals of Shanghai and Yantai, participants will immerse themselves in a hands-on exploration of China's rich culinary heritage, modern techniques, and educational approaches.

Key Features of the Program:

Culinary Immersion

Participants will dive deep into the heart of Chinese gastronomy, experiencing everything from street food to fine dining, traditional methods to cutting-edge innovations. Through workshops, live demonstrations, and tastings, they'll gain first-hand insight into regional delicacies, such as the bold flavors of Shandong and the refined tastes of Shanghai.

Cultural Discovery

Beyond the kitchen, this program offers a cultural odyssey. Participants will explore bustling markets, organic farms, and local food production centers, meeting Chinese chefs, food artisans, and culinary educators along the way. These encounters will provide a deeper understanding of the cultural significance of Chinese cuisine, which stretches back thousands of years.

Educational Exchange

A highlight of the program is the opportunity to engage with Chinese vocational schools and culinary institutions. Swiss educators will compare teaching methods, curricula, and career development strategies with their Chinese counterparts, fostering a dynamic exchange of knowledge and best practices that they can integrate into their own classrooms.

Sustainability and Innovation

As sustainability becomes an increasingly vital part of global gastronomy, this program will also focus on sustainable practices in food production and culinary education. Participants will visit organic farms, discuss sustainable culinary techniques, and participate in a collaborative Swiss-Chinese fusion dinner to close the program, combining sustainable practices with innovative flavors.



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Program Highlights:

Shanghai

Experience wok mastery, local street food, and the culinary contrasts between modern and traditional Chinese cooking.

Yantai

Explore China's agricultural heartland with visits to farms and vineyards, and taste the regional specialties of Shandong.

Vocational School Collaborations

Exchange ideas with local culinary educators, discuss challenges in culinary education, and explore the intersection of Eastern and Western teaching methods.

Chinese-Swiss Fusion Dinner

Conclude the program with a cross-cultural culinary collaboration, showcasing the fusion of Swiss and Chinese ingredients, techniques, and sustainability principles.

Program

Departure from Zurich to Shanghai

- 1:00 PM: Flight departs from Zurich to Shanghai (direct or with one stop).
- Overnight flight: Participants will rest and prepare for the culinary adventure ahead during the flight.

Day 1 (Sunday): Arrival in Shanghai & Cultural Introduction

- **Morning: Arrival in Shanghai (typically early morning due to time difference).**
 - Transfer to Hotel: Participants will check in at their hotel and have time to freshen up after the long journey.
 - Rest and Free Time: A few hours to rest or explore nearby areas at their own pace.
- **Evening: Welcome to Shanghai**
 - Hosted Dinner: Savor a delicious meal at a local restaurant, introducing participants to the unique flavors of Chinese cuisine.
 - Program Overview: A brief introduction to the two-week itinerary, objectives, and key highlights of the culinary exploration.
 - Culinary Insights: A short discussion on the role of Shanghai in China's culinary scene, setting the stage for deeper cultural and culinary discoveries.



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Day 2 (Monday): Foundations of Chinese Cuisine at CieCAS

Morning (session starts 9 AM)

Welcome & Facility Tour

- A comprehensive tour of CieCAS's advanced culinary training facility, providing insight into the tools and resources participants will use.

Culinary Journey Through China's Regions

- An exploration of the Eight Great Cuisines of China, with a focus on unique regional ingredients, cooking styles, and culinary heritage.
 - Sensory Tasting Experience: Blind tasting to explore the flavors and textures that define each region.

Cuisine Deep Dive & Culinary Experience

- Discover the preparation techniques of classic Chinese dishes.
 - Chef-Led Demonstration & Tasting: Participants will watch chefs in action and sample the dishes prepared.

Lunch: featuring authentic Chinese dishes in a relaxed setting, allowing participants to reflect on their morning experiences and enjoy the flavors of China.

Afternoon Session:

Mastering Chinese Knife Skills

- A practical session on key Chinese knife techniques, such as slicing, dicing, and shredding.
 - Hands-On Practice: Participants will work with chefs to refine their knife skills.

Creating Traditional Chinese Cold Dishes

- Prepare refreshing cold dishes using the ingredients and knife skills learned earlier in the day.
 - Focus on Flavor Balance: Explore how to balance bold flavors and textures for signature cold dishes like Sichuan Cold Noodles or Bang Bang Chicken.

Day Recap & Q&A

- Review key lessons from the day, and open the floor for participants to ask questions and discuss their experiences.

Evening: Dinner at a Renowned Shanghai Restaurant

- Enjoy an authentic dining experience, featuring renowned Shanghai dishes and share culinary insights from the day.



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Day 3 (Tuesday): Wok Mastery and Regional Delights of the Shanghai Surroundings

Morning Session:

Mastering the Wok

- Wok Techniques Demonstration: Observe a master chef as they demonstrate essential wok techniques, including stir-frying, deep-frying, and sautéing. Learn how to control heat, oil, and ingredients to achieve perfect results.
- Hands-on Practice: Participants will practice these techniques, refining their wok skills under expert guidance.

Shanghai Cuisine Showcase

- Exploring Shanghaiese Cuisine: Delve into the rich culinary heritage of Shanghaiese cuisine, a distinctive sub-cuisine of Su cuisine.
- Iconic Dish Demonstrations: Experience live demonstrations of classic dishes:
 - Sixi Braised Bran Dough: A complex, flavorful vegetarian dish.
 - Lion's Head Meatball Soup: A hearty soup featuring soft, flavorful meatballs.
 - Scallion Braised Pork Chop: A savory dish enhanced with caramelized scallions.

Hands-on Shanghaiese Cooking

- Guided Preparation: Participants will replicate the demonstrated Shanghaiese dishes, focusing on mastering the techniques and flavors.

Lunch: Enjoy the delicious dishes prepared during the morning sessions.

Afternoon Session:

Zhejiang Cuisine Unveiled

- Introduction to Zhejiang Cuisine: Learn about the elegance and simplicity that define the neighboring Zhejiang cuisine, known for its freshness and light flavors.
- Classic Dish Demonstrations: Watch as chefs prepare iconic dishes from the region:
 - Sautéed Shrimp with Longjing Tea: A fragrant dish that pairs delicate shrimp with aromatic Longjing tea.
 - Braised Pork Belly: A succulent dish featuring tender pork belly in a rich sauce.
 - Salted Crab: A regional delicacy with a distinctive balance of salty and sweet flavors.

Zhejiang Cuisine Practice

- Participant Cooking Session: Under chef guidance, participants will recreate the demonstrated dishes, focusing on capturing the authentic flavors and techniques of Zhejiang cuisine.

Day Recap and Q&A

- Reflect on the day's lessons and open the floor for questions.

Evening: Dinner on Your Own

- Participants are free to explore the culinary scene in Shanghai at their leisure.



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Day 4 (Wednesday): Trip to Yantai and Vocational College Visit

Morning:

- Travel to Yantai: A morning flight to Yantai, Shandong province, arriving around noon. Participants will be welcomed and transported to the local vocational college.

Afternoon:

- Introduction to Yantai Vocational College of Culture and Tourism: A comprehensive overview of the college's history and its unique approach to integrating Chinese and Western culinary techniques in its curriculum.
- Guided Tour: Explore the college's state-of-the-art kitchens and cooking labs, showcasing equipment and facilities designed for training in both Chinese and Western culinary traditions.

Evening:

- Dinner: Enjoy a traditional Shandong (Lu) cuisine dinner, famous for its focus on fresh seafood, hearty broths, and complex flavor profiles.

Day 5 (Thursday): Chinese Cultural Craftsmanship and Techniques

Morning Session:

- Live Demonstration: A hands-on master class by Chinese culinary instructors or students, focusing on traditional cooking techniques, including the intricate preparation of regional dishes.

Lunch:

- A delicious meal featuring the dishes prepared during the demonstration, offering a practical tasting experience.

Afternoon Session:

- Chinese Vegetable Carving: Witness the intricate skill of Chinese vegetable carving, where master artisans transform simple ingredients into stunning decorative designs. This demonstration highlights traditional techniques and the cultural significance of this craft in elevating culinary presentations.
- Tea Mastery Class: Experience the artistry of Chinese tea mastery through a live demonstration by a tea expert. Participants will observe traditional brewing techniques, learn about the sensory nuances of tea, and gain insights into the precision and elegance behind authentic tea preparation.

Dinner:

- A dinner at a seafood restaurant renowned for its fresh, locally sourced ingredients.



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Day 6 (Friday): Culinary Education Exchange and Industry Networking

Morning Session:

Discussion:

Examine the differences between Chinese and Swiss culinary education systems, including teaching methods, assessment practices, and student outcomes.

Exchange:

Swiss and Chinese educators share experiences, challenges, and success stories in chef training. Key topics include student internships, emerging culinary trends, vocational education models, and the exploration of potential exchange opportunities.

Afternoon Session:

- **Dinner Planning:** Collaborate on designing the Chinese-Swiss fusion dinner planned for Day 10. This session will focus on crafting a menu that celebrates the best of both culinary worlds.
- **Industry Insights:** A meeting with local chefs and culinary experts to discuss career opportunities, food trends, and cross-cultural culinary exchanges.

Evening:

Networking Dinner: Dine with vocational educators and industry chefs at a local restaurant, fostering informal networking opportunities.

Day 7 (Saturday): Organic Farm Visit and Culinary Exploration

Day Trip to Organic Farm:

- A visit to an organic farm in Yantai, where participants will learn about local vegetables and sustainable farming practices that are transforming the culinary industry in China.

Lunch:

- A healthy and flavorful farm-to-table lunch, featuring ingredients freshly harvested from the farm.

Evening:

- Free time to explore Yantai or enjoy dinner at local restaurants of your choice.



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Day 8 (Sunday): Soy Sauce Factory and Wine Tour

Morning Session:

- Soy Sauce Factory Visit: A tour of a famous soy sauce factory, where participants will learn about the traditional production methods and innovations that have kept this iconic ingredient at the heart of Chinese cooking. Product tastings will be offered.
- Lunch at a local restaurant known for its use of soy sauce in classic Chinese dishes.

Afternoon Session:

- Wine Tasting Tour: Explore a Chinese winery, including a tour of the vineyards and the wine-making process, followed by a wine tasting session.

Evening:

- Free time to explore Yantai or relax at your leisure.

Day 9 (Monday): Sustainability and Culinary Innovation

Morning Session:

- Sustainability Workshop: Explore strategies for incorporating sustainable practices into the culinary curriculum, with a focus on reducing food waste and utilizing seasonal ingredients.
- International Collaborations: Discuss potential student and faculty exchanges, joint culinary projects, and internships between Swiss and Chinese institutions.

Afternoon and Evening:

- Chinese-Swiss Dinner: Final preparations for the Chinese-Swiss dinner. Participants will work collaboratively in the kitchen to create a menu that blends culinary traditions from both countries.

Fusion Dinner Event:

The event will serve as a cultural showcase, where participants and local industry experts can network informally while enjoying the culinary creations.



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Day 10 (Tuesday): Returning Back to Shanghai and Wrap-Up

Return from Yantai:

In the morning, participants will return to Shanghai, preparing for the upcoming experiences.

1:00 - 2:00 PM: Back to CieCAS

- Return to CieCAS: Return to the training center for the final activities.

2:00 - 3:00 PM: Course Recap and Q&A

- Review of Key Learning: Review the week's key learning points and achievements.
- Final Questions and Discussions: Address any final questions or concerns.

3:00 - 4:00 PM: Celebration and Farewell

- Certificate Presentation: Receive certificates acknowledging your accomplishments.
- Group Photo: Capture the shared experience with a group photo.

4:00 - 7:30 PM: Goodbye Gathering

- Farewell Drinks and Dinner: Enjoy a farewell drink with a dinner based on your own food request (to be decided in advance) and socialize with fellow participants and CieCAS instructors.

Flight Back to Zurich from Shanghai upon your own travel plans

