



Date: October 8, 2021  
Time: 9:00 a.m. to 3:00 p.m.  
Host School: Culinary Institute of Charleston at Trident College  
Location: 7000 Rivers Avenue, North Charleston, SC 29406  
(Campus Map will be provided upon registration)  
Instructor: Chef Chris Koetke

### **Doing a Deep Dive into Umami: Unlocking the culinary power of our fifth taste.**

**Objectives:** By the end of this session, participants will be able to

1. Explain the science and history of umami.
2. Explain MSG from a science, health, and utilization standpoint.
3. Recognize the taste of umami.
4. Practice cooking with umami to elevate overall flavor using umami-rich foods and MSG.

### **Agenda:**

9:00-10:30 Umami lecture and basic tastings  
10:30-10:45 Break  
10:45-12:00 Comparative tastings and group flavor building exercise  
12:00-12:30 Lunch break  
12:30-2:30 Cooking with umami  
2:30-3:00 Discussion and wrap up

## Instructor Bio:



Chef Christopher Koetke, CEC, CCE, HAAC  
Corporate Executive Chef at Ajinomoto Health & Nutrition North America, Inc.

Chef Christopher Koetke is currently Corporate Executive Chef at Ajinomoto Health & Nutrition North America, Inc. He formerly served as the executive director of the Kendall College School of Culinary Arts, in Chicago, and vice president of culinary arts for Laureate International Universities, where he was responsible for strategic leadership of culinary arts programs throughout the Laureate network. Koetke is a well-known expert on culinary matters, especially given his global travels experimenting with ingredients and flavors worldwide. In 2010, he was given the inaugural Chefs Collaborative Pathfinder Award for his work in making sustainability mainstream both within foodservice operations and education and serves as the Chair of the Feed the Planet Committee of Worldchefs.

Eat Well, Live Well



Brought to you by:

