



**Culinary Academy**  
The Art, Science, & Business of Food  
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## *2019 Sample Schedule\**

*July 7 – July 12, 2019*

### **Day One Arrival and Welcoming of Scholars**

Registration/Orientation

Introduction to Mediterranean Culture and Cuisine

CIA Alumni Panel: Changing the World of Food

Welcome Ceremony and Receipt of the CIA Toque

### **Day Two Knife Skills, Mise en Place, and Modern Food Culture**

CIA Faculty Lecture: Kitchen Organization and Safety/What is Mise en Place?

Demonstration: Knife Identification, Proper Uses, and Classic Cuts

Kitchen Workshop: Practice Knife Cuts on Ingredients That Will Be Used in the Mediterranean Meal

CIA Faculty Lecture: Food Culture and the Evolution of Mediterranean Cuisine/Slow Food Movement

Field Trip: Visit the Student Gardens on the CIA campus

### **Day Three Mediterranean Cuisine and Sustainable Farming Practices**

CIA Faculty Lecture: Overview of the Mediterranean Food Migration from Spain, Southern France, Italy, Northern Africa, Greece, and Turkey

Food Preparation Techniques Using Mediterranean Ingredients (such as Couscous, Fava Beans, Olive Oil, Pimentón, and Harissa) and Equipment (such as a Tagine, Plancha, and Pasta Maker)

Kitchen Workshop: Experience Working with Ingredients Specific to the Mediterranean and Prepare Lunch/Dinner That You'll Share with Your Classmates

*(continued on reverse)*



Field Trip: Visit One of the Sustainable Farms in the Hudson Valley to Explore Topics of Sustainability, Food Systems, and the Farm-to-Table Movement

Field Trip: Explore the Importance of Bees as Pollinators and Crop Facilitators with a Visit to the On-Campus Apiary

#### **Day Four    Baking and Pastry Arts Basics/Culinary Science**

CIA Faculty Lecture: Bakeshop Setup, Safety, and the Methodology of Creating Classic Desserts

Demonstration: Mixing, Creaming, Pastry Development, and Pâte à Choux as Part of Classic Mediterranean Desserts

Kitchen Workshop: Create a Pâte à Choux Pastry

CIA Laboratory Lecture: Culinary Science and Its Applications in the Areas of Nutrition, Health, and Medicine

#### **Day Five    Creating a Classic Dessert and Food Business Management**

CIA Faculty Lecture: Creating Pastry Cream and Tempering Chocolate

Demonstration: Filling the Delicate Éclair Pastry, Tempering Chocolate, and Glazing

Kitchen Workshop: Fill and Glaze Éclairs, and Box Them to Take Home

CIA Faculty Lecture: What is Food Business Management?

Specialty Workshop: Develop a Menu Centered on the Mediterranean Restaurant Concept; Understand Food Costs, Operations, and Marketing

Field Trip: Visit the Innovation Kitchen to Discuss the Evolution of the Pop-Up Concept

#### **Day Six    College Admissions Overview, Graduation, and Departure**

Campus Tour

Admissions Overview

Meet and Greet: Share a Meal with Current CIA Bachelor's Degree Students in the Culinary Science, Applied Food Studies, Hospitality, and Food Business Management Programs

Graduation Ceremony

Departure

*\*This sample schedule is provided as an example of the overall quality and scope of a typical program experience and is not intended to represent a specific 2019 schedule. The 2019 specific schedule, speakers, site visits, and details may vary.*

