

The Art of Fermentation:

Apply an Ancient Art in Today's World

ROSIE TEARE

This course provides an in-depth introduction into the fundamentals of fermentation, with a focus on the history, microbiology and worldwide uses. It looks at the benefits of fermentation in terms of nutrition and flavour development and the enhancement of certain ingredients. It also highlights all the foods that we regularly consume which are a product of fermentation. Learners will follow, practice, and develop recipes with confidence, for their own use at home or in a professional capacity.



Learning Themes & Aims

The learning theme is the historical connection and context of fermentation and how this relates to today. History has taught us, and continues to teach us so much, and our approach to food is reliant on this rich tapestry and narrative. Fermentation is a means of conserving and preserving, a tool that we could all do with mastering. We can no longer function in such a wasteful manner, and every part of our lives could be enriched by learning how to make do with what we have. The course aims to provide learners with the tools and confidence to practice fermentation daily.

Who Is This Course For?

This course is for non-food professionals interested in food heritage and tradition, the health benefits of fermented foods and who want to use fermentation in their daily lives. Chefs looking to enhance their knowledge and expertise, restaurant or café owners wanting to diversify their menus, and entrepreneurs or artisan producers looking for new opportunities will also benefit from this course.

Weekly Topics

1. Wild fermentation
2. Fermenting vegetables
3. Fermenting grains
4. Fermenting milk

Key Facts

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| Duration | : | 4 weeks |
| Language | : | Courses in English only |
| Teaching method | : | Web-based tutorials and activities, recorded interviews, one-on-one feedback from teaching staff, optional reading, resources, activities |
| Award | : | Upon successful achievement of this course, participants will receive a Certificate of Completion and Statement of Results |

Instructor: Rosie Teare

Rosie Teare is a qualified Chef and Cheesemaker. Her adventure into gastronomy began in Bristol as Chef de Partie at The Ethicurean Restaurant and Cheesemaker for the formidable Mary Holbrook. Being fully immersed into the world of fermentation, Rosie then established the restaurant's fermentation cooking school and has also held the role of Cheese Affineur in France. With a Diploma of Agriculture, Rosie's interest combines agriculture and gastronomy with a focus on biodiversity, seasonality and our relationship with what we grow and how we eat it.

