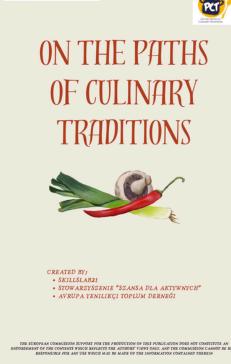
# **NEWSLETTER**



PCT PROJECT NEWSLETTER

**ISSUE N.4** 

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# CULINARY E-BOOK RELEASE "ON THE P@THS OF CULINARY TRADITIONS"

Project Title: On the p@ths of culinary traditions

Project Acronym: PCT

Project Code: KA210-ADU – Small-Scale Partnerships in Adult Education

Duration: June 1, 2023 – August 31, 2024

Discover Our E-Book of Culinary Heritage

We are thrilled to announce the release of an e-book created as part of the On the p@ths of culinary traditions Erasmus+ project! This e-book showcases recipes from French, Polish, and Turkish culinary traditions, all of which were tried and perfected by participants during our project workshops in Poland and Turkey.

#### **Project Background and Goals**

The "On the p@ths of culinary traditions" project was designed to:

Cultivate national and cultural identity, especially around rural heritage,

Promote traditional recipes,

Engage various communities, public institutions, SMEs, and NGOs in preserving regional culinary customs.

This 15-month project has brought together partners to explore and document these rich culinary heritages, with a focus on raising ICT proficiency, promoting sustainable practices, and encouraging intercultural exchange.

#### Content of the E-Book

The e-book is a collection of carefully selected and tested recipes, including main dishes, desserts, and beverages from the partner countries. Readers will find classics such as Polish pierogi, Turkish baklava, and French pot-au-feu. Each recipe is accompanied by historical notes, preparation tips, and stunning photos from our workshops. The e-book also emphasizes sustainable "Zero Waste" practices, an important element in our project activities.

#### DLISH TRADITIONAL CUSINE

#### POLISCH MAIN COURSES

1. Pierogi

History: Perrogs, a beloved staple of Polish cuisine, has a rich history dating back to the 13th century. Originating in Peland, pierogi were initially considered a dash for sobsity due to their calebocate fillings and intricate preparation. However, as time passed, they became popular among all social claims for their versahily, affortability, and abulty to feed large families. Perrogi were often prepared in large quantities, making them ideal for special occasions, bubdistys, and ferrorials.



https://www.sepal.fr/recettes/plats/le-pot-au-feu-traditionnel-7650

Cassoulet

Cassoulet is a traditional dish of French cuisine, originating from the Languedoc region, in the southwest of France. Its history dates back to the Middle Ages, and it is often associated with the regions of Toulouse, Carcassome and Castellanaday: The exact origin of cassoulet is subject to debute, with each city claiming its own version as the most authentic.

The most famous history of cassoulet dates back to the Hundred Years War (1337-1453), a period of conflict between France and England. According to legend, during the siege of conflictationary by the English, the utilishniants of the city gathered 31 the impresents they had (learn, ment and sussages) to create a hearty and nourshing dish that would have given the nocessary strength to repet the attackers. Thus would be born the cassoulet.

The traditional cassoulet consists of white beans, pork (usually shoulder, shank or sausage), duck or goose confit, all cooked slowly in a terracotta dish called «cassole». The dish is then baked until it develops a golden crust on top.

Over the years, many regional variations of cassouler have emerged, each highlighting its own ingredients and cooking techniques. However, the base always remains the same: beans, meat and a long cooking process to create a rich and tasty dish.

Today, cassoulet is considered one of the iconic dishes of French cuisine and is enjoyed not only in its home region but also throughout the country and beyond. It continues to be a celebration of traditional French cuisine and its rustic roots.



Recipe Preparation time: 45 n

 Mix yogurt with minced garlic, and serve the cooked dumplings topped with the yogurt sauce and a sprinkle of paprika.

#### t. Lahmacun



#### Ingredients:

- 500g ground beef or lamb
- 1 onion, finely chopped
- 2 tomatoes, diced
- 1 green bell pepper, diced
- 1 tablespoon tomato paste
  1 teaspoon red pepper flakes
- 1 teaspoon red pepper flakes
  Salt and pepper to taste
- 6 pieces of flattread or pizza dough

#### Instruction

- Preheat the oven to 220°C (430°F).
- In a bowl, mix the ground meat, onion, tomatoes, bell pepper, tomato paste, red pepper flakes, salt, and pepper.
- Spread a thin layer of the meat mixture over each piece of flatbread.
- 4. Place the topped flatbreads on a baking sheet and bake for  $10\text{-}12\,\mathrm{minutes}$  until the edge
- Serve with lemon wedges and fresh parsle

## **ACHIEVEMENTS AND PROJECT IMPACT**

Through hands-on workshops and intercultural activities, participants have:

- Increased their knowledge of traditional culinary practices and local culture,
- Improved their digital skills by documenting and sharing recipes online,
- Gained confidence in public engagement, contributing to community events upon returning home.

Additionally, this project has fostered intercultural connections, dispelling cultural stereotypes while celebrating the diverse culinary heritage of Europe.

#### What's Next?

Each partner organization will use this e-book to hold community events, teaching others about culinary traditions while encouraging sustainable cooking practices. This e-book is just one of the ways we are keeping the spirit of culinary heritage alive and accessible to future generations.

### **Get Your Copy**

The e-book is available for free download on our project website and social media platforms. We invite you to explore the flavors of France, Poland, and Turkey with us!

### **Follow Us**

Stay updated on project activities, events, and more:

- Website: <a href="https://pct-project.eu/blog/">https://pct-project.eu/blog/</a>
- Facebook: On the Paths of Culinary Traditions

Thank you for joining us on this culinary journey across Europe! We hope this e-book will inspire you to explore these flavors in your own kitchen.