

APRIL 2022

# TAVOLE INSIGHTS

BY STUDENTS FOR STUDENTS.  
GET TO KNOW TAVOLE'S ACTIVITIES  
AND ITS "BEHIND THE SCENES"



## *SPRING IS IN THE AIR*

Here we are, the second edition of this experiment. Tavole insights is nothing without the continuous effort of the Unisg community to bring something new on the table. This month we have seen a lot of very diverse events: from the beginning of the month with Forno Brisa folks cooking for us, to the launch of Tavole Contest to find some inspired chefs on campus, from the spring aperitivo who brought us all together to the Ukrainian lunch and fundraising. We've seen some real commitment and enthusiasm both from the staff and students and we want to keep this energy in the future. We invite you all to keep moving, suggesting, organizing, dreaming, creating new ideas. Together with ASSG, we initiated new projects, such as clubs and workshops, where students can freely learn from each other and share their passions. These initiatives are meant to bring people closer again, express ourselves and bond even more. You'll hear more about them in the next weeks, so keep your ears open! Don't miss on the chance to find your very own safe place, or even to build it, these changes prove nothing is impossible if there's passion, group work and persistence. This wave of change started from the idea of making the most of Tavole's activities and space and it's now spreading among all of us, students, to make the time we spend at Unisg look the way we want it to be.

## **Mark on your calendar:**

*10TH OF APRIL  
ANNOUNCEMENT OF THE  
WINNER OF TAVOLE'S  
CONTEST  
6TH OF APRIL:  
GUEST CHEF:  
LUCA GRASSELLI FROM  
CASCINA LAGO OSCURO*

# This past month highlights

## UKRAINIAN LUNCH

What we're witnessing right now in Ukraine is not only one of the darkest pages of contemporary history, but a devastating humanitarian crisis. With each passing day, we see new painful images of death and people lives being turned upside down.

To fight the crippling feeling of powerlessness we all feel and contribute the best we could, we decided to organise a Ukrainian lunch at Tavole.

None of this would have been possible without the hard work and collaboration of the staff and the Student Tavole Team.

We wanted to send a clear message of solidarity and support, to the people in Ukraine but also to the Ukrainian citizens living among us. We know food is not only feed, but it can be the strongest tool to bring people and cultures closer and to state believes.

The same way we welcomed our guest chefs from Afghanistan to express their culture through food and to talk about their country's tough social situation, we now wanted to state we stand by all of those who are suffering from this cruel war.

On the same day, during lunch, we, as students, decided to join forces and organize a fundraiser to donate to the World Central Kitchen, Chef Jose Andrés' charity organization that has already served over 1 million meals to Ukrainian refugees. Thank you all who were able to contribute.



**Pollenzo used to be synonymous with opportunity, responsibility and expression; it used to be a megaphone for the proactivity of its students to the world. Redesigning this concept should be our duty as students and requires a new sense of unity to be built**  
**-Mavi, Triennale Student**

## FORNO BRISA FOLKS

Forno Brisa is a pretty young project, started in 2015 by four Unisg Alumnii opening a bakery in Bologna. They have expanded to three shops and their name and motto "fanculo la dieta" is famous all over Italy.

Until it was revitalized and popularized by Forna Brisa, sourdough was a memory of the past or a foreign specialty of northern countries. They use ancient wheat varieties they produce in their own farm in Abruzzo. But their greatest achievement was making working as a baker cool again in the eyes of the young generations and provide job to them. The average age of their employees is 29 yo. Their shops are focal active points for the city and contribute to its gastronomic diversity. It was therefore an honour and a pleasure to have them back at Unisg, baking their focaccia and pizza for us. A true statement of what being at Unisg can lead to.



## A MEAT LOVER LOVES IT ALL

Part of the experience of Tavole is to understand the value, significance and the effort put in by the staff of the dish. When we eat at Tavole, we very rarely know what's behind that meal. So, here's a nice story. This month's protagonists are meat and noodle. Tavole's commitment to sustainability means, among other good practices, that any time they buy meat, they buy the whole animal. Why? To reduce waste. This gives new life to all those parts of the animal that would otherwise be thrown away. This honors the animal and allows for chefs to be creative and experiment more with recipes.

Every step by the chefs at Tavole are calculated. So you know, now, that everytime they're preparing noodles soup, for example, you can be sure they're using a broth made by the bones of the animal. We couldn't be prouder of our cooks. We hope to share more stories and concepts with food! Look at this pictures to get an idea of the hard work behind every meal. We love them!



## HÉLOÏSE VILASECA

Heloise Vilaseca has thus far, had a unique and enviable career. She started as a chemical engineer specializing in the field of science and cooking. Then she worked for years as a project manager at the Alicia Foundation, the technological innovation research center founded by Ferran Adria. In 2011, she became a lab manager at the Harvard University for the Science & Cooking Course.

She later got involved in a start up working with food tech in Paris. Last but not least, she currently runs La Masia at El Celler de Can Roca, a starred restaurant in Girona, included among the 50's best in the world.

La Masia is their research, creativity and education projects incubator.

Despite these impressive achievements, Eloise was very humble and showed great interest for the students during her Tea Time Talk, she wanted to learn more about their dreams and projects and what they expect the future of high cuisine to be. She believes even the finest dining needs to go hand in hand with research, not necessarily regarding food only. Every restaurant should be open to diversify their activities - as they do at La Masia, but we can also think of El Bulli or Noma - and to include and communicate with talents from other fields.

And who knows better than she does.



## ALESSIO DURANTE FROM DA CLAUDIO RISTORANTE

On the same day of Heloise Vilaseca's Tea Talk, the staff from Claudio starred restaurant in Bergeggi came to cook at Tavole.

In the words of Tavole's staff, "Their organization, passion and talent of their young team were out of reach" and really inspired them.

That reflected on their dishes, that were extremely appreciated by the students. Their Ciuppìn, a typical fish soup from Liguria, was described as one of the best meals of the whole year. The fun story behind the dish is that, due to the Italian migration to the US, the soup became a famous in San Francisco with the name of Cioppino.

Their pressata di polpo that you see in the picture was exactly the fresh dish we needed to crown such a sunny day in Pollenzo. Last but not least, their chocolate croccantino definitely deserved a standing ovation!



## BARNY HAUGHTON: CHARITY AND EDUCATION

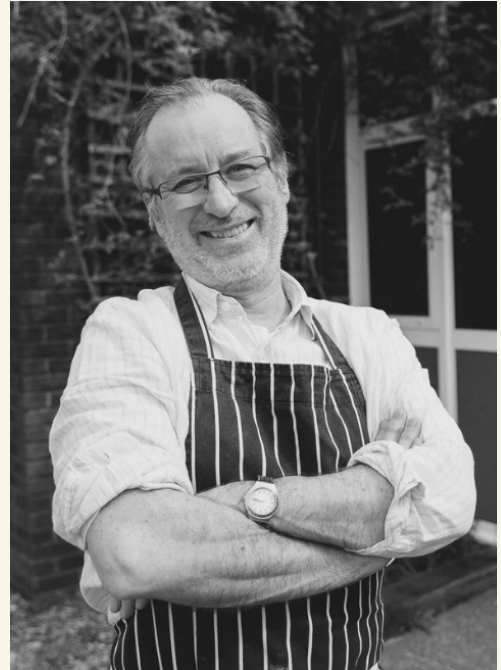
Founder of Square Food Foundation, Barny Haughton is a chef, teacher and food educator from Bristol. We would be remiss to not mention a real food activist too.

Square Food is a non-profit charity that works to reduce hunger and improve people's life through food education. The project dates back to 1998, when Barny started offering cooking classes at his restaurant. They've always operated as non-profit, as their masterclasses and private events subsidise their work with schools and the community. Their students include young people with no employment or education, or older adults at risk of becoming isolated or homeless.

In 2020, they started the Square Meals Service project to help people have access to healthy food during the the lockdown, preparing 26,000 meals for local families.

During the pandemic, volunteers from the project helped to prepare free meals that were given to families who would normally receive free school meals.

In Barny we found a real inspiration and a strong individual with a very clear mind about what needs to be done. There is no need for a lot of words, as his actions speak for themselves.



THANK YOU GUYS FOR READING,  
WE CAN'T WAIT TO SHARE WITH YOU MORE INSIGHTS FROM TAVOLE.  
'CAUSE WE ALL CARE ABOUT FOOD AND THE PEOPLE BEHIND IT

