



Program Description

The 5-day course is designed for tourism and gastronomy teachers seeking to enhance their knowledge and teaching skills in the context of Southern Portugal rich culinary and cultural traditions. Participants will immerse themselves in the world of olive oil, Iberian ham, and traditional gastronomy during this comprehensive training program.

Competences

- Enhance their curriculum with authentic cultural content.
- Develop a deeper understanding of European culinary and cultural diversity.
- Gain practical skills and knowledge that can be directly applied in the classroom.
- Network with fellow educators and build international connections.

Methodology

Through hands-on workshops, guided tours and tastings, participants will gain practical insights and deeper understanding on these essential elements of Southern Portugal cuisine. The course will culminate with delightful specialties for lunch, offering participants a holistic perspective on the region's gastronomy and tourism offerings.

Results

By the end of this course, participants will:

- Gain a deep understanding of Portugal's gastronomy and cultural heritage.
- Acquire practical culinary skills and knowledge of traditional Portuguese dishes.
- Develop a network of fellow educators with a shared interest in cultural exchange.
- Incorporate practical cooking skills into their curriculum.
- Connect their students with the broader gastronomic community, encouraging networking and career opportunities.
- Enhance their teaching approach with fresh insights and inspiration, creating a more engaging and impactful learning experience for their students.

Day by day Planning

Day 1: Introduction to Tourism and Gastronomy in Portugal

- 9.00-10.00 Introduction to Portugal. Common associations with Portugal. What do you think about Portugal?
- 10.00-11.00 Basic information about Portugal: language, population, and economic overview.
- 11.00-12.00 Physical and administrative maps. Geological structures. The influence of Portugal's geography on its culinary practices.
- 12.00-13.00 Some history: Key historical events and their impact on Portuguese culture. The Age of Discoveries and its influence on global gastronomy.
- 13.00-14.00 Cultural diversity and its reflection in cuisine. Setubal Tour with a guide

DAY 2: Introduction to Portuguese Cuisine

- 9.00-12.00 Workshop - Introduction to Portuguese Cuisine at a local.
- 11.00-12.00 Key ingredients and flavors that define Portuguese cuisine.
- 12.00-14.00 Food Tasting: Sampling the prepared dishes.
- 13.00-14.00 Discussion about the popular dishes

DAY 3: Historic Buildings and Sites

- 9.00-11.00 Historic Buildings and Sites: Overview of different architectural styles found in Portugal. Roman and Moorish influences.
- 11.00-12.00 The Legacy of the Age of Discoveries: How Portuguese explorers brought back new ingredients and culinary influences.
- 12.00-12.30 Discussion of the global impact of Portuguese explorers.
- 12.30-14.00 Local Market Tour: Explore a traditional market, focusing on local produce and seafood.

DAY 4: Wines of the locals

- 9.00-10.00 Workshop - Wines of the locals. With a focus on the Portuguese wine production.
- 10.00-12.00 Wine Studies: The wine production process. Key grape varieties and types of wines produced in Portugal.
- 12.00-14.00 Wine Tasting: Guided tasting of wines.

DAY 5: Portuguese Pastries and Desserts

- 9.00- Introduction to Portuguese Pastries and Desserts: Overview of Portugal's dessert
10.00 heritage.
- 10.00- Historical influences: Moorish, conventual, and maritime trade.
11.00
- 11.00- Conventual Sweets Workshop: Introduction to the concept of "doces conventuais"
11.45 (conventual sweets) originating from monasteries and convents. Discussion of their
origin and their significant role in Portuguese pastry making.
- 11.45- Hands-on session making traditional pastries
12.30
- 12:30- Sampling of the prepared pastries. Discussion on flavours, textures, and presentation of
13.30 Portuguese desserts.
- 13.30- Goodbye and Final session
14.00