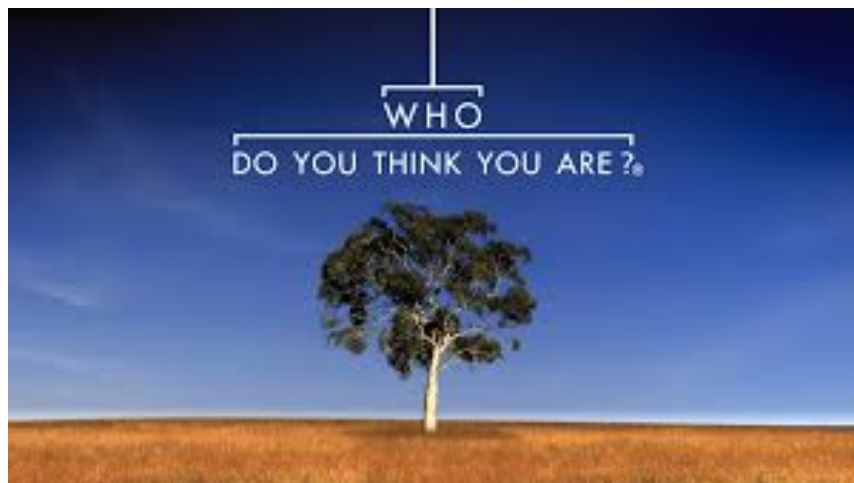




POLLENZO
F|O|O|D|L|A|B

Let's plan to avoid waste

LOVE
FOOD
NOT
WASTE



Hi, I'm a cook...
so what?

What do you expect from me?

What do I expect from myself?



WHY
did I choose this job?

Hi, I'm a cook...
so what?



Between Me and You



Men is a communication tool

Matching Needs



Men



ù
SAFE

→ be conscious of
allergies/intolerance/special
needs.

→ Follow safe procedures

BRISTOL GRILL

— Tradition, quality and service since 1924 —

Chef's menu

In addition to our à la carte menu, our chef and his creative team have prepared a 5-course special menu that is exchanged periodically.

Celery

Coregonus roe and caramelized whey
(M, G)

Shrimp

Cabbage and broth
(L, M)

Lamb Shank

Onions and mushrooms
(M, G)

Ox

Potato cream and truffle
(M, W, G)

Dessert

Variety of Hazelnut
(M, S, W)

TASTY

→ work to create something good

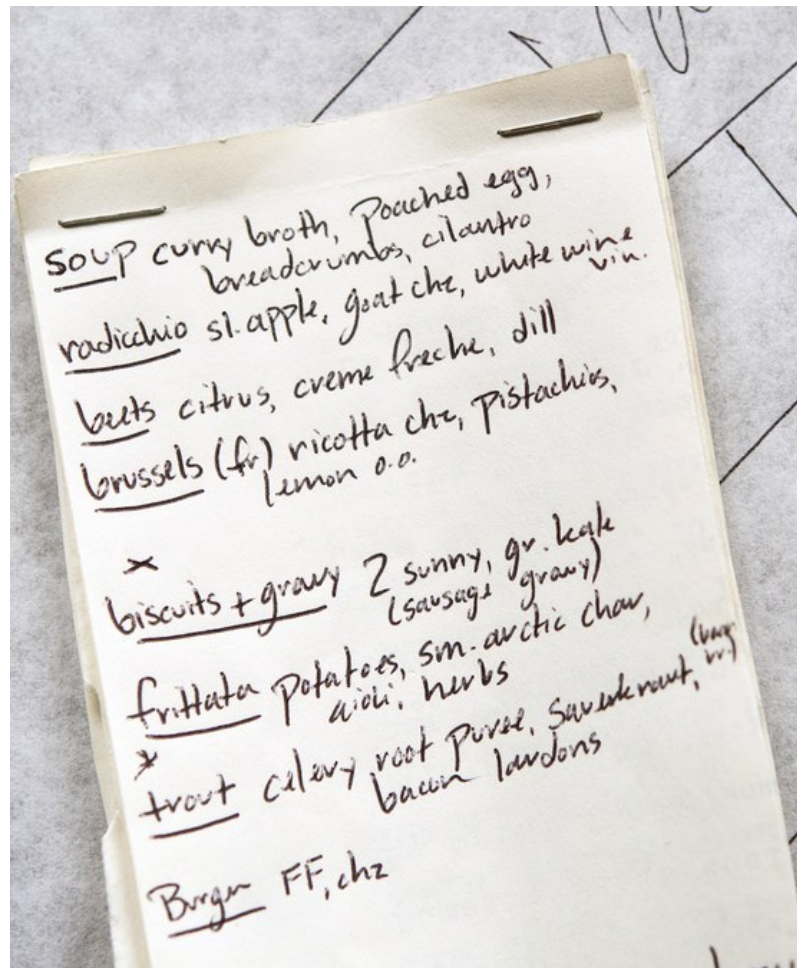
NUTRIENT

→ Consider health and well-being

 **Men**

SAFE **ù**

→ Fair work conditions



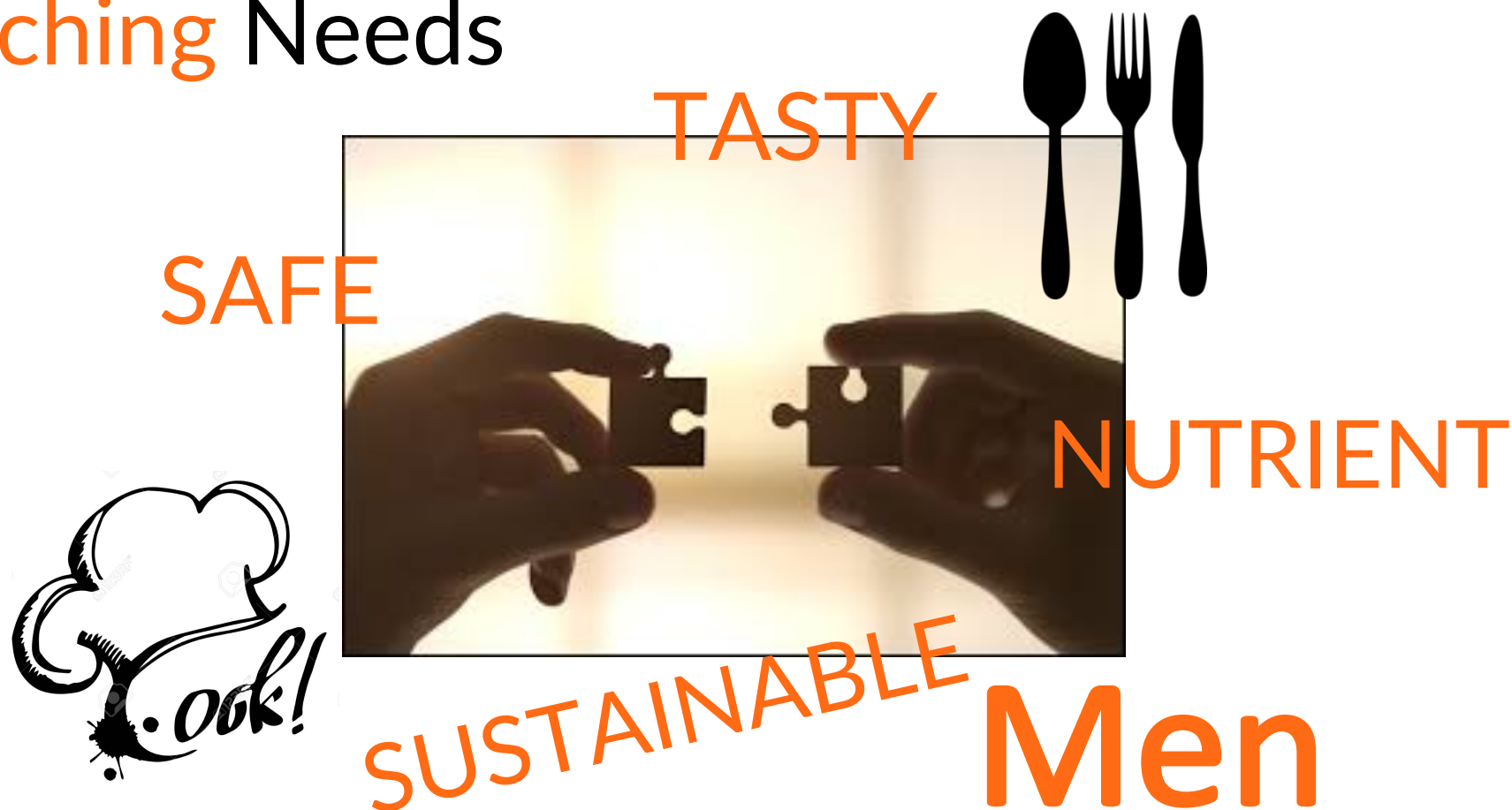
TASTY

→ Create something and express yourself

NUTRIENT

→ Continue to learn and grow as professional

Matching Needs



Men as a Planning Tool

SUSTAINABLE

TASTY

Seasonality

Equipment

Money

Storytelling

Guests

Name of the Plate	Ingredients	Prep.	Allergens	G F	L F	Egg Free	V E G	V e g a n

Motivation

SAFE

NUTRIENT

Supplying

Human resource

Location and Logistic

Men as a Planning Tool

Name of the Plate	Ingredients	Prep.	Allergens	G F	L F	Egg Free	V E G	V e g a n

Parametric

Parametric

WHAT DEFINES PROFESSIONAL RECIPES?

Recipe's title
Recipe
Ingredients

Doses

Number of portions

Operations/Processes

Time and temperature

Parametric Relationships

Time/Temperature
/Means
Relationships

Organoleptic
result

Parametric

Why?

Ingredients	Parametric Doses	Batch (grams)	N° biscuits	1 biscuits (grams)
Sugar	100%	1000	200	5
Butter	200%	2000		10
Flour	300%	3000		15
Eggs	30%	300		1,5
Baking powder				
Lemon zest				

SHORT PASTRY





FOR BISCUITS						
Ingredients	Parametric Doses	Batch (grams)	N° biscuits	1 biscuits (grams)	Price per kilos	Price per biscuits €
Sugar	100%	1000	200	5	1,10 €	0,0055
Butter	200%	2000		10	9,00 €	0,09
Flour	300%	3000		15	1,90 €	0,0285
Eggs	30%	300		1,5	0,6	0,015
Baking powder						
Lemon zest						
TOTAL						0,139

FOR CAKE						
Ingredients	Parametric Doses	Batch (grams)	N° biscuits	1 biscuits (grams)	Price per kilos	Price per biscuits €
Sugar	100%	1000	200	5	1,10 €	0,0055
Butter	150%	1500		7,5	9,00 €	0,0675
Flour	300%	3000		15	1,90 €	0,0285
Eggs	30%	300		1,5	0,6	0,015
Baking powder						
Lemon zest						
TOTAL						0,1165

Parametric

Sugar	Work till soften as a cream	K Hook						
Butter								
Flour			Dust flour and other ingredients (stop when the dough stay together)	Put on a trail with oven paper and rest it in fridge (4°C minimum 2h)	Cut in pieces (4x8 cm) and put in a trail (will be 10 trails)	190°C 11 min (first 7 minutes with closed valves then open valves)	Keep till 2 months in (-)	Remove from freezer 1h before serving
Eggs								
Baking Powder								
Lemon Zest								

Parametric

100% sugar	Work till soften as a cream (With K hook) 	Dust flour and other ingredients (stop when the dough stay together). 	Put on a trail with oven paper and rest it in fridge (4°C minimum 2h) 	190°C 11 min (first 7 minutes with closed valves then open valves).
200% butter				
300% flour				
Eggs, baking powder, lemon zest				
	→	→	Negative storage. Keep till 2 months in (-)	←

Men as a Planning Tool

Name of the Plate	Ingredients	Prep.	Allergens	G F	L F	Egg Free	V E G	V e g a n

Mise en

Mise en

Title	Ingredients	Allergens	Suppliers
Recipe 1			
Recipe 2			



Title	Prep.	Day1	Day 2	Line	Plate	MEP	Storytelling
Recipe 1							
Recipe 2							
Recipe 3							

Mise en

RICE WITH RAGU'

TITLE	INGREDIENTS	ALLERGENS			DAY 1	DAY 2	LINE	PLATE	MEP
RICE WITH RAGU' - Risotto al ragù ritrovato di Matteo	rice, carrots, celery, onions, beef meat, Parmigiano Reggiano cheese, butter, extra virgin olive oil, salt, pepper, bay leaves, rosemary, sugar	GF	EG G FRE E	Allergens: lactose, celery, tomato	Tomato sauce (B) - Roast meat (C) - Veggies broth (A)	Cut butter - grate Parmesan Cheese - Heat up broth - Roast rice	Rice - A - B - C - butter - Parmesan - Rosemary powder		Flat plate - hot - fork and knife

Ingredients	Parametric Doses	Batch (grams)	Pax	1 portion (grams)
Water	300%	9000	50	180
Onion	20%	600		12
Celery	10%	300		6
Carrot	10%	300		6
Bay leaves				
Salt	4%	120		2,4
Tomato sauce	80%	2400		48
Onion	20%	600		12
Celery	10%	300		6
Carrot	10%	300		6
Extra virgin olive Oil	2%	60		1,2
Salt	0,80%	24		0,48
Sugar	0,40%	12		0,24
Meat (beef belly)	40%	1200		24
Water	1%	30		0,6
Extra virgin olive Oil	1%	30		0,6
Salt	0,80%	24		0,48
Pepper	0,40%	12		0,24
Rice	100%	3000		60
Extra virgin olive Oil				
Butter	50%	1500		30
Parmesan Cheese	30%	900		18
Rosemary				

Cut coarsely	100°C 3h	Simmer to obtain a broth	Filter	A
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Finely chop	Brown and caramellized soffritto	Add tomato sauce and other ingredients	Simmer (80°C minimum 1h) till it concentrate	Blast chill at 4°C	B
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Grind	Put on an oven trail and season with all ingredients	250°C 15 min	Blast chill at 4°C	C
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Roast the rice	Add 1/2 of A	Simmer for 5 min	Add B and C and what remain of A	Simmer for 10 min	Mix (mantecare)	Plate
Dust						

Men An Example

The dinner, an expression of the kitchen as a tool for sharing and exchanging, will offer some dishes prepared during the training experience "Food for Inclusion" to tell, through the senses, the path of learning and professional growth. The dinner will accompany the participants along the borders where, through the meeting, the kitchens become contaminated giving life to new flavors: dishes symbol of identity will be found common to different cultures, ingredients and techniques will travel to create roots and new ties, different professionalism they will unite in a brigade of proud cooks.

Food for Inclusion ***Differences at the table***

22 September 2018
Bistrot La Centrale

Men An Example

ù Beverage

Mint tea
Africa Settentrionale

Bissap juice
Africa Occidentale e amatissimo in
Senegal

*And if you don't want to give up
wine...*

Batasiolo, Roero Arneis 2016

Falesco, Tellus, Syrah 2016

Menu

In the kitchen with Lucy Njuguna
(Alumna Unisg)
Samosa food tour

In the kitchen with Chef Jamal Makawi (Ristorante Zenobia Torino)
Felafel with white sauce


In the kitchen with Alieksei Taran (Alumno Unisg e Coordinatore dell'Orto Produttivo di Pollenzo) *Baba ganoush with biodiverse eggplants*

In the kitchen with Chef Christian Milone (Trattoria Zappatori di Pinerolo e Hafa Storie di Torino) *Risotto with red spices and meatballs*


In the kitchen with Ibrahim Saidykhan *Ceebu Jen, the dish of sharing*

In the kitchen with Chef Martin Vera and Academic Tables
Dulce de leche tiramisù

A Men for 2050

BASIC	FRESH INGREDIENTS	FRUITS AND VEGGIES	OTHER
<p>Flour (type 1 o 2) – 2 kg</p> <p>Salt – 1 kg</p> <p>Sugar– 1 kg</p> <p>Extra Virgin Olive oil– 3 lt</p> <p>Sunflower seed oil– 1 lt</p> <p>Vinegar – 1 lt</p> <p>Tomato sauce – 500 gr</p> <p>Dry pasta – 2 kg</p> <p>Rice (vialone nano o carnaroli) – 2 kg</p> <p>Spices (black pepper)</p> <p>Bread crumbs</p> <p></p>	<p>Milk 2 lt</p> <p>Cream 2 lt</p> <p>Eggs 30 pz</p> <p>Ricotta cheese 1 kg</p> <p>Parmigiano Reggiano cheese 500 gr</p> <p>Butter 500 gr</p> <p>MEAT</p> <p>Whole chickens (possibilmente ruspante) – 2 pezzi (con interiora)</p> <p>Bread – 2 filoni da circa 1 kg</p>	<p>Carrot – 2 kg</p> <p>Onions – 2 kg</p> <p>Celery – 1 kg</p> <p>Garlic – 2 teste</p> <p>Potatoes– 1 kg</p> <p>Aromatic herbs – 1 bunch</p> <p>Seasonal veggies as:</p> <p>Pumkin (mantovana o okaido) – 1 kg/1 pezzo</p> <p>Savoy cabbage – 1 pezzo</p> <p>Cauliflower – 2 pezzi</p> <p>Broccoli – 2 pezzi</p> <p>Fresh beetroots – 2 pezzi</p> <p>Jerusalem artichock – 500 gr</p> <p>Celeriac – 1 pezzo</p> <p>Fennel – 2 pezzi</p> <p>Greens – 1 kg</p> <p>Chicory – 2 pezzi</p> <p>Salads – 500 gr</p>	<p>Legumes – 500 gr (chickpeas or beans)</p> <p>Nuts – 200 gr (almonds o heznuts)</p> <p>Honey – 300 gr</p> <p>Black olives – 1 barattolo</p> <p>Dried Tomatoes – 100 gr</p>

A Men for 2050

<p>4 GROUPS OF 5 PEOPLE</p> 	<p>STARTER FIRST COURSE MAIN DESSERT</p> <p>Budget – 5 Euros per person as food cost</p>	<p>9 to 12 PREP IN GROUPS</p> <p>12 to 12,30 PRESS CONFERENCE</p> <p>12,30 to 13 SET THE LINE</p>	<p>13,00 SERVICE FOR 25 PEOPLE</p>
GROUP A - STARTER	GROUP B – FIRST COURSE	GROUP C - MAIN	GROUP D – DESSERT



Thanks for your attention