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NEWSLETTER

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ON THE P@THS OF CULINARY TRADITIONS



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<https://pct-project.eu/>

CULINARY WORKSHOPS IN TURKEY - DISCOVERING FLAVORS TOGETHER

Project Activity Title: "Let's Discover Our Tastes"

Location: Antalya, Turkey

Date: June 22-28, 2024

As part of our ongoing Erasmus+ project, we recently conducted a week-long culinary workshop in Antalya, Turkey, gathering participants from partner countries Turkey, France, and Poland. This unique event offered both local and international participants the opportunity to immerse themselves in culinary traditions, with a focus on Main Dishes and Desserts from each participating country's cuisine.

WORKSHOP OVERVIEW

Day 1: We started with welcoming activities, icebreakers, and introductory sessions, which set the stage for the days ahead. Participants had the chance to learn about each partner's culinary culture, gaining insight into the regional flavors that would be explored throughout the week.

Days 2-3: Focused on Main Dishes, each partner presented five traditional recipes, sharing their preparation techniques and cultural significance. These hands-on sessions allowed participants to create and taste dishes that embody the essence of each cuisine.

Days 4-5: Dedicated to Desserts, these days featured a variety of sweet creations. Each partner introduced five desserts, sharing not only recipes but also the stories behind each delicacy, providing a delicious close to the workshop activities.

In addition to these culinary experiences, participants were inspired by success stories from individuals in Turkey who transformed their passion for cooking into successful businesses. This presentation, along with potential interviews, offered valuable entrepreneurial insights, showcasing how culinary skills can create economic opportunities.



TARGET AUDIENCE AND OBJECTIVES

The workshop was designed for adults, young adults, and educators interested in both culinary traditions and adult education. The activity allowed participants to learn and teach simultaneously, fostering skills in:

- Culinary arts
- Entrepreneurship
- IT, through creating recipes, videos, and digital content

Participants' Role: Each participant will return to their respective regions as culinary ambassadors, sharing the skills they acquired and inspiring others to engage with traditional foods. They will also lead local training sessions and community events to disseminate the project's benefits more widely.

Results

The concrete outcomes of this culinary journey include:

- 15 Main Dish recipes and videos (5 from each country)
- 15 Dessert recipes and videos (5 from each country)
- A digital cookbook and project website featuring workshop content

Through these workshops, participants:

- Gained language and IT skills
- Strengthened social and entrepreneurial skills
- Expanded their knowledge of culinary practices across Europe.
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Green Practices

Emphasizing Zero Waste principles, the workshop encouraged sustainable cooking practices. This commitment was highlighted in each activity, aiming to raise awareness about waste reduction in everyday cooking.

Thank you to all participants and organizers who made this enriching culinary exchange possible! We look forward to future events that will further explore Europe's rich cultural and culinary heritage.

