Immersive Culinary Program

The Immersive Culinary Program offers participants a hands-on experience in exploring diverse culinary traditions through direct engagement with local chefs, food artisans, and communities. This program goes beyond tasting, allowing participants to learn traditional cooking techniques, source fresh local ingredients, and understand the cultural significance of various dishes. Designed for food enthusiasts, professionals, and travelers, it fosters a deeper appreciation of global gastronomy while promoting sustainable and authentic culinary experiences.

SYLLABUS: IMMERSIVE TOURISM PROGRAM

(12 Sessions – 3 Credits)

Course Description

The Immersive Culinary Program is designed to provide participants with a hands-on experience in East Javanese cuisine while engaging deeply with local culinary traditions, communities, and sustainable food practices. This program goes beyond conventional cooking classes by incorporating direct interaction with local chefs, visits to traditional markets, and participation in cultural food rituals. Participants will explore the rich flavors and unique cooking techniques of East Java, learning to prepare iconic dishes such as Rawon (black beef soup), Rujak Cingur (spiced salad with beef snout), Soto Lamongan (spiced chicken soup), Lontong Balap (rice cake with bean sprouts and tofu), and Pecel (Javanese peanut sauce salad). Through hands-on cooking sessions, they will gain insight into the use of indigenous spices, traditional cooking methods, and the philosophy behind Javanese cuisine.

Learning Objectives

By the end of this course, students will be able to:

1. **Master Traditional Cooking Techniques** – Learn and apply authentic East Javanese cooking methods, including spice blending, slow-cooking techniques, and traditional food preparation.
2. **Prepare Signature East Javanese Dishes** – Gain hands-on experience in making iconic dishes such as **Rawon, Rujak Cingur, Soto Lamongan, Lontong Balap, and Pecel**, understanding their ingredients and cultural significance.
3. **Understand the Role of Indigenous Spices and Ingredients** – Explore the use of **local herbs, spices, and fresh produce**, learning how they contribute to the region's distinct Flavors.
4. **Experience Traditional Market and Food Production Practices** – Visit **local markets, farms, and traditional food production sites** to understand the farm-to-table concept in East Javanese cuisine

Course Outline – Immersive Culinary Program: East Javanese Cuisine

Duration: 12 Sessions

a. **Session 1: Overview of East Javanese Cuisine and Introduction to East Javanese Culinary Heritage**
   - Introduction to the program objectives and structure
   - Historical and cultural influences on East Javanese food
   - Key ingredients and traditional cooking techniques
   - Market visit: sourcing fresh produce from traditional markets

- Spice blending workshop

b. Session 2: Cooking Workshop – Pecel, Tahu Tek, Putu Ayu
- Preparation of **Bakso Malang, Pecel, Tahu Tek, Putu Ayu, Es puter**
- Understanding plant-based dishes and their role in Javanese cuisine

c. Session 3: Culinary Traditions and Rituals in East Java
- Understanding food's role in **Javanese ceremonies, festivals, and daily life (tumpeng, Ronde, Angsle)**
- Special dish demonstration for ritualistic events

d. Session 4: Cooking Workshop – Rawon, Soto Lamongan Onde-Onde
- Step-by-step preparation of **Rawon and Soto Lamongan and Onde-Onde**
- Understanding the importance of fermented ingredients and broth-based dishes

e. Session 5: Cooking Workshop – Bakso Malang, es Puter
- Preparation of **Bakso Malang, Pecel, Es puter**
- Understanding plant-based dishes and their role in Javanese cuisine

f. Session 6: Cooking Workshop – Rujak Cingur, Lontong Balap dan Es Dawet
- Hands-on experience preparing **Rujak Cingur, Lontong Balap and es Dawet**
- Discussion on food presentation and serving customs

g. Session 7: Cooking Workshop – Nasi Madura, Nasi Krawu , Bubur Madura
- Hands-on experience preparing **Nasi Madura, Bubur Madura**
- Discussion on food presentation and serving customs

h. Session 8: Final Cooking Challenge
- Participants create a complete **East Javanese meal** using the skills learned
- Group presentation and tasting session

i. Session 9: Experiential Learning in Culinary
- Understanding culinary from the traveler's
- Immersion trip, reflection session

j. Session 10: Experiential Learning in Culinary
- Understanding culinary from the traveler's
- Immersion trip, reflection session

k. Session 11: Experiential Learning in Culinary
- Understanding culinary from the traveler's
- Immersion trip, reflection session

l. Session 12: Experiential Learning in Culinary
- Understanding culinary from the traveler's
- Immersion trip, reflection session

Assessment Methods – Immersive Culinary Program: East Javanese Cuisine

To ensure participants gain a well-rounded understanding of East Javanese cuisine and culinary tourism, the program employs a variety of assessment methods:

1. Practical Cooking Assessments (40%)
- Participants will be evaluated on their ability to prepare traditional East Javanese dishes.
- Assessment criteria include **technique, presentation, taste, and adherence to traditional recipes.**
- Conducted through **individual and group cooking challenges.**

2. Market and Fieldwork Report (20%)

- Participants must submit a short report based on their visit to traditional markets or farms.
- The report should highlight **ingredient sourcing, sustainability practices, and local food culture observations.**

5. Final Cooking Challenge (40%)

- A culminating hands-on challenge where participants must prepare a complete East Javanese meal.
- They will be judged on **authenticity, creativity, and presentation.**
- This serves as the final practical examination.