

重庆一高校美食选修课火出圈

选课学生2/3是男生

“滋啦——”热油浇在辣椒面上的声响伴着诱人香气弥漫开来。一盆盆麻辣鲜香的水煮肉片即将出锅，满室生香。这里不是大型餐厅后厨，而是重庆科技大学“美食品鉴”选修课的现场。

每周三傍晚，40名大学生在2位特级厨师的指导下，亲手复刻地道美食。下课铃一响，大家还能直接美餐一顿。11月19日，重庆晚报记者走进该校，探访这堂“报名通道一开，3秒即被抢光”的超人气选修课。

特级厨师教学，按口味分组

当天18点，记者来到学校三食堂二楼的“美食品鉴课”实训基地时，课程刚刚开始。40名学生统一佩戴帽子、口罩和围裙，站在操作台前，跟随课程讲师、星级酒店特级厨师肖冰学习经典川菜“水煮肉片”的做法。

随后，学生两两一组领取食材，迅速进入备菜环节。洗菜、切配、准备调料……“锅碗瓢盆交响曲”随即奏响。操作台也经过特别设计：第一层为操作区，第二层摆放各类调料，第三层摆放餐具厨具。

“开小火，两勺豆瓣，用锅铲慢慢推，把红油炒出来。”肖冰老师洪亮的声音在教室里回荡。他与搭档叶鼎坤——另一位从业数十年的特级厨师，穿梭于二十个灶台之间，时而纠正学生手势，时而协助掌勺。

当重庆晚报记者问及学生们如何两两分组时，他们的答案出乎意料地暖心：“爱吃辣的一组，口味淡的一组，不吃香菜的一组……”

男生占了2/3，名额3秒抢光

重庆晚报记者注意到，从小在餐饮家庭长大的智能制造工程专业男生陈兴宇手法娴熟，甚至特意申请换上了专业颠勺。他笑着说：“我六岁就开始做饭了，初中还拿过学校厨艺一等奖。”而在另一头，汽车服务工程专业的王钰则略显生疏，她坦言选课就是为了摆脱“厨房小白”的身份。

据重庆科技大学资产与后勤管理处副处长刘金晟介绍，这门选修课虽只开设了两个学期，却已成为学校的“明星选修课”——每学期40个名额，选课系统一开，“3秒抢光”。他还透露，选课学生中约2/3是男生。

能源化学工程专业的李建自豪地表示，经过半学期学习，已掌握了麻婆豆腐、回锅肉等拿手菜，“这次寒假回家，我一定要给爸妈一个惊喜”。

“课堂上没有紧绷的学习压力，老师耐心，同学之间互相递工具、分享技巧。”陈兴宇一边熟练翻炒一边说，“就像一群朋友一起做饭。每次成功做出一道菜，那种满足感无可比拟。”

期末要考刀工，还有摆盘创意

19点40分，最后一勺热油浇在辣椒面上，激起满屋香气，这堂100分钟的美食课接近尾声。学生们小心地将亲手烹制的成品端到餐桌前。随后，大家纷纷举起手机，从不同角度记录这充满成就感的瞬间。

接下来，也进入到每堂课最令人期待的环节——美餐一顿。只见学生们舀来课堂免费提供的米饭，就着刚出炉的水煮肉片，大快朵颐。

“太好吃了，好多同学都羡慕我们。”“每到这个环节，感觉周围都是羡慕的眼光”“发到朋友圈里，同学们也都实名羡慕”……对于这个环节，同学们一边吃一边笑着说道。

同学们还表示，在这里，锅铲碰一碰，烦恼炒没了，朋友交成了，而对母校的归属感，也伴着浓浓饭菜香，一天天变得醇厚而真切。

课程负责人李宁老师透露，该课程期末考核“做一桌有故事的菜”，学生需围绕如“妈妈的味道”等主题，从刀工火候到摆盘创意接受综合评审。据悉，该校还将于12月中旬举办首届校园美食文化节。



同学们正在下肉片



同学正在品尝自己做的菜肴



把厨房变成更广阔的人生课堂

李宁老师介绍，本学期，这门口碑爆棚的选修课完成了重要升级：教学空间从食堂隔出的20平方米，扩展为60平方米的独立厨艺实训基地，并配备了独立排烟系统与专业灶具。

这不仅是空间的扩容，更是教育理念的具象延伸。课程设计紧扣“德智体美劳”五育并举展开，培养学生动手实践能力，提高学生综合素质，增强文化自信。教学更巧妙融入二十四节气，中秋做月饼，冬至煮羊肉汤，让传统文化在指尖流淌，于味蕾间传承。“我们致力于把厨房变成更广阔的人生课堂。”李老师说。

重庆晚报-厢遇首席记者 王薇
实习生 赵欣怡 王一钧 郑柳燕 摄影报道



火热朝天的美食选修课现场

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11073847财务章5002311073848财务章5002311073849财务章5002311073850财务章5002311073851财务章5002311073852财务章5002311073853财务章5002311073854财务章5002311073855财务章5002311073856财务章5002311073857财务章5002311073858财务章5002311073859财务章5002311073860财务章5002311073861财务章5002311073862财务章5002311073863财务章5002311073864财务章5002311073865财务章5002311073866财务章5002311073867财务章5002311073868财务章5002311073869财务章5002311073870财务章5002311073871财务章5002311073872财务章5002311073873财务章5002311073874财务章5002311073875财务章5002311073876财务章5002311073877财务章5002311073878财务章5002311073879财务章5002311073880财务章5002311073881财务章5002311073882财务章5002311073883财务章5002311073884财务章5002311073885财务章5002311073886财务章5002311073887财务章5002311073888财务章5002311073889财务章5002311073890财务章5002311073891财务章5002311073892财务章5002311073893财务章5002311073894财务章5002311073895财务章5002311073896财务章5002311073897财务章5002311073898财务章5002311073899财务章5002311073900财务章5002311073901财务章5002311073902财务章5002311073903财务章5002311073904财务章5002311073905财务章5002311073906财务章5002311073907财务章5002311073908财务章5002311073909财务章5002311073910财务章5002311073911财务章5002311073912财务章5002311073913财务章5002311073914财务章5002311073915财务章5002311073916财务章5002311073917财务章5002311073918财务章5002311073919财务章5002311073920财务章5002311073921财务章5002311073922财务章5002311073923财务章5002311073924财务章5002311073925财务章5002311073926财务章5002311073927财务章5002311073928财务章5002311073929财务章5002311073930财务章5002311073931财务章5002311073932财务章5002311073933财务章5002311073934财务章5002311073935财务章5002311073936财务章5002311073937财务章5002311073938财务章5002311073939财务章5002311073940财务章5002311073941财务章5002311073942财务章5002311073943财务章5002311073944财务章5002311073945财务章5002311073946财务章5002311073947财务章5002311073948财务章5002311073949财务章5002311073950财务章5002311073951财务章5002311073952财务章5002311073953财务章5002311073954财务章5002311073955财务章5002311073956财务章5002311073957财务章5002311073958财务章5002311073959财务章5002311073960财务章5002311073961财务章5002311073962财务章5002311073963财务章5002311073964财务章5002311073965财务章5002311073966财务章5002311073967财务章5002311073968财务章5002311073969财务章5002311073970财务章5002311073971财务章5002311073972财务章5002311073973财务章5002311073974财务章5002311073975财务章5002311073976财务章5002311073977财务章5002311073978财务章5002311073979财务章5002311073980财务章5002311073981财务章5002311073982财务章5002311073983财务章5002311073984财务章5002311073985财务章5002311073986财务章5002311073987财务章5002311073988财务章5002311073989财务章5002311073990财务章5002311073991财务章5002311073992财务章5002311073993财务章5002311073994财务章5002311073995财务章5002311073996财务章5002311073997财务章5002311073998财务章5002311073999财务章5002311074000财务章5002311074001财务章5002311074002财务章5002311074003财务章5002311074004财务章5002311074005财务章5002311074006财务章5002311074007财务章5002311074008财务章5002311074009财务章5002311074010财务章5002311074011财务章5002311074012财务章5002311074013财务章5002311074014财务章5002311074015财务章5002311074016财务章5002311074017财务章5002311074018财务章5002311074019财务章5002311074020财务章5002311074021财务章5002311074022财务章5002311074023财务章5002311074024财务章5002311074025财务章5002311074026财务章5002311074027财务章5002311074028财务章5002311074029财务章5002311074030财务章5002311074031财务章5002311074032财务章5002311074033财务章5002311074034财务章5002311074035财务章5002311074036财务章5002311074037财务章5002311074038财务章5002311074039财务章5002311074040财务章5002311074041财务章5002311074042财务章5002311074043财务章5002311074044财务章5002311074045财务章5002311074046财务章5002311074047财务章5002311074048财务章5002311074049财务章5002311074050财务章5002311074051财务章5002311074052财务章5002311074053财务章5002311074054财务章5002311074055财务章5002311074056财务章5002311074057财务章5002311074058财务章5002311074059财务章5002311074060财务章5002311074061财务章5002311074062财务章5002311074063财务章5002311074064财务章5002311074065财务章5002311074066财务章5002311074067财务章5002311074068财务章5002311074069财务章5002311074070财务章5002311074071财务章5002311074072财务章5002311074073财务章5002311074074财务章5002311074075财务章5002311074076财务章5002311074077财务章5002311074078财务章5002311074079财务章5002311074080财务章5002311074081财务章5002311074082财务章5002311074083财务章5002311074084财务章5002311074085财务章5002311074086财务章5002311074087财务章5002311074088财务章5002311074089财务章5002311074090财务章5002311074091财务章5002311074092财务章5002311074093财务章5002311074094财务章5002311074095财务章5002311074096财务章5002311074097财务章5002311074098财务章5002311074099财务章5002311074100财务章5002311074101财务章5002311074102财务章5002311074103财务章5002311074104财务章5002311074105财务章5002311074106财务章5002311074107财务章5002311074108财务章5002311074109财务章5002311074110财务章5002311074111财务章5002311074112财务章5002311074113财务章5002311074114财务章5002311074115财务章5002311074116财务章5002311074117财务章5002311074118财务章5002311074119财务章5002311074120财务章5002311074121财务章5002311074122财务章5002311074123财务章5002311074124财务章5002311074125财务章5002311074126财务章5002311074127财务章5002311074128财务章5002311074129财务章5002311074130财务章5002311074131财务章5002311074132财务章5002311074133财务章5002311074134财务章5002311074135财务章5002311074136财务章5002311074137财务章5002311074138财务章5002311074139财务章5002311074140财务章5002311074141财务章5002311074142财务章5002311074143财务章5002311074144财务章5002311074145财务章5002311074146财务章5002311074147财务章5002311074148财务章5002311074149财务章5002311074150财务章5002311074151财务章5002311074152财务章5002311074153财务章5002311074154财务章5002311074155财务章5002311074156财务章5002311074157财务章5002311074158财务章5002311074159财务章5002311074160财务章5002311074161财务章5002311074162财务章5002311074163财务章5002311074164财务章5002311074165财务章5002311074166财务章5002311074167财务章5002311074168财务章5002311074169财务章5002311074170财务章5002311074171财务章5002311074172财务章5002311074173财务章5002311074174财务章500231107417