



KOPPERT CRESS
Architecture Aromatique

COURSE CONTENT
FOR KOPPERT CRESS
EDUCATIONAL PROGRAMME –
INTRODUCTION



Foreword

Koppert Cress is based in The Netherlands, we are producers of innovative micro sprouts, watercress and specialities, mainly for culinary or mixology destinations.

Our micro-growths come from unique plants, each with its own specific effects on the senses, whether it's for taste, fragrance, touch or simply presentation! This collection is presented under the title 'Aromatic Architecture'.

At the service of international and world gastronomy, Koppert Cress allows the best chefs to be the best!

Overview and objective

- The supply of plant-based, vegan and vegetarian food is certainly no longer a trend, it is a shift in food consumption and it is essential to understand and adapt to this new way of life.
- We have set up training and workshops to help leaders in their creativity.
- At Koppert Cress, we are used to saying that we grow 'living' ingredients. We have studied our crops from all aspects looking also at the culinary needs and above all, how to extract the maximum flavours and aromas from our micro sprouts, so that chefs can use them in the preparation of their dishes and in their everyday cooking.
- The course content sets out the living but also flavour and aroma extraction by dehydration, osmosis, freezing, emulsion, etc. How to make base oils and compounds, and above all, how to take advantage of the products as a whole, by eliminating waste.
- Importance of quality, regularity and structure of the plant and correct storages.
- Tasting and interactive exercises.



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5. Units

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Unit 2 – Foodpairing	17
Unit 3 – Practical application of producing dishes	23
Unit 4 – Classroom exploration of health and nutrition	30
Unit 5 – Advanced skills and techniques in preparing dishes plus Final Assessment	37



I. Introduction

This document tells you what you need to do to deliver the qualifications:

Area	Description
Who are the qualifications for?	They are for Level 3 and above learners, who work or want to work as professional chef in the hospitality and catering industry. This is an extra qualification that is also certificate based and is structured to run alongside any academic course, helping to develop the skills and knowledge within the progression of young chefs.
What do the qualifications cover?	They allow learners to learn, develop and practice skills required for employment and/or career progression in the hospitality and catering sector (HoReCa). These are specifically tailored towards the areas of horticulture, agriculture, microgreens and sprouting which are already, and becoming, more important in the current world of food health and nutrition.
What opportunities for progression?	They allow learners to progress into employment with increased understanding and knowledge of natural living ingredients and their application.

Structure

To achieve the Koppert Cress diploma, learners must show full understanding of products and be able to demonstrate the ability to use them in context. Learners will be awarded a pass or distinction diploma dependent on this.

- Unit 1 Introduction to Koppert Cress
- Unit 2 Foodpairing
- Unit 3 Practical application of producing dishes
- Unit 4 Classroom exploration of health and nutrition
- Unit 5 Advanced skills and techniques in preparing dishes plus final assessment

GLH – (Guided Learning Hours) this format allows flexibility to the lecturer.

Suggested guided learning is 22 hours – this will compromise 16 hours in the kitchen and 6 hours in the classroom.

- Unit 1 3 hours classroom
- Unit 2 5 hours kitchen
- Unit 3 6 hours kitchen
- Unit 4 3 hours classroom
- Unit 5 4 hours kitchen plus 1 hour Final Assessment

Note

If there are any leftover Koppert Cress living ingredients at any point, please use them in your in-house learner run restaurants. This will help further the learner's understanding, knowledge of the living ingredients and also showcase the learner's abilities to their peers and tutors.



2. Centre requirements

(As existing college requirements, see appropriate page on Qualification Handbook.)

Resource requirements

Please see individual units, course set up documents for details.

Learner entry requirements

3. Delivering the qualification

Recommended delivery strategies

Watch the video for the initial introduction, then read through all the learning pack and follow the instructions – the course is fully explained and laid out for the lecturer.

Initial assessment and induction

An initial assessment of each learner should be made before the start of the programme to identify:

- If the learner has any specific training needs.
- What support and guidance they may need when working towards their qualification.
- Any units they have already completed which are relevant to the qualification.

Support materials

Description	How to access
Video link for pre-course guide	http://bit.ly/kc-intro-guide
Koppert Cress learning pack	educare@koppertcress.com
Koppert Cress educational brochure	educare@koppertcress.com
Koppert Cress poster	educare@koppertcress.com
Koppert Cress tasting notes	Provided with Unit 2 and Unit 3
Koppert Cress certificate of achievement	Provided by Koppert Cress at the end of completed Unit 5

All support materials and videos are available via the special Koppert Cress EduCare webpage:

<https://bit.ly/educare-downloads>



4. Assessments

Final Assessment

To produce five hot or cold starter size dishes, spread across sweet and savoury, incorporating the Koppert Cress living ingredients. Students or chefs will need to utilise the ingredients to the best of their ability, showcasing their food pairing abilities as well as technical knowledge and execution, through recipes or Black Box Scenario.

5. Units

See rolling documents.