



China Foods Alliance



Service Provider to CNST

Discover the Secrets of Chinese Flavor

5-Day Intensive Culinary Program for Swiss Chefs & Industry Professionals

November 16–20, 2026 | CieCAS Shanghai

About the Program

Discover the secrets of Chinese cuisine in CieCAS' 5-day intensive program in Shanghai. Experience a transformative culinary journey through China in just 5 days. This intensive program combines expert instruction, hands-on practice, and cultural immersion while having fun.

Master essential techniques, explore regional specialties, and elevate your culinary repertoire. From the fiery spice of Sichuan to the delicate artistry of Cantonese cooking, our expert chefs will guide you through the intricacies of each region. You will put your newfound knowledge to the test through hands-on cooking sessions and a market-to-table experience sourcing local Shanghai ingredients.

Program Outline

Day 1 Monday, November 16 — Welcome & Foundations of Chinese Cuisine	
09:00 – 10:00	Site Visit, Course Overview & Icebreaker Welcome to CieCAS Training Center Introduction to the week's curriculum and learning objectives Icebreaker activities to foster teamwork
10:00 – 11:00	Introduction to 4 of 8 Chinese Culinary Traditions (Part 1) Lu (Shandong) 鲁菜 Min (Fujian) 闽菜 Xiang (Hunan) 湘菜 Hui (Anhui) 徽菜 Lecture, video, and tasting
11:00 – 12:00	Chinese Knife Skills — Demonstration & Practice Shredding, slicing, crossing cuts and more Hands-on exercises for all participants
12:00 – 13:00	Lunch Break
13:00 – 14:00	Chinese Vegetable Carving — Demonstration Demonstration of traditional Chinese vegetable carving techniques
14:00 – 16:00	Cold Dish Preparation Prepare traditional cold dishes using ingredients cut during the morning session Balance of flavors, textures, and plating
16:00 – 17:00	Tasting & Day Recap
Evening	<i>Welcome Dinner</i>



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Day 2 Tuesday, November 17 — Su & Zhejiang Cuisines — Deep Dive	
09:00 – 10:00	Introduction to 4 of 8 Chinese Culinary Traditions (Part 2) Su (Jiangsu) 苏菜 Zhe (Zhejiang) 浙菜 Yue (Guangdong) 粤菜 Chuan (Sichuan) 川菜 Lecture, video, and tasting
10:00 – 11:00	Su Cuisine — Demonstration 清汤狮子头 Lion's Head Meatball Soup
11:00 – 12:00	Hands-on Cooking — Su Cuisine Participants prepare the demonstrated dishes under chef guidance
12:00 – 13:00	Lunch Break
13:00 – 14:00	Zhejiang / Su Cuisine — Demonstration 四喜烤麸 Sixi Braised Bran Dough 龙井虾仁 Sauteed Shrimp with Longjing Tea 东坡肉 Braised Pork Belly
14:00 – 16:00	Hands-on Cooking — Zhejiang / Su Cuisine Participants prepare the demonstrated dishes Emphasis on capturing the delicate flavors of Jiangnan cuisine
16:00 – 17:00	Tasting & Day Recap
Evening	<i>Free evening — participants on their own</i>

Day 3 Wednesday, November 18 — Shanghai Market Field Trip	
09:00 – 10:00	Participants Gather at CieCAS Briefing on the market visit objectives and sourcing plan for Thursday's dinner
10:00 – 12:00	Shanghai Local Market Field Trip Immersive visit to a local Shanghai market Discover authentic Chinese ingredients, seasonal produce, and local specialties Shopping for ingredients to be used in Thursday's workshop dinner Guided by CieCAS chefs
12:00 – 13:00	Lunch Simple lunch — experience local Shanghai street food or market stalls
13:00 – 15:00	Back to CieCAS Organize and store market ingredients Preparation and planning for Thursday's cooking session and dinner
15:00 – 17:00	Preparation for Thursday (TBD with chefs) Menu planning based on sourced ingredients Mise en place preparation
Evening	<i>Free evening — participants on their own</i>



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Day 4 Thursday, November 19 — Practical & Interactive Workshop — Market-to-Table Dinner	
10:00 – 11:00	Planning & Final Preparation for Dinner Note: Program starts at 10:00 am today to allow time for the evening dinner Review menu, assign roles, final mise en place
11:00 – 12:00	Cooking Preparation Begin preparation of dinner dishes using Wednesday's market ingredients
12:00 – 13:00	Lunch Break – experience different dumplings and vegetables
13:00 – 17:00	Practical & Interactive Cooking Workgroups Participants cook in teams — results served as the evening dinner
17:00 – 19:00	Workshop Dinner at CieCAS Participants enjoy the dishes they have cooked Informal dinner setting — celebrating the day's work together

Day 5 Friday, November 20 — Practical Workgroup, Certificate & Farewell	
09:00 – 10:00	Demonstration — Cantonese Cuisine 白斩鸡 White Cut Chicken 菠萝咕咾肉 Sweet & Sour Pork with Pineapple
10:00 – 12:00	Hands-on Cooking — Participants Hands-on exercises applying Cantonese techniques
12:00 – 13:00	Lunch
13:00 – 15:30	Finger Food Making Creative session: participants prepare finger food using techniques from the week Focus on presentation and flavor balance
15:30 – 16:30	CieCAS Certificate Presentation & Farewell Drinks Certificate awarded to all participants Farewell drinks and celebration at CieCAS
Evening	<i>Farewell Dinner</i>



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What You Will Gain

Enhanced Culinary Skills

- Mastered techniques: knife skills, wok mastery, fire control, and spice handling
- Expanded recipe repertoire across multiple Chinese regional cuisines
- Deeper understanding of Chinese flavor profiles and ingredient selection

Career Opportunities

- Specialized skills in Chinese cuisine, attractive to employers in restaurants, hotels, and catering
- A global culinary perspective opening up international work and collaboration opportunities
- Confidence to introduce Chinese-inspired dishes or concepts in your own professional context

Cultural Understanding

- Intercultural communication skills essential in today's globalized F&B industry
- Appreciation of Chinese culinary culture, history, and its regional diversity
- Market-to-table experience: understanding ingredient sourcing and seasonal produce in China

Personal and Professional Growth

- Practical experience and confidence in an international professional kitchen environment
- Problem-solving and adaptability — key skills for any culinary professional
- CieCAS certificate acknowledging your achievement and participation