

20 August, 2024

# NEWSLETTER

 **Erasmus+**  **Co-funded by the European Union**

**ON THE P@THS OF CULINARY TRADITIONS**



**ERASMUS+ Programme**  
2022-2-PL01-KA210-ADU-000091771  
**Small-Scale partnerships in Adult Education**

**Coordinator**  
 **Stowarzyszenie « Szansa dla Aktywnych »** 

**Partners**  
 **Antalya social development association**   
 **SkillsLab21** 

**PCT PROJECT  
NEWSLETTER**

**ISSUE N.4**

 **Co-funded by the European Union** 

**ON THE PATHS  
OF CULINARY  
TRADITIONS**



**CREATED BY:**  
• SKILLSLAB21  
• STOWARZYSZENIE "SZANSA DLA AKTYWNYCH"  
• AVRUPA YENİLİKÇİ TOPLUM DERNEĞİ

THE EUROPEAN COMMISSION SUPPORT FOR THE PRODUCTION OF THIS PUBLICATION DOES NOT CONSTITUTE AN ENDORSEMENT OF THE CONTENTS WHICH REFLECTS THE AUTHOR'S VIEWS ONLY, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN

Disclaimer: The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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

# 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.

### POLISH TRADITIONAL CUISINE POLISH MAIN COURSES

#### 1. Pierogi

**History:** Pierogi, a beloved staple of Polish cuisine, has a rich history dating back to the 13th century. Originating in Poland, pierogi were initially considered a dish for nobility due to their elaborate fillings and intricate preparation. However, as time passed, they became popular among all social classes for their versatility, affordability, and ability to feed large families. Pierogi were often prepared in large quantities, making them ideal for special occasions, holidays, and festivals.



<https://www.spoonful.com/recipes/what-is-pot-au-feu-traditional-7450>

#### 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, Carcassonne and Castelnaudary. The exact origin of cassoulet is subject to debate, 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 Castelnaudary by the English, the inhabitants of the city gathered all the ingredients they had (beans, meat and sausage) to create a hearty and nourishing dish that would have given the necessary strength to repel the attackers. This 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 cassoulet 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 min

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

#### 4. 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
- Salt and pepper to taste
- 6 pieces of flatbread or pizza dough

#### Instructions:

1. Preheat the oven to 220°C (430°F).
2. In a bowl, mix the ground meat, onion, tomatoes, bell pepper, tomato paste, red pepper flakes, salt, and pepper.
3. 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 10-12 minutes until the edges are crispy.
5. Serve with lemon wedges and fresh parsley.



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

