

TRAINING MODULES

Deliverable n. D.4.1.3
Specialized modules for the professionals of the
food service sector

PROJECT INFORMATION	
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Specific objective 3.1	Make natural and cultural heritage a leverage for sustainable and more balanced territorial development
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DELIVERABLE INFORMATION	
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INTRODUCTION

The KeyQ+ project is a capitalization project of the former KeyQ project funded within the IPA Adriatic CBC 2007-2013 Programme.

One of the outputs that are capitalised by KeyQ+ is the set of Training Units designed within the KeyQ project.

In particular, the KeyQ+ project has the objective to integrate and enrich the catalogue of training units developed in the capitalised IPA Adriatic CBC 2007-2013 project KEY Q with new/updated training units suitable for a wider target group.

The catalogue is based on modular short courses. Each course covers specific topics from traditional catering to the valorisation of typical products in the Countries involved in the KeyQ+ project.

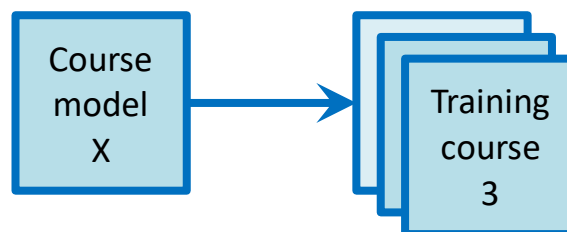
POINTS OF ATTENTION

The catalogue focuses on the following critical issues:

- heterogeneous target learners with different characteristics and requirements
- need for short-lasting interventions
- complexity of topics
- tailor-made training programmes based on learners' professional and training needs

FLEXIBLE COURSE MODEL

This training catalogue is based on modular-designed courses and short duration of course models



It is possible to diversify training courses from the given model on the basis of:

- number of participants
- characteristics of participants.

Every «course model» is per se an **independent** module. This can be said in so far as it allows learners to acquire and consolidate one, or more than one, **specific competence**, to be later transferred to their own professional practice.

Although being of its own kind, each course is quite clearly defined in its educational objectives, while still being linked to other courses of different levels and complexity within the “curriculum”.

THE CAPITALISED TRAINING UNITS

The units included in the former KeyQ catalogue focused on specific topics connected both to the traditional catering industry and to the valorisation of local products in the countries involved in the IPA Adriatic CBC 2007-2013 project (Italy, Croatia, Bosnia-Herzegovina): meat products, dairy products, home-made pasta.

In addition to the topics above mentioned, there are also other modular courses on interdisciplinary topics such as marketing, sales and management.



TARGET GROUPS

In the former KeyQ project, target groups were students, teachers and professionals in the role of Cooks- and cook-assistants.

KeyQ+ project enlarges the target groups to different roles, including:

- Cooks- and cook-assistants
- Waiters and waitresses
- Restaurant managers.

CRITERIA OF INCLUSION

Certified products:

In Unit 1 PROTECTED DESIGNATION OF ORIGIN PRODUCTS AND TRADITIONAL AGRO-FOOD PRODUCTS are mentioned all PDO and PGI products (already registered) from the KeyQ+ area (eligible NUT3 provinces from Kvarner, Istria, Friuli Venezia Giulia, Veneto and Emilia Romagna).

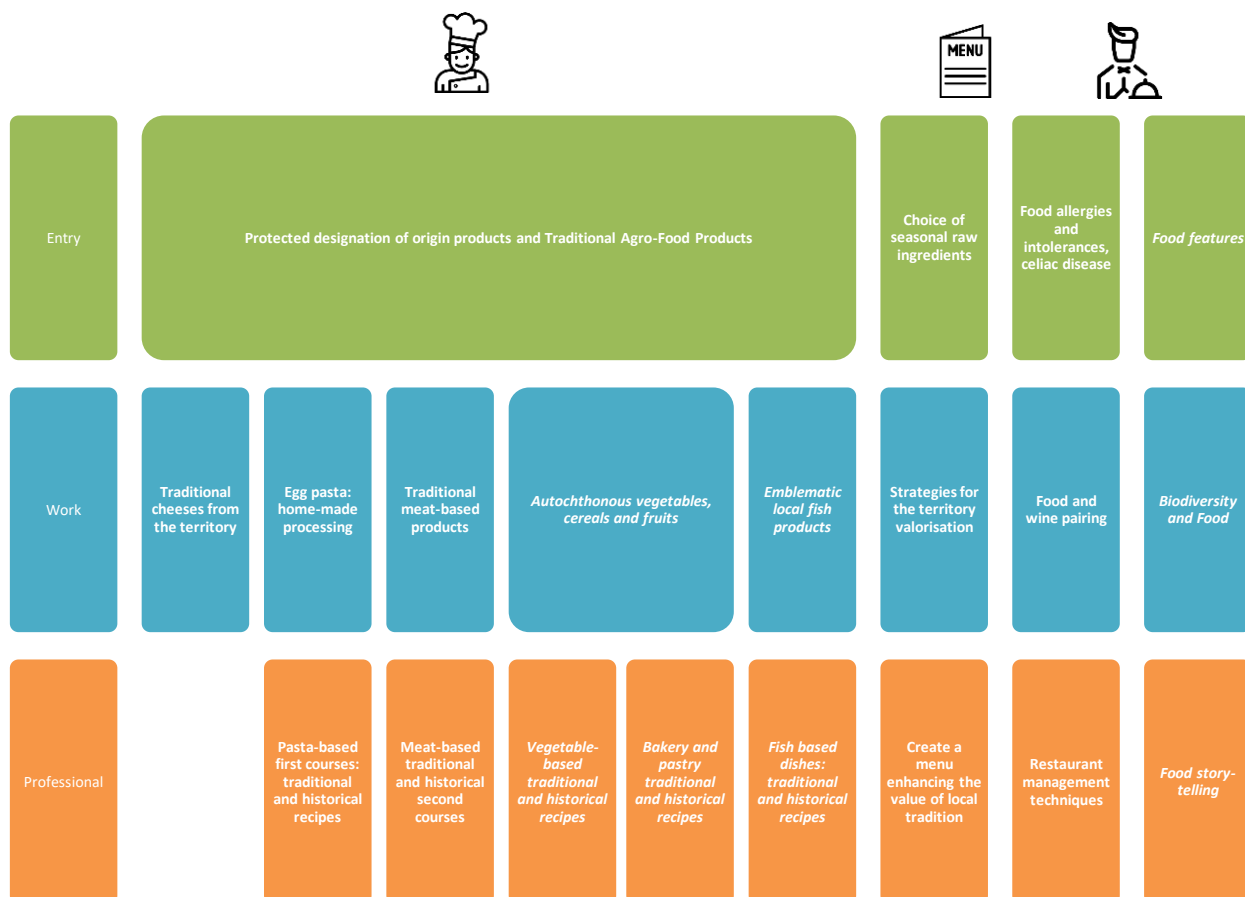
Products from NUT3 provinces external to the eligible area are not included_(e.g. Parmigiano Reggiano).

Moreover, it's mentioned the official list of "Traditional agro-food products" acknowledged by the Italian Ministry for Agriculture, Forestry and Tourism policies:

Former KeyQ products and recipes:

all recipes from the previous KeyQ project (except the ones from BiH) are included in the units.

THE CATALOGUE



1. PROTECTED DESIGNATION OF ORIGIN PRODUCTS AND TRADITIONAL AGRO-FOOD PRODUCTS

Duration:	4 hours
Goals: learners will be able to:	<ul style="list-style-type: none"> - identify specific characteristics of PDO quality products on the basis of their certification - outline the field of use of PDO quality products - recognize the added value given by quality products to traditional nutrition - Identify agro-food traditional products according to proper documentation of the related tradition
Topics:	<ul style="list-style-type: none"> - European food quality policy - Global overview of sector legislation - EU quality labels: PDO, PGI, TSG - Protected designation of origin products (PDO): <ul style="list-style-type: none"> ▪ Istrian prosciutto, Extra virgin olive oil "Istra", ▪ Prosciutto San Daniele, Montasio cheese, Tergeste Extra Virgin Olive Oil, Brovada (FVG), Montasio Cheese (FVG-VEN); Prosciutto Veneto Berico-Euganeo, Italian Salamini alla Cacciatora, Scardovari Mussel, Asiago Cheese, Grana Padano Cheese, Provolone Valpadana Cheese, Veneto Extra Virgin Olive Oil, Polesano White Garlic, Voghiera Garlic (VEN); Fossa di Sogliano Cheese, Brisighella Extra virgin Olive Oil, Colline di Romagna Extra virgin Olive Oil, Squacquerone di Romagna Cheese (ER). - PGI Products: <ul style="list-style-type: none"> - Pitina, Sauris Prosciutto (FVG); Salami "Cremona", Badoere Asparagus, Lusia Salad, Radicchio di Chioggia, Radicchio di Verona, Red Radicchio From Treviso, Radicchio Variegato di Castelfranco (VEN); Delta del Po Rice (VEN-ER); White Veal (Vitellone Bianco) from the Central Appennines, Central Italy Lamb, Salama Da Sugo, Cotechino Modena, Mortadella Bologna, Zampone Modena, Altedo Green Asparagus, Mantovano Melon, Emilia Romagna Pear, Nettarina Peach from Romagna, Scalogno di Romagna, Pumpkin Cappellacci From Ferrara, Coppia Ferrarese, Piadina Romagnola (ER)

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- Other traditional products:
 - Ovčji sir (sheep milk cheese) from Losinj, Sheep milk cheese from Losinj, Sage Honey from Losinj,
 - Traditional agro-food products recognised by the Italian Ministry of Agriculture, as listed in the Section “Prodotti Agroalimentari Tradizionali” of the MIPAAF website:
<https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398> (see also some examples in Units 2; 3; 13; 14; 15; 16; 17).
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Methodologies and tools: The course is taught mainly through theory lessons. Traditional and multimedia technologies will be used. No specific admission requirements.

Course materials: Lesson notes

Evaluation: Learners will be required to sit a multiple-choice test in order to evaluate the learning of basic course concepts

Certificate issued: Certificate of attendance

2. TRADITIONAL CHEESES FROM THE TERRITORY

Duration:	4 hours
Goals: learners will be able to:	<ul style="list-style-type: none"> - recognise territoriality and typicity of products - identify organoleptic characteristics of Traditional cheeses - know the different cheese making processes and preservation techniques - compare the characteristics of Italian cheese with Croatian cheese
Topics:	<ul style="list-style-type: none"> - Organoleptic qualities and product sector properties of cheese - Moisture content: soft, semi-hard and hard cheese - PDO cheeses: territoriality and typicality: <ul style="list-style-type: none"> ▪ Fossa di Sogliano, Squacquerone (ER), ▪ Grana Padano (ER-VE), ▪ Provolone della Valpadana, Asiago (VEN), ▪ Montasio cheese (VEN-FVG), - SLOW FOOD Cheese Presidia: Çuç di mont, Formadi frant, Formaggio di latteria turnaria (FVG-IT), Ravaggiolo dell'Appennino toscano romagnolo (ER-IT). - Other emblematic cheeses: Formaggio di malga, Formaggio Latteria, Formadi salat, Formaggio Asino, Formai del cit (FVG); Sheep milk cheese (Losinj). See also: https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398
Methodologies and tools:	The course is taught mainly through seminars. Traditional and multimedia technologies will be used and products of interest will be showed. No specific admission requirements.
Course materials:	Lesson notes
Evaluation:	Learners will be required to sit a test with open and closed-ended questions in order to evaluate the learning of basic course concepts
Certificate issued:	Certificate of attendance

3. TRADITIONAL MEAT-BASED PRODUCTS

Duration:	4 hours
Goals: learners will be able to:	<ul style="list-style-type: none"> - classify meat, game, cold cuts according to origin - analyse organoleptic properties and product sector qualities of the most typical meat products - describe meat processing stages according to typology - recognise meat preservation methods according to its use
Topics:	<ul style="list-style-type: none"> - Traditional meat (fresh or processed) from the territories of: Friuli Venezia Giulia, Veneto, Emilia Romagna, Istra, Kvarner <ul style="list-style-type: none"> ▪ Fresh meat: Snails, White Veal from Appennines (Vitellone bianco dell'Appennino PGI), Romagnola cattle (Slow Food Presidium), Mora Romagnola Swine Breed (Slow Food Presidium), <i>Romagnolo chicken</i>, Padovana chicken (Slow Food Presidium), Istrian cattle (Boscarin), Istrian sheep, Istrian donkey, Istrian goat, Losinj-Svinjetina (Pork), Losinj-Divljač (Wild game meat) ▪ Processed meat: Istrian prosciutto PDO, Prosciutto San Daniele PDO, Prosciutto Veneto Berico-Euganeo PDO, Italian Salamini alla Cacciatora PDO (VEN), <i>Salama da Sugo (PGI + Slow Food Presidium)</i>, Salame Cremona PGI, Pitina (PGI + Slow Food Presidia), Prosciutto di Sauris PGI, Pestàt di Fagagna (Slow Food Presidia), Varhackara (Slow Food Presidium), Bondiola, Spalla cotta di Carnia, Cotto Praga, Brusadule, Musetto, Cicines o fricis, Pestadice, Markundele, Salame d'oca, Prosciutto d'oca, Petto d'oca affumicato, Oca in onto (Slow Food Presidium), <i>Bel e Cot, Lingual</i>. See also https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398 - Organoleptic qualities and product sector properties of meat - Meat processing and cutting procedures - Preservation methods

Methodologies and tools:	The course is taught mainly through seminars. Traditional and multimedia technologies will be used and products of interest will be showed. No specific admission requirements.
Course materials:	Lesson notes
Evaluation:	Learners will be required to take test with opened and closed-ended questions in order to evaluate the learning of basic course concepts
Certificate issued:	Certificate of attendance

4. FOOD ALLERGIES AND INTOLERANCES, CELIAC DISEASE

Duration:	4 hours
Goals: learners will be able to:	<ul style="list-style-type: none"> - recognise the main features of food allergies and intolerances - select suitable raw ingredients paying attention to food intolerances and allergies - recognise signs and symptoms of the celiac disease - safety rules to avoid contamination when handling and preparing food
Topics:	<ul style="list-style-type: none"> - global overview of the main food allergies and intolerances - celiac disease: definition, symptoms and the importance of diet - the careful selection of raw materials with attention to food allergies and intolerances - food safety: the risk of contamination during preparation and storage, critical control points (table service)
Methodologies and tools:	The course is taught mainly by seminars. Traditional and multimedia technologies will be used and products of interest will be shown. No specific admission requirements.
Course materials:	Lesson notes
Evaluation:	Learners will be required to sit a test with open and closed questions in order to evaluate the learning of basic course concepts
Certificate issued:	Certificate of attendance

5. EGG PASTA: HOME-MADE PROCESSING

Duration:	16 hours
Entrance requirements:	- mastery of all basic cooking and food processing techniques (verified by a practical entry test or by declaration of the applicant)
Exit competences: learners will be able to:	- describe the organoleptic characteristics of hand-made products - manage pasta manufacturing - manage home-made techniques - identify typical characteristics of home-made production of Emilia Romagna
Topics:	- Pasta typologies: <ul style="list-style-type: none"> ▪ soft wheat flour pasta ▪ durum wheat pasta - Features of a good quality product: <ul style="list-style-type: none"> ▪ maximum humidity, protein content, acidity rate, ash content - The manufacturing process: kneading, wire-drawing, drying - Traditional manufacturing processing - Traditional pasta from Emilia Romagna, Veneto, Friuli Venezia Giulia, Istria, Kvarner
Methodologies and tools:	The course is taught mainly through practical lessons. Time will be dedicated to field testing of production techniques.
Course materials:	Lesson notes/slides/cookbook
Evaluation:	Learners will be required to sit a practical test in the kitchen lab in order to evaluate their technical competencies
Certificate issued:	Evidence of learning outcomes

6. CHOICE OF SEASONAL RAW INGREDIENTS

Duration:	16 hours
Course prerequisites:	- basic knowledge of food commodity science (verified through an entry test or by declaration of prior experience)
Exit competences: learners will be able to:	<ul style="list-style-type: none"> - recognise quality products according to season - define the main physical and nutritional characteristics of a quality product - create a menu with seasonal raw ingredients
Topics:	<ul style="list-style-type: none"> - seasonality in the quality kitchen - seasonal food calendar - organoleptic qualities of raw ingredients - food from spring, summer, autumn, winter - how to recognize and choose the best seasonal food - techniques of food supply
Methodologies and tools:	The course combines both theory and practice. Traditional learning tools will be used as well as product description and experience.
Course materials:	Lesson notes/slides/ food commodity forms
Evaluation:	Learners will be required to sit a practical test in the kitchen lab. Each participant is expected to create a menu using seasonal raw ingredients.
Certificate issued:	Evidence of learning outcomes

7. STRATEGIES FOR THE TERRITORY VALORIZATION

Duration:	24 hours
Course prerequisites:	- basic marketing knowledge (verified by an entry test)
Exit competences: learners will be able to:	<ul style="list-style-type: none"> - organize actions for a territory development strategic plan - choose the main marketing tools - guide the strategy according to the demands of the market and the territory
Topics:	<ul style="list-style-type: none"> - Territorial marketing: definition and fields of application - The reason of marketing strategies applied on promotion of the territory - The elements of territorial marketing <ul style="list-style-type: none"> ▪ how to define a territorial marketing project ▪ target audience and the fragmentation of touristic demand - Analysis of strong and weak points of the territory: <ul style="list-style-type: none"> ▪ Territorial competitiveness ▪ Territory operators regarded as actors - The planning of territorial marketing
Methodologies and tools:	The course combines theory lessons with practical tasks and case studies analysis.
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners will be required to write a paper where they plan the steps, activities and tools necessities to promote the resources of the territory
Certificate issued:	Evidence of learning outcomes

8. FOOD AND WINE PAIRING

Duration:	16 hours
Course prerequisites:	- basic knowledge of food commodity science (verified through an entry test or by declaration of prior experience)
Exit competences: learners will be able to:	- match wine and food appropriately - analyse sensory qualities of food - analyse organoleptic qualities of wine
Topics:	- wine: qualities and service - Italian and Croatian Wine tasting - sensory qualities of food - general rules for food and wine pairing <ul style="list-style-type: none"> ▪ white wine pairings ▪ red wine pairings ▪ sparkling wine pairings ▪ sweet wine pairings
Methodologies and tools:	The course is taught through theory lessons. Time will be dedicated to case study analysis and practice.
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners are required to sit a practical test in the kitchen lab. Each participant is expected to pair wine with recipes from a selection given by the teacher.
Certificate issued:	Evidence of learning outcomes

9. PASTA or RICE BASED FIRST COURSES: TRADITIONAL AND HISTORICAL RECIPES

Duration:	8 hours
Course prerequisites:	<ul style="list-style-type: none"> - basic knowledge of food commodity science - mastery of all basic cooking and food processing techniques (verified declaration of the applicant)
Exit competences: learners will be able to:	<ul style="list-style-type: none"> - arrange raw ingredients and semi-finished food products necessary for the recipe - use cooking techniques that preserve the quality of ingredients - prepare traditional / historical pasta based-first courses
Topics:	<ul style="list-style-type: none"> - great traditional / historical Italian first courses: <ul style="list-style-type: none"> ▪ <i>minestra di passatelli (passatelli soup)</i> ▪ <i>tortelli di zucca (tortelli stuffed with pumpkin)</i> ▪ spaghetti col sugo di seppie o Spaghetti con le acciughe (spaghetti with cuttlefish sauce or anchovy) ▪ cappelletti all'uso di Romagna (Cappelletti Romagna Style) ▪ tagliatelle alla romagnola (tagliatelle Romagna Style) ▪ strozzapreti, strichetti ▪ tortelli alla lastra ▪ meat and macaroni pie (pasticcio di maccheroni) ▪ <i>tagliolini with pork shank and courgette chips</i> ▪ <i>ofelle alla triestina (Trieste-style stuffed gnocchi)</i> ▪ Fregoloz di jerbis ▪ Blecs ▪ Cjarsons ▪ Strucolo in straza ▪ Potato dumplings (Gnocchi di patate) ▪ Risotto con lo sclopit (risotto with Silene Inflata) ▪ Riso coi tochi (rice with chicken) ▪ Risi e bisi (rice with peas)

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- pasta e fagioli (soup of pasta and beans)
 - pappardelle di castagne con ragù di coniglio (pappardelle pasta of chestnut flour with rabbit sauce)
 - bigoli
 - the most representative traditional / historical recipes from Istria
 - Fuži with game sauce
 - Pljukanci ili fuži sa šugom od kokoši ili boškarina - Traditional Istrian pasta “pljukanci” or “fuži” with chicken or Istrian beef sauce
 - Štruclji s istarskom pancetom - Traditional Istrian pasta “štruclji” with Istrian pancetta
 - Gulaš od divljači s njokima od pirovog brašna - Venison stew with spelt gnocchi
 - Njoki punjeni šljivama ili marmeladom od marelica - Gnocchi filled with plums or apricot jam
 - The most representative recipe from Kvarner
 - Domaće papardelle s creskim veprom i naribanim ovčjim sirom (Homemade papardelle pasta with Cres boar and grated sheep cheese)
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Methodologies and tools: The course is taught mainly through theory lessons. Traditional and multimedia technologies will be used.

Course materials: Cookbook

Evaluation: Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher

Certificate issued: Evidence of learning outcomes

10. MEAT-BASED SECOND COURSES: TRADITIONAL AND HISTORICAL RECIPES

Duration:	18 hours
Course	- basic knowledge of organoleptic characteristics of meat
prerequisites:	- mastery of all main cooking and food processing techniques
Exit	- prepare semi-finished food products to use in the preparation of typical dishes
competences:	- use cooking techniques that preserve the quality of raw ingredients
learners will be able to:	- prepare great traditional / historical dishes from the territory
Topics:	<ul style="list-style-type: none"> - traditional / historical recipes: <ul style="list-style-type: none"> ▪ <i>brovade e muset</i> (fermented turnip and large boiled pork sausage) ▪ <i>cooked pork in crust of bread</i>, ▪ <i>Wild boar médaillons with terrano wine and horseradish sauce with pan-cooked potatoes revisited</i> ▪ Salam tal aseit (salami stewed in vinegar) ▪ Mixed boiled meat ▪ “Pork bones” (Ossa di maiale) ▪ Porzina ▪ Baked ham in crust (Prosciutto cotto in crosta) ▪ Gulasch from Trieste ▪ Rambasicci ▪ Jugged Roe-deer (Capriolo in salmi) (FVG) ▪ Vinegarish Farmers’ “Soppressa” salami with Biancoperla polenta ▪ Veal cheek with potato purée ▪ Liver Venetian style ▪ Sopa Coda (VEN) ▪ Rabbit stew ▪ Rabbit stuffed with prosciutto ▪ Pork chops stuffed with artichokes (Bracioline ripiene coi Carciofi) ▪ Veal carpaccio with Blackthorn mushrooms (Calocybe gambosa) ▪ milk- fed veal or lamb cutlets with truffles Bolognese style

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- pot - roasted leg or shoulder of mutton
 - lamb with peas Romagna style
 - hunters' chicken/ farmers' chicken– (ER)
 - *quick istrian cattle boškari liver*
 - *Istrian cattle boškari batuda (batuda - primorje hot pot or stew)*
 - *cheeks in a pan*
 - *stracola tagliata with cherry tomatoes*
 - *Istrian cattle boškari pot roast (stracotto) with fried polenta*
 - *braised istrian cattle boškari ribs with mashed potatoes*
 - Istrian rabbit in a pot with garlic potato
 - Sautéed Istrian beef with potato and cabbage (ISTRA)
 - Beef cheek with roasted cabbage and red wine (ISTRA/KVARNER)
- different cooking techniques according to typology

Methodologies and tools: The course is taught mainly through practice lessons. Time will be dedicated to field testing of cooking techniques and preparation of recipes.

Course materials: Cookbook

Evaluation: Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher

Certificate issued: Evidence of learning outcomes

11. CREATE A MENU ENHANCING THE VALUE OF LOCAL TRADITION

Duration:	24 hours
Course prerequisites:	<ul style="list-style-type: none"> - basic knowledge of organoleptic characteristics of meat, fish, cheese - mastery of all the basic cooking techniques and food processing techniques
Exit competences: learners will be able to:	<ul style="list-style-type: none"> - prepare semi-finished food products to use in the preparation of typical dishes - use cooking techniques that preserve the quality of raw ingredients - prepare great traditional dishes from the territory
Topics:	<ul style="list-style-type: none"> - the most representative traditional starters <ul style="list-style-type: none"> ▪ cold cuts (pork, goose, sheep salami or prosciutto, raw, smoked or cooked – see also PDO, PGI and Slow Food Presidia), toc in braide, salamat aseit, lidric cun lis fricis/ radicchio con le cicciole, ham in bread crust, soppressa with polenta biancoperla), cheese (<i>crisp frico</i>, <i>soft frico</i>) ▪ fish-based appetizers: baccalà mantecato, smoked trout "Regina di San Daniele" del F.; trout "Fil di fumo", Sardoni barcolani in savor, Pedoci alla scotadeo, sarde in saor, Tuna Carpaccio with Marinated Celery, Sea Bass Carpaccio with Salted Fish, Olive oil and Aromatic Herb Dressing, mussels or clams sauté, stewed moscardini (musky octopus) - great traditional/ historical first courses <ul style="list-style-type: none"> ▪ traditional first courses (see Unit 9 "PASTA or RICE BASED FIRST COURSES: TRADITIONAL AND HISTORICAL RECIPES") or vegetable soups (see Unit 16 "FRUIT OR VEGETABLE-BASED DISHES: TRADITIONAL AND HISTORICAL RECIPES") ▪ traditional / historical fish-based dishes (see Unit 15 "FISH-BASED DISHES: TRADITIONAL AND HISTORICAL RECIPES") ▪ traditional / historical meat or game based second courses (see Unit 10 "MEAT-BASED SECOND COURSES: TRADITIONAL AND HISTORICAL RECIPES")

- traditional / historical bakery and pastry products (see Unit 17 “BAKERY AND PASTRY TRADITIONAL AND HISTORICAL RECIPES”)

Methodologies and tools:	The course is taught mainly through practice lessons. Time will be dedicated to field testing of cooking techniques and preparation of recipes.
Course materials:	Cookbook
Evaluation:	Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher.
Certificate issued:	Evidence of learning outcomes

12. RESTAURANT MANAGEMENT TECHNIQUES

Duration:	24 hours
Course prerequisites:	- prior work experience in the food service industry (declaration by the applicant)
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - recognise the characteristics of both commercial and industrial catering - recognise different roles in the catering sector - apply correct criteria when selecting supplier - implement techniques for purchase and stock management - apply methods to control the quality of both service and products - adopt techniques to control cost and income
Topics:	<ul style="list-style-type: none"> - introduction to industrial and commercial catering <ul style="list-style-type: none"> ▪ catering production cycle ▪ organisational structure ▪ hierarchy and job roles ▪ description of food and beverage costs
Methodologies and tools:	The course is taught through theory lessons during which time will be dedicated to the analysis of cases connected to the sector professional practice.
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners are required to sit a practical test based on the teachers' information
Certificate issued:	Evidence of learning outcomes

13. EMBLEMATIC LOCAL FISH PRODUCTS

Duration:	8 hours
Course pre-requisites:	None
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - recognise territoriality and typicity of products - identify organoleptic characteristics of emblematic local fish products - know the different categories of fish, the different ecosystems they are fished from, the different fishing techniques or fish-farming - be aware of the freshness indicators and of the preservation issues for fish products - compare the characteristics of local fish products with not Adriatic fish products
Topics:	<ul style="list-style-type: none"> - Emblematic fish products: territoriality and typicity - Organoleptic qualities and nutritional properties of fish - Water Ecosystems for fishing: lake, river, lagoon, coast, open sea... - Traditional fish products from: <ul style="list-style-type: none"> ▪ Emilia Romagna: Seppia (cuttlefish, Sardoni (anchiovies), Sarde (sardines), Cicale (Squills), Totani (flying squids), vongole (clams), Anguilla di Comacchio (eel from Comacchio), baccalà (salt cod) ▪ Veneto: Moscardino (musky octopus) from Caorle, Schia (Grey Shrimp from the lagoon - Crangon Crangon), Gamberi di Fiume (freshwater crayfish "Austropotamobius pallipes italicus"), Anguilla del Livenza (eel from Livenza river), Canestrello Bianco di Caorle (white queen scallops, Clams from Caorle, Baccalà (salt cod) ▪ Friuli Venezia Giulia: Sardoni barcolani, Mormora (Lithognathus mormyrus) from Miramare, Passera coi ovi (Plaice with Eggs "Platichthys flesus italicus"), Pedocio de Trieste (mussel from Trieste), squid fished with the traditional method "saccavela", Mussolo de scoio (Arca noae), Dondolo (sea truffle "Venus Verrucosa"), Canocia de nassa (Pot-caught Mantis Shrimp)

See also:

<https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398>

- Istria: pedoči (Mediterranean mussel), srdela (European pilchard), inčun (European anchovy), škampi (scampi, shrimp, prawn), oštrige (Oyster), škombri (Atlantic mackerel), oslić (European hake), ugor (European conger), ribon (Common pandora), baraj (Common two-banded sea bream)
- Kvarner: Zubatac (Dentex), Šarag (white seabream), Brancin (seabass), Morski pas (Shark)

Methodologies and tools:	The course is taught mainly through seminars. Traditional and multimedia technologies will be used and products of interest will be showed.
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners will be required to sit a test with open and closed-ended questions in order to evaluate the learning of basic course concepts
Certificate issued:	Certificate of Attendance

14. AUTOCHTHONOUS VEGETABLES, CEREALS AND FRUIT

Duration:	4 hours
Course pre-requisites:	None
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - recognise territoriality and typicity of products - know autochthonous crops (fruit, cereals and vegetables) of interest for the KeyQ+ Project - identify organoleptic characteristics of local / autochthonous fruit, cereals and vegetables - Be aware of “forgotten fruit, ancient grains and vegetable” crops - compare the characteristics of autochthonous fruit, cereals and vegetables with other varieties on the global market
Topics:	<ul style="list-style-type: none"> - Autochthonous fruit, vegetables and cereals: territoriality and typicity from: <ul style="list-style-type: none"> ▪ Emilia Romagna: Cardo gigante (giant cardoon) from Romagna, Asparago di Pineta (Pineyard asparagus), Carciofo Moretto (Black artichoke) from Brisighella, Marroni (chestnuts) from Montefeltro, Fragola (strawberry) from Lagosanto, Rice from Po Delta, Pear from Emilia Romagna PGI, Nettarina Peach from Romagna PGI, Peach “Pesca Bella” from Cesena, Peach “buco incavato”, Pear “Volpina”, Pear “Scipiona”, Voghiera Garlic, Shallot from Romagna, Yellow pumpkin “Violina”, White/black/pineyard truffle, “stridoli”(Silene Vulgaris), Cherry from Cesena ▪ Veneto: Green Asparagus Montine, White Asparagus Bibione, White Asparagus from Palazzetto, Green artichoke from S.Erasmo, Bean Meraviglia di Venezia, Lamon bean, Bean “Fasolo gnoco borlotto”, Giuggiole (jujube), Biancoperla corn, Bisi de Peseggia (Peseggia Peas), White onion from Chioggia, Giant Cicoria catalogna from Chioggia, Chestnuts from Euganei Hills, Green celery from Chioggia, Yellow plum from Liopiccolo, Chioggia Carrot, Chioggia Potato, White peach from Venice, Venetiam Pears, Big Rivers Walnut, Chioggia marine pumpkin, Chioggia beetroot, Treviso Chicory, Castelfranco Veneto Chicory, Lusia Chicory, Chioggia Chicory;

- Friuli Venezia Giulia: Resia Garlic (Slow Food Presidium), White asparagus, Borlotti beans from Carnia, San Quirino Beans (Slow Food Presidium), Ribis Potato, Godia Potato, Lidric cul poc (wild chicory), Verzegnis turnip, Friulan broccoli, Red onion from Val Cosa (Slow Food Presidium), Blave di Mortean (corn flour), pink chicory “rose from Gorizia” (Slow Food Presidium), Sclopit (Silene vulgaris), Zeuka Apple, Cherry “duracina di Tarcento”, black fig from Caneva, walnut “canalutta”, Vito d'Asio walnut, Peach “isontina”, Peach “triestina”, olivello spinoso (Hippophae rhamnoides), Bianchera olive;

See also:

<https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398>

- Istria: istarski crveni češnjak (Istrian red garlic), luk (Istrian onion), ekstra djevičansko maslinovo ulje (Extra virgin olive oil), teran (Red wine Teran), krumpir (potato), fažol (Beans), bob (Broad bean), biž (Pea), slanac (Chickpea), kukuruz (Corn), pšenica (Spelt), zelje (Cabbage), pomidori (Tomato), tikvice (Zucchini), malancani (Eggplant);
 - Kvarner: Maslinovo ulje (Olive oil), Smokva (Fig), Origano (Oregano), Mirta (Myrtle), Lavanda (Lavender), Šparoge (Sparagus), Lošinjski luk (Lošinj onion), Menta (Mint), Lovor (Bay leaf), Ružmarin (Rosemary), Motar (Samphire), Peršin (Parsley)
- Organoleptic qualities and nutritional properties of autochthonous crops

Methodologies and tools:	The course is taught mainly through seminars. Traditional and multimedia technologies will be used and products of interest will be showed.
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners will be required to sit a test with open and closed-ended questions in order to evaluate the learning of basic course concepts
Certificate issued:	Certificate of attendance

15. FISH-BASED DISHES: TRADITIONAL AND HISTORICAL RECIPES

Duration:	18 hours
Course prerequisites:	<ul style="list-style-type: none"> - basic knowledge of organoleptic characteristics of fish - mastery of all main cooking and food processing techniques
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - prepare semi-finished food products to use in the preparation of typical and historical dishes - use cooking techniques that preserve the quality of raw ingredients - prepare great traditional dishes from the territory
Topics:	<ul style="list-style-type: none"> - traditional recipes (see also dishes with fish from Unit 9 PASTA or RICE BASED FIRST COURSES: TRADITIONAL AND HISTORICAL RECIPES): <ul style="list-style-type: none"> ▪ Istria: pedoči na buzaru (mussels buzzara style), salata od folpi (octopus salad), brodel od ribe i školjaka s palentom (Fish and shellfish stew with polenta) ▪ Kvarner: Salata od hobotnice (Octopus salad), Odrezak tune na žaru s preljevom od slanah srdela (Grilled tuna steak with a sauce of salted sardines), File orade s ribanim sirom na orzotu od broskve (Fillet of gilthead bream with grated cheese on a bed of orzotto with kale), Morski pas sa sezamom na žaru (Grilled sesame shark steak) ▪ Friuli Venezia Giulia: Pedoci a scotadeo (mussels “scotadeo” style), anguilla in umido (stewed eel), Baccalà (salt cod), ‘Bisato in spèò’- Anguilla allo spiedo (eel on a spit) from Marano Lagunare, Brodetto alla gradese, Brodetto alla ‘maranesa’ (Marano Lagunare), Brodetto alla ‘triestina’, Renghe e Sarde 'in saòr'; ▪ Veneto¹: stewed eel with green “amoli” (Prunus cerasifera), sarde in saor, marinated eel from Po Delta, bigoli in salsa, fried moeche, “renga” (herrings) fillets, musky octopus casserole with polenta, broeto de seppe, boiled caorle

¹ spaghetti with clams, risotto with small scallops, spaghetti al nero di seppia

musky octopus, marinated anchovies and sardines, fish soup, baccalà alla vicentina (salt cod Vicenza style);

- Emilia Romagna²: marinated eel from Po Delta, stewed eel in Comacchio style, stuffed sardines, grilled flying squids, fish stew, grilled grey mullet, grilled salt cod, cuttlefish with peas, anchovies marinara, stuffed squill, grilled rock mullet; See also:

<https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/398>

- different cooking techniques according to typology
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Methodologies and tools: The course is taught mainly through practice lessons. Time will be dedicated to field testing of cooking techniques and preparation of recipes.

Course materials: Cookbook

Evaluation: Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher

Certificate issued: Evidence of learning outcomes

² risotto with clams from Goro, spaghetti in cuttlefish sauce, spaghetti with anchovies, spaghetti with clams, strozzapreti with squills

16. FRUIT OR VEGETABLE-BASED DISHES: TRADITIONAL AND HISTORICAL RECIPES

Duration:	18 hours
Course prerequisites:	<ul style="list-style-type: none"> - basic knowledge of organoleptic characteristics of fruit and vegetables - mastery of all main cooking and food processing techniques
Exit competences-learners will be able to :	<ul style="list-style-type: none"> - prepare semi-finished food products to use in the preparation of typical and historical dishes - use cooking techniques that preserve the quality of raw ingredients - prepare great traditional and historical dishes from the territory
Topics:	<ul style="list-style-type: none"> - traditional recipes (see also dishes with vegetables or fruit in Units 9 “PASTA or RICE BASED FIRST COURSES: TRADITIONAL AND HISTORICAL RECIPES”, 10 “MEAT-BASED SECOND COURSES: TRADITIONAL AND HISTORICAL RECIPES” and 17 “BAKERY AND PASTRY TRADITIONAL AND HISTORICAL RECIPES”): <ul style="list-style-type: none"> ▪ Istria: Njoki punjeni šljivama (Gnocchi filled with plums), Breskve u vinu (Peaches in red wine), Čerišnje ili grožđe u vinu (Cherries or grapes in wine), Frigane cukete i malancan (Zucchini and eggplant fritters), Zelje na padelu (Cabbage in a pot), Salata od krumpira i radiča (Potato and radicchio salad) ▪ Kvarner: Košarice punjene kremom od suhих smokvi i medom (Fig and honey cream filled baskets), Kolač od jabuka, meda i badema (Apple, honey and almond cake), Juha od koromača (Fennel soup) ▪ Friuli Venezia Giulia³: Zuf (<i>minestra di zucca</i>), Polenta, Brovada, Radic di mont sott'olio, Mieli del friuli, jota. See also Units ▪ Veneto: asparagus with eggs, bean soup, stewed artichoke bottoms, grilled Treviso chicory

³ Fregoloz di jerbis, Cjarsons, Strucolo in straza, Gnochi de susini, Pasta e fagioli, Gnocchi di patate, Risotto/orzotto con lo sclopit, lidric cun lis fricis, Gubana e strucchi (frutta secca), Gnocchi de susini are included in the “PASTA BASED Traditional dishes”

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- Emilia Romagna: Minestra di erbe passate (pureed vegetable soup), stuffed peaches, stuffed zucchini, artichoke and pea pie, cauliflower Romagna style, stewed cardoons
 - different cooking techniques according to typology

Methodologies and tools: The course is taught mainly through practice lessons. Time will be dedicated to field testing of cooking techniques and preparation of recipes.

Course materials: Cookbook

Evaluation: Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher

Certificate issued: Evidence of learning outcomes

17. BAKERY AND PASTRY TRADITIONAL AND HISTORICAL RECIPES

Duration:	18 hours
Course prerequisites:	<ul style="list-style-type: none"> - basic knowledge of organoleptic characteristics of cereals / grains - mastery of all main cooking and food processing techniques
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - prepare semi-finished food products to use in the preparation of typical and historical bakery and pastry products - use cooking techniques that preserve the quality of raw ingredients - prepare great traditional / historical bakery and pastry products from the territory
Topics:	<ul style="list-style-type: none"> - traditional recipes: <ul style="list-style-type: none"> ▪ ISTRIA: Istrian traditional deserts: Pazinski cukerančić, kroštule, fritule, paštine, pandešpanj ▪ KVARNER: Cres and Lošinj traditional deserts: Kroštule, fritule, krokant (za svečanost), grašnjaci, štrudla od jabuka s medom (Apoksiomenova antička kuhinja) ▪ Friuli Venezia Giulia⁴: Putizza, Gubana, <i>Strucchi</i>, boiled strucchi, Cjarsons dolci, Buiadnik, Cjalcune, Biscuits “Esse” from Carnia, Biscuits Pevarins, Favette triestine, Pinza triestina, Biscuit Pordenone, Colaz, Presnitz ▪ Veneto: Pinza veneta, rice pudding (“riso al latte”) , biscuits “baicoli”, biscuits “bussolai”, biscuits Pevarin, Bossolà di Chioggia, “Galani e crostoli”, Zaletti, mandorlato veneziano ▪ Emilia Romagna: Coppia ferrarere PGI, Pear compote, Pampepato, Tenerina cake, Castagnaccio (or Migliaccio made of sweet flour), stuffed peaches, Bustrengo, “Piada dei morti” (sweet piadina on All Souls' Day), riso in composta (rice compote), “gelatina di fragole in gelo” (chilled strawberry gelatin).

⁴ Gnochi de susini

	See also: <a href="https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPa
gina/398">https://www.politicheagricole.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPa gina/398
	- different processing and baking techniques according to typology
Methodologies and tools:	The course is taught mainly through practice lessons. Time will be dedicated to field testing of cooking techniques and preparation of recipes.
Course materials:	Cookbook
Evaluation:	Learners are required to sit a practical test in the kitchen lab based on the recipes given by the teacher
Certificate issued:	Evidence of learning outcomes

18. FOOD FEATURES

Duration:	4 hours
Course prerequisites:	- basic knowledge of food commodity science (verified through an entry test or by declaration of prior experience)
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - understand the characteristics of food that determine its taste, look, smell and its nutritional value - understand that cooking (with different techniques) and other processes (smoking, salting, brining, seasoning...) can produce changes in food aspect, taste, smell, nutritional properties and preservability - Understand that food may have different symbolisms in different cultures and that different products can be considered food or not in different cultures, traditions, religions and ethical frameworks.
Topics:	<ul style="list-style-type: none"> - Food in different ages and cultures: evolution of the concept of food across the time (from learning how to control fire for cooking to nowadays) and continents (what is considered food in different Countries) - Nutrients - Organoleptic properties of food (taste, smell, appearance, texture...) - Cooking techniques and other food processing techniques /technologies - Symbolism of food
Methodologies and tools:	the course combines theory lessons with practical tasks and case studies analysis
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners will be required to sit a test with open and closed questions in order to evaluate the learning of key concepts from this unit
Certificate issued:	Certificate of attendance

19. BIODIVERSITY AND FOOD

Duration:	4 hours
Course pre-requisites:	- basic knowledge of food commodity science (verified through an entry test or by declaration of prior experience)
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - know the concept of biodiversity: variety and variability of genes, species and ecosystems - understand the value of biodiversity for food security and nutrition: to give access to food to malnourished or undernourished people, preserve natural resources, face the effects climate change or pests, diseases, etc. - know the dimension of the problem of loss of biodiversity (number of species extinct, endangered or vulnerable) and the responsibility of human activities on the increased rate of extinction of animals and plants.
Topics:	<ul style="list-style-type: none"> - Biodiversity, genes, species and ecosystems - Overexploitation, pollution, habitat loss, climate change, invasive alien species - Red list of threatened species - Agricultural biodiversity, livestock breeds and crop varieties
Methodologies and tools:	The course combines theory lessons with practical tasks and case studies analysis
Course materials:	Lesson notes/slides/case study
Evaluation:	Learners will be required to sit a test with open and closed questions in order to evaluate the learning of key concepts from this unit
Certificate issued:	Certificate of attendance

20. FOOD - STORYTELLING IN RESTAURANT SERVICES

Duration:	16 hours
Course prerequisites:	- basic knowledge of food commodity science (verified through an entry test or by declaration of prior experience)
Exit competences-learners will be able to:	<ul style="list-style-type: none"> - understand the features of the menu and dishes that the foodies / gastronomists/ responsible tourism customer would like to know about the menu, dishes and wines - present in a simple but attractive way a menu giving relevant information about its special features, such as: <ul style="list-style-type: none"> ▪ origin, autochthony of the ingredients, variety/breed, growing /breeding conditions, catching/fishing techniques (in case of wild animals or fish), organoleptic characteristics, seasonality, processing/preserving techniques/ technologies, etc. ▪ history/tradition related to the ingredient or dish ▪ properties related to health and wellness ▪ curiosity and consumption hints about the ingredient or dish.
Topics:	<ul style="list-style-type: none"> - Communication: food-telling of quality products - Quality elements of food beyond safety and traceability requirements: what makes the food good (taste, smell and other organoleptic features of the food), clean (environmentally sustainable and safe for the planet) and fair (socially sustainable and equally remunerated along the whole food-chain).
Methodologies and tools:	the course combines theory lessons with practical tasks and case studies analysis
Course materials:	Lesson notes/slides/case study

Evaluation: Learners will be required to present a menu as a case study, providing the relevant information about the ingredients, recipes and production / processing techniques.

Certificate issued: Evidence of learning outcomes
