



HTW Chur

Institut für
Tourismus und Freizeit

Monday
26th March 2018
6.00 pm
Aula, HTW Chur

SMART Cooking – the slightly different DSS-Event

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Talk with Q&A. The most unorthodox, innovative and out-of-the-box thinking guest speakers from the tourism arena always under the DSS Distinguished Speaker Series label.



Mr. Silvio Germann
Head Chef of Restaurant IGNIV
 by **Andreas Caminada**

Studying is not only about acquiring knowledge in a certain topical area. We also gain non-academic competencies and shape behavioural patterns during our time at university. Someone who is performing (be it studying or working) needs to maintain mental as well as physical capacities. A healthy and balanced nutrition plays a key role in doing so.

With this DSS-Event, we want to show you that cooking can at the same time be **S**ociable, **M**ulticultural, **A**ffordable, **R**esponsible and **T**asty – simply **SMART Cooking!** Tasty, healthy and high quality food does not need to be expensive, conscious nutrition can be fun and there is no need for fear when entering a kitchen: Cooking can be easier than you may think.

With Silvio Germann the HTW Chur has invited a young, aspiring chef. He is the head chef of Restaurant Igniv by Andreas Caminada at the Grand Resort Bad Ragaz and holds 1 Michelin star and 16 GaultMillau points. You will not only get insights into the business of a high-class chef, but also be able to see in a live cooking show how to prepare sociable, multicultural, affordable, responsible and tasty dishes. More than that, you will also receive exclusive SMART recipes created by Silvio Germann, so you can start cooking at home.

After the live cooking sequence, there will be time for questions and discussion with the chef.

Come and visit a slightly different DSS-Event with Chef Silvio Germann. Please note that this DSS will be held in German.

A radical event brought to you by HTW Chur, Institute for Tourism and Leisure

E-mail: dss@htwchur.ch
 Registration: htwchur.ch/dss