

Fermentation Course

with Jakob Haller

Workshop at Villa Fluggi



Fermentation is one of the oldest preservation methods in the world. It is an ideal way to preserve various foods and create probiotic nutrients.

JAKOB HALLER

Jakob lives and works with his family at the "Hof des Wandels"; a permaculture farm in Eppan. He combines his many years of experience as a chef in top restaurants with the natural raw materials he grows and produces himself on the farm.

He will show you the process of fermentation in the kitchen of Villa Fluggi, followed by a tasting.

Content

Lactic acid fermentation

Kombucha

Water kefir

Kimchi production

PROCEDURE & INFORMATION

After the course, we invite you to a cosy "Aperitivo in the living room of Villa Fluggi, with snacks by Jakob.

Date and place: **Thu 10 November 2022, Villa Fluggi**

Time: **4-7pm**

Course participation (all. incl.): 190 EUR per person

Limited number of participants

Registration within 06 November 2022 with
annalenessner@hotel-miramonti.com

We look forward to seeing you.

Annalena Messner, Jakob Haller, Carmen Kruselburger & Klaus Alber

VILLA FLUGGI

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