ICIF
Where the World Studies
Italian Cuisine

ICIF
THE FIRST SCHOOL OF ITALIAN CUISINE

Since 1991 we have been promoting Italian Cuisine, Culture and Oenology around the world through our professional training Courses.

35 Years of training activity

1 Training Headquarters in Italy

1 Training School in China

2 Training Schools in Brazil

32 Representative offices

25 Partner schools around the world

15.000 Graduate students

6 International Expos

www.icif.com

ICIF - International Culinary Institute of Italy
Piazza Vittorio Emanuele II, 10 - 14055 - Costigliole d'Asti (AT) - Italy | Tel. +39 0141 962171 - www.icif.com - info@icif.com - icif@icif.com

THE ACTIVITIES

Culinary training, promotion of "Made in Italy", major events and the fight against counterfeiting.

TRAINING

Training for young Italians and foreign cooks to acquire a professional specialization on regional Italian cuisine.

PROMOTION OF MADE IN ITALY

Promotion of Italian cuisine and top quality Italian products abroad, through fairs, international events, training courses and the diffusion of information regarding Made in Italy and its implementation byprofessional chefs and restaurateurs around the world.

MAJOR EVENTS

ICIF is at the vanguard of international events where an authoritative voice in the restaurant business is required, providing expertise for initiatives which promote Italian food and culture.

FIGHT AGAINST COUNTERFEITING

They call it "Italian Sounding", the imitation or forgery of Italian food products abroad. A fake food product has a mixture of Italian names, logos, images and slogans clearly attributable to our country. In addition to its educational objectives, ICIF was founded with the aim to classify, protect and promote the image of Italian cuisine and products of excellence overseas, protecting artisan productions, defending consumers from adulteration and forgery and by spreading knowledge and techniques among professional chefs and restaurateurs around the world.

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PROFESSIONAL COURSES ON ITALIAN CUISINE

MASTER COURSE IN ITALIAN CUISINE AND OENOLOGY - LEVEL I

With a total duration of 3 months divided into 3 or 4 weeks of theoretical and practical lessons at the ICIF Headquarters, with lessons from starters to desserts, including insights into bread and breadsticks, pizzas and focaccias, oils, vinegars and aromatic herbs, tasting lessons on cheeses and extra virgin olive oils, guided tastings on Italian wines and introduction to food-wine pairing, completed by educational field trips; and a second practical phase, of 8 or 9 weeks of curricular internship (optional, not included in the cost of the course) at restaurants selected by the School.

MASTER COURSE IN ITALIAN CUISINE AND OENOLOGY - LEVEL I AND II

With a total duration of 6 months divided into 9 weeks of theoretical and practical lessons at the ICIF Headquarters, on regional traditional cuisine and its modern-creative evolution, the basic techniques, the appropriate decorations, the art of presentation, and other fundamental notions on agricultural-food products, in-depth analysis on bread and breadsticks, including flavored ones for restaurants, pizzas and focaccias, oils, vinegars and aromatic herbs, tasting lessons on cheeses and extra virgin olive oils, guided tastings on Italian wines and introduction to food-wine pairing from appetizers to desserts, completed by educational field trips; and a second practical phase, of 15 weeks of curricular internship (optional, not included in the cost of the course) at restaurants selected by the School.

COURSE ON ITALIAN CULINARY ESSENTIALS

Designed for professionals or for students wishing to achieve a faster training in traditional cuisine and its modern-creative evolution, with foundamental notions on extra virgin olive oil, aromatic herbs and spices, traditional first courses, pastry, leavening techniques (bread, focaccia and pizza) and wine. Divided into 2 weeks of theoretical-practical lessons at the Institute and 11 weeks of curricular internship (optional, non included in the cost of the course) at restaurants selected by the School.

THEMED COURSE "B" IN ITALIAN CUISINE

The Themed Course gives participants the option of choosing specific subjects (selecting topics from course B1 on STARTERS and FIRST COURSES and from course B2 on PASTRY and BAKERY) from regional Italian Cuisine.Addressed both to professionals and amateurs who require rapid training on specific topics (lasting 1 week).

HIGH LEVEL SPECIALIZED COURSES

COURSE ON MODERN CULINARY TECHNIQUES AND INNOVATIVE TECHNOLOGY

The course has a duration of 3 days, and is addressed to professionals of the culinary industry, Italians and foreigners, who want to deepen their knowledge on the specific topics or improve their skills on the new techniques of modern cuisine and the technological innovations applied to it.
With a versatile program as single days can also be purchased to choose based on the themes of preference.

COURSE ON LEAVENED PRODUCTS, BREAD AND GOURMET PIZZA

4 days of theoretical-practical lessons at the Institute, addressed to professionals of the culinary industry,Italians and foreigners, who want to deepen their knowledge on specific topics or improve their skills on the modern techniques applied to the bakery and pastry sectors.

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PROFESSIONAL THEMED COURSES

COURSE ON ITALIAN GELATO

Of 3 or 4-weeks training course of theoretical and practical lessons at the Institute, the program teach the basis for the production of artisanal Italian Gelato,Sorbets and Granitas, starting from the organoleptic composition of the raw materials in order to learn the techniques for the preparation of properly balanced ice creams, sorbet and granites, the student at the end of the course is able to create and study his own recipes for any flavor of gelato, offering flavors appropriate to the tastes and local customs of his own Country. The training program is also complemented by basic notions of pastry and by modern and innovative trends such as the Gourmet Gelato, the lactose-free, the low glycemic gelato and the correct pairing of Gelato with wines and liqueurs. Completed by 8 or 9 weeks of curricular internship (optional, not included in the cost of the course) at ice cream parlors selected by the School.

CHOCOLATERIE COURSE

With a total duration of 4 months divided into 4 weeks of demonstration and practical lessons held by various Master Chocolatiers for the production of chocolates, cremini, etc., as well as the demonstration of the "Bean to Bar" process. Ideal for those who want to open a chocolate shop, the program includes lessons in window display design, the creation of chocolate artistic pieces to showcase, as well as new chocolate decorating techniques and 12 weeks of curricular internship (optional, not included in the cost of the course) at specialized chocolate laboratories selected by the School.

PIZZA COURSE

In collaboration with the Italian School of Pizza Makers (SIP), for the program and the course teachings. With a total duration of 4 weeks of training, divided into 3 weeks focused on pizza, not just dough and classic flours but doughs with different fermentations, use of pre-doughs such as biga and poolish, in the fridge or at room temperature, different types of flours (100% wholemeal, stone-ground flours, flours with ancient grains, soy flour, etc.), gluten-free pizza, Neapolitan pizza, pizza with paddle and a final week of training on related topics applicable for the opening of a pizzeria business such as appetizers, desserts, gelato, technique Modern Culinary Technology and Innovative Technology (sous vide and low temperature cooking) and condiments/toppings for Gourmet Pizza. Completed by 8 or 9 weeks of curricular internship (optional, not included in the cost of the course) at pizzerias selected by the School.

BAKERY COURSE

Lasting 2 weeks of theoretical and practical lessons at the Institute on varieties of regional bread from North to South Italy, varieties of traditional and aromatized breadsticks, varieties of Italian focaccias and other bakery products and special breads for modern style Italian restaurants, with theoretical notions essential to the acquisition of practicality in the handling of doughs and yeasts.

ITALIAN PASTRY COURSE

A training program that offers demonstration and practical lessons held by professional Pastry Chefs, Master Ice Cream Makers and Master Chocolatier, addressed to Italians and foreigners participants, professionals and amateurs, which have the opportunity in just 3 weeks of lessons to learn notions concerning all the topics of Italian pastry and of confectionery Italian art, from the basic dough, to the Italian style creams, to small pastries, with insights on regional traditional sweets and modern creative desserts, cake design and manual chocolate tempering methods, decorations with chocolate and gelato lessons, completed by educational field trips to Companies of the confectionery sector. Divided into 3 weeks of theoretical-practical lessons at the Institute and 10 weeks of curricular internship (optional, non included in the cost of the course) at pastry shops or restaurants selected by the School.

CONTEMPORARY PASTRY COURSE

Lasting 1 week, aimed to already professionals of the pastry and/or culinary sector. The study program includes demonstration lessons with the involvement of the participants by professional pastry chefs on trendy topics and products in vogue on the market of contemporary pastry and small pastry, such as Single portions, Contemporary Entremět, contemporary Mignon and Choux and modern creamy desserts for restaurants.

GLUTEN FREE COOKING COURSE

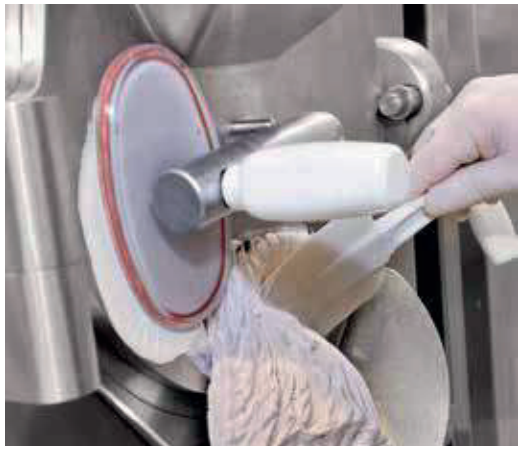
An educational course lasting 1 week, aimed at both professionals ector, to broaden the target of their customers and to approach and satisfy a growing food intolerance but also for celiacs or for relatives and friends, to get closer to people who suffer from it, to learn how to bring back the joy of food while satisfying the palate by cooking gluten-free with professional chefs.

COURSE ON COFFEE SKILLS

A full-immersion course with the possibility of choosing between just 3 days or a 5-day complete course. Aimed at Barmen and Bartenders but also at beginners, to know the correct techniques for the preparation of Italian espresso coffee, cappuccino and the main Italian coffee products, the techniques for perfect frothing of milk but also the different applied techniques of Latte Art. In addition to the new innovative proposal in the world of the Cafeteria of "Coffee Flair": to increase the quality of the service by enhancing the final experience of the customer, who is increasingly attentive and demanding today.

COURSE FOR RESTAURANT SERVICE, OENOLOGY AND COFFEE SKILLS

3 weeks of full-immersion theoretical-practical lessons on 3 sector topics: 1 week about restaurant service, 1 week wine tasting and food and wine pairing course and 1 week coffee course, in addition the opportunity of 7 months of practical training at Italian restaurants selected by the Institute. To learn from the great experts of the sector, the best professional service techniques, to become experts in reception services management, in general management, entertainment and customer service. Not just waiter but "Guest Service Manager" with gastronomic skills too, in order to suggest the correct pairings of food preparations with wines and drinks.



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PRICE LIST

COURSE	DURATION	PRICE
Course on modern culinary techniques and innovative technology	3 days	€ 900
Great Leavened Products, Breads and Gourmet Pizza	4 days	€ 1.300
I Level Master course in Italian cuisine and oenology	3 or 4 weeks lessons + 9 o 8 weeks internship	€ 5.950
II Level Master course in Italian cuisine and oenology	9 weeks lessons + 15 weeks internship	€ 11.500
Basic Course on Italian Cuisine	2 weeks lessons + 11 weeks internship	€ 2.900
Italian bakery course	1 or 2 weeks	€ 1.500 / € 2.900
Course on pizza	3 or 4 weeks lessons + 9 o 8 weeks internship	€ 4.300/€ 5.400
Course on Italian pastry	3 weeks + 11 weeks internship	€ 4.500
Contemporary Pastry Course	1 week	€ 1.800
Chocolaterie course	4 weeks lessons + 12 weeks internship	€ 5.400
Course on Italian gelato	3 o 4 weeks lessons + 9 o 8 weeks internship	€ 4.300/€ 5.400
Course for Restaurant Service, Oenology and Coffee Skills	3 weeks lessons + 7 months internship	€ 4.000
Gluten free cooking course	1 week	€ 1.600
Themed course “B” in Italian cuisine	1 week	€ 1.700
Course on Coffee Skills	from 3 to 5 days	3 days: € 950 / 5 days: € 1.350

FEES FOR THE COURSES

WHAT FEES INCLUDE

- Accommodation at the ICIF's guesthouse in small apartments (2-rooms flats with single, twins or triple rooms and one bathroom)
- Meals (lunch and dinner) and Breakfast in the school canteen from Monday to Friday
- Theoretical-practical lessons as indicated in the program
- Teaching materials (recipe booklets, audio-video systems, etc.)
- Food products for lessons and tastings
- Use of the equipment and utensils during lessons in the different laboratories
- A complete chef uniform with ICIF's logo: jacket, trouser, apron and paper hat
- Assistance before the starting of the course for the request and issuing of the Visa for Study, if necessary
- Diploma from the Institute at the completion of the course

ADDITIONAL SERVICES

- Group bus transfer from Milano Malpensa airport to Costigliole d'Asti
- Purchase and activation of new sim card
- Support and organization of Food and Wine tours
- Support and organization of transfer for food sector events and fairs

For those who do not need housing, you can request a custom quote.

info@icif.com

Important attention for each student.
Maximum capacity of the classrooms: 24 people.

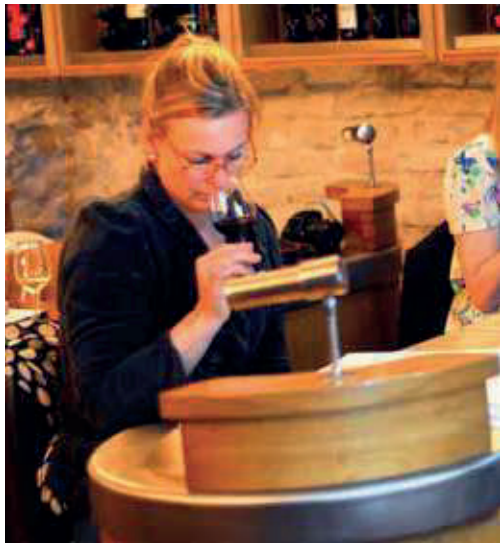
TEAM BUILDING CORPORATE

ICIF organizes by collaborating primarily with tour operators and companies, for groups of 16 participants and up, Italian or foreign, the **Team Building** culinary experience, where participants wear **an apron and Chef's hat and get involved in a Team**, and have fun collaborating on prepa ring their lunch or dinner menu. In 4 subgroups, following the guidelines and under the eye of an expert professional chef, each group works in the practical room of the Institute, preparing the starter, the first course, the main course and the dessert. Toasting at the end of the work, sitting in the refectory of the Institute, enjoying the results of the dishes, the groups can also exchange opinions on the dynamics between the different working groups, as well as request a classifica tion to decide the best group.

Ideal activity for companies, to develop the **problem solving and the teamwork skills healthy competitive spirit**, enjoying **a day different from the daily routine**, but also ideal for groups of friends, tourists, gastronomy enthusiasts and food lovers.

SOME OF OUR CUSTOMERS

Midea · Collins Aerospace · GENERALI · HUGO BOSS



COURSES FOR AMATEURS

WINE CELLAR AND OLIVE OIL CELLAR

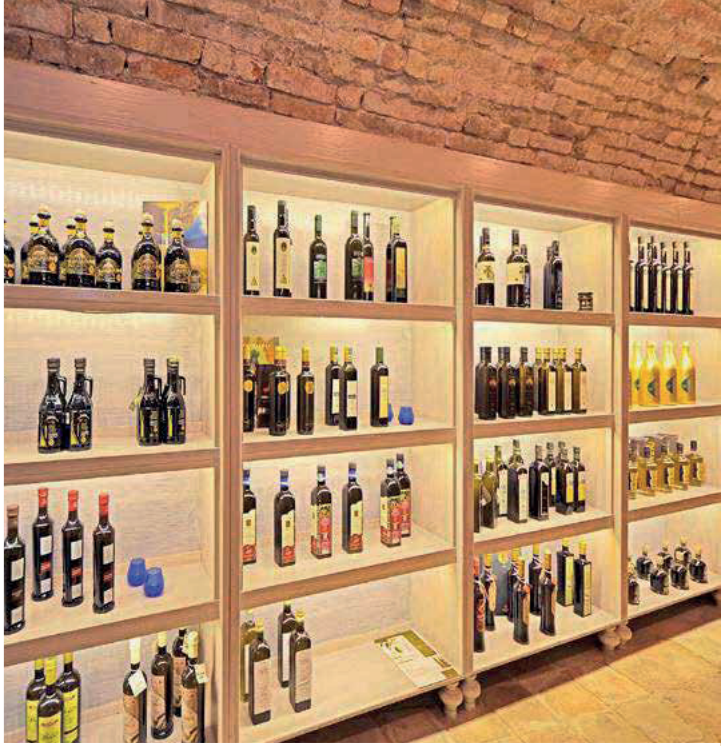
The ICIF National Wine Cellar is among the most advanced in Italy for an in-depth study of Italian wines. The Wine Cellar hosts a modern tasting-room with a futuristic design, equipped with 20 multi-function tasting stations that can be used not only for wines, but also for the sensorial analysis of other products such as extravirgin olive oils, vinegars, cheese, etc. The ICIF National Olive Oil cellar gathers experts and lovers of this mythical product, providing an objective review of quality Italian extra virgin olive oils.

LABORATORY OF CHOCOLATE

An educational space equipped with all the facilities to learn the art of approaching and the treatment of the different cocoa varieties and ingredients to create a delicious chocolate of quality, led by masters chocolatiers discovering their secrets.

CHEESE, HAM AND SALAMI CAVES

A display area created as a reminder of the "crutin" of our ancestors, to accentuate the great variety and quality of Italian cheeses. A reminder of the importance of history and tradition of an ancient
culture which is highly esteemed around the world.



SCHOOL HEADQUARTERS: THE CASTLE

The Castle of Costigliole d'Asti is the prestigious location for the training of Italian and international chefs.

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THE TRAINING RESTAURANT

The cultural aim is to offer the best dishes of the Italian cuisine, particularly Piedmontese, which is achieved through the ICIF backbone tutorial in "La Barbera - Enoteca and Training Restaurant".

la BARBERA
ENOTECA E TRAINING RESTAURANT

The students get "hands on" experience thanks to the working restaurant, designed ad hoc to allow the students to experience operational, economical and administrative real world business skills on site. A place where they can interact with real customers. In a unique location, they oversee the entire food chain: from menu planning, ordering food supplies, food preparation, dining room service, to cost control. All of this, backed by our tutors for the whole span of time during the work experience, certainly gives a precious added value to the students' training. Over the months, they alternate between different classes and menus, always bearing genuineness and in step with the changing of the seasons. The range of offers is not limited to traditional lunches and dinners, but a wider array of offers is taken into consideration: from amateur courses to theme nights, from catering events to logistical support for outside events. This is an original and innovative restaurant industry model that arises on the local scene as a link between the local ingredients and international tourism, without becoming yet another commercial fad, but creating a niche of its own from a cultural and educational point of
view, for the benefit of the community.

www.ristorantelabarbera.com

SCHOOL HEADQUARTERS: THE ORANGERIE

A contemporary structure with modern classrooms fitted with the latest technology.

On 29 March 2014, thanks to a contribution from the **European Union** dispensed by the **Piedmont Region**, a new school building was opened in the park in front of the Castle. The new building called ***Orangerie***, is a contemporary structure made entirely of glass and metal with modern classrooms fitted with the latest technology.

These new laboratories are the beating heart of the school and its educational activity:

- PRACTICAL ROOM FOR MAIN COURSES
- PRACTICAL ROOM FOR FIRST COURSES
- LECTURE HALL
- PASTRY, BAKERY AND PIZZA LABORATORY
- ICE CREAM LABORATORY
- FOOD & BEVERAGE MANAGEMENT ROOM
- LIBRARY ON ITALIAN FOOD AND WINE
- COFFEE TRAINING CLASSROOM
- SELF SERVICE

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CASCINA SALERIO: THE STUDENTS' HOSTAL

Located in Costigliole d'Asti, just a short walk from the school.

The students of the culinary and oenology courses, from around the world are housed at "Cascina Salerio", the ICIF guesthouse, located in the village of Costigliole d'Asti, in the middle of a leafy residential area, in the vicinity of the picturesque medieval fortress.

The guesthouse is housed in old farmhouse in the Piedmont hills where the students can experience the Italian style of life.

It contains 14 independent mini-apartments measuring 55 - 60 square metres each, with two bedrooms, with the capacity of accommodating a maximum of 4 people per apartment, plus a bathroom. The communal areas are located on the ground floor, with a laundry room in the basement.

Room cleaning service, the change of linen and towels and breakfast are all included (except on Saturdays, Sundays and on Italian national holidays).
Internet access through wireless connection available.

INTO THE HEART OF PIEDMONT

A little farther on, behind the hill. Bastion of Monferrato, appearing majestic on the Langhe. The abode, the terroir, the surrounding environment. The scents and the colors of the seasons. Ingredients that made Costigliole d'Asti the ideal location for ICIF, since 1996.

Students from all over the world live the experience of staying in a sliver of a land recognized "*World Heritage Site*" by UNESCO. Where also the grape harvest is unique and certainly not faithfully replicable elsewhere.

The golden Asti Spumante, the robust Barbera, the sweet Moscato, the precious Barolo and Barbaresco, the White Truffle of Alba and the "Tonda Gentile Trilobata" hazelnut: just some of the food and wine excellences you cannot miss.

From three hour drive from Monaco and Venice, two hours from Milan and one hour from Turin and Genoa, ICIF offers an extensive selection of turistic proposals, to 360°.

During your stay here in ICIF, you can talk directly to our staff in order to organize visits to the local wineries, food and wine tours, partecipation at events and trips to the interesting italian places.

We wait for you!

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ICIF LOCATIONS IN THE WORLD

ICIF in China

SHANGHAI

ICIF in China was founded in 2004 in the Nanhui district of Shanghai which is 15 km from the international airport of Pudong and 45 km from the centre of Shanghai, as a result of collaboration between the **Shanghai Lingang Science and Technology School**, which on its Campus hosts an entire building, the **ICIF – Institute of Cuisine, Culture and Oenology of Italian Regions**, intended for teaching Italian Cuisine. This Institute is the first, and so far the only one, authorized by the Chinese government permitted to teach foreign cuisine, realized thanks to the Chinese partners (The Department for the Development of Trade and Industry of Shanghai and the Shanghai Lingang Science and Technology School) and to the Italian Institutions who have contributed: The Ministry of International Commerce (renamed The Ministry of Economic Development), The Region of Piemonte and ICE – The National Institute for Foreign Trade. The ICIF teaching staff is made up of highly qualified Italian professionals. The courses are aimed at young Chinese cooks, sommeliers and maitre who would like to specialize in Italian food and wine. At the end of the course the students receive an ICIF diploma, recognized by the Chinese government which attests their specialization in the Cuisine, Culture and Oenology of the Regions of Italy, thus becoming true ambassadors of Italian Gastronomy and of "Made in Italy" in China.

ICIF in Brazil

FLORES DA CUNHA

In 2004 ICIF opened a new school in Brazil, in Flores da Cunha, where, in collaboration with **UCS – University of Caxias do Sul**, was created the "**Escola de Gastronomia of the Regions of Italy**". The new school is equipped with an auditorium for seminars, a practical laboratory (with fully equipped individual workstations), a professional kitchen with a restaurant open to the public, a wine cellar, a showroom, a library, a store dedicated to Italian products and a training restaurant called "Dolce Italia"; covering an area of 1600 square meters.

The School offers a variety of courses, from those for gourmets and wine lovers, to professional courses for chefs and sommeliers who wish to broaden their knowledge on Italian food and wine.

SAN PAOLO

In Sao Paulo, the city in which Brazil encounters the world, is located the **Centro Paula Souza** which administers 180 Technical Schools and 49 State Faculties of Technology and where has been created the first '**Hospitality School**' with professional courses aimed at the less well-off.

The intent is to train professionals in the hotel and catering industry with the support of ICIF, already present in Brazil for over 11 years. The numerous teaching laboratories, specific for the various sectors of pastry, bakery and chocolate, hospitality, for wine and oil tasting, and for culinary, the latter divided into specific laboratories for cooking demonstration or practical lessons on starters, first and main courses, each with 24 individual work stations, and the teachers trained by ICIF ensure that the flag of culture, food and wine from the regions of Italy continues to fly high in Brazil.

ICIF PARTNERS WORLDWIDE

USA
Cook Street School of Fine Cooking, Denver

FILIPPINE
De La Salle College of Saint Benilde, Manila

GIAPPONE
Belle Epoque College, Sapporo
Musashino School, Tokyo
JIKEI COM Group, Osaka
JIKEI COM Group, Nagoya
JIKEI COM Group, Fukuoka
Ifc Utsunomia School Seishin School
Showa women's University – Junior-Senior High School

TAIWAN
Shih Chien University, Taipei City
Ching Kuo Institute of Management and Health, Keelung City
Taipei City University of Science and Technology, Taipei City
Chien Hsin University of Science and Technology, Taoyuan City
Overseas Chinese University, Taichung City
HungKuo Delin University of Technology, New Taipei City
The Mou with Hsin Wu University, New Taipei City

REGNO UNITO
Ristoranti Carluccio's
LSC Stanton, Londra

VENEZUELA
High Training Educational Institute, Caracas

PERÚ
Per Escuela de Gastronomia Cumbre, Lima

PANAMA
Instituto Superior de Alta Cocina

PARAGUAY
Iga Instituto Gastronomico

BRASILE
FIEC – Fundação Indaiatubana de Educação e Cultura, Indaiatuba – SP

TURCHIA
Chef Akademi

CIPRO
Eastern Mediterranean University of North of Cyprus

ICIF COLLABORATES WITH BIG INTERNATIONALS NAMES IN THE CATERING AND HOTEL INDUSTRY

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ICIF'S EXPERIENCE IN INTERNATIONAL EVENTS

ICIF is an internationally known and recognized reality with a know-how of over 20 years during which it has participated in events in Worldwide.

Among many national and international events in which ICIF has been charged to represent the Top Italian Cuisine, the participation in some Expos stands out: **Aichi 2005 in Japan, Zaragoza 2008 in Spain, Shanghai 2010 in China, Yeosu 2012 in South Korea, and Venlo 2012 in the Netherlands.** In these exhibitions, the Institute of Costigliole d'Asti managed the whole food services of the Italian pavilions.

Since its establishment, ICIF have received immediate support of the institutions like **the Ministry of Agriculture, the Ministry of Economic Development, the Ministry of Foreign Affairs, the Piedmont and the Lombardy Regions, the Chambers of Commerce in Italy and abroad, as well as the ICE**. Thanks to the widespread presence on the national and international stage, the excellent relationships with companies and institutions, and great organizational skills, ICIF organizes and actively participates in events.

Together with the Ministry of Foreign Affairs and the delegated government commissioners, ICIF managed the catering inside the Italian pavilion on the occasion of the following Expos.

EXPO 2005 AICHI JAPAN

EXPO ZARAGOZA 2008

EXPO SHANGHAI CHINA

EXPO 2012 YEOSU KOREA

FLORIADE VENLO 2012 HOLLAND WORLD EXPO

EXPO 2017 ASTANA FUTURE ENERGY

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ICIF

INTERNATIONAL CULINARY
INSTITUTE OF ITALY

ISO 9001
BUREAU VERITAS
Certification

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