



Erasmus+



U. PORTO



FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO
UNIVERSIDADE DO PORTO

(Coordinator)



Universidade de Vigo

RADIANT - Tradition in Culinary Innovation

A Blended Intensive Program September – October 2023

Credits ECTS: 3

Contact hours: 28

Coordinator: Duarte Torres (University of Porto, Faculty of Nutrition and Food Sciences)

Are you a **master's** or **doctorate** student in Food and Nutrition Sciences, Gastronomic Sciences, Food Technology and Engineering, Food Product Development, Sustainable Food Systems, or any other related field? Do you want to learn more about tradition and innovation in culinary art?

A consortium of three European Universities (University of Porto, Universidade de Vigo and Ghent University) is offering a Blended Intensive Programme (BIP) on Tradition in culinary innovation!

INTRODUCTION

Why do we eat what we eat, and why do we eat how we eat?

The culinary heritage is forged in existing natural resources, the agricultural practices that have been developed, and what existed in trading partners. It is an inexhaustible source of lessons about what foods to eat on each occasion, how to process and combine them, and the social value of meals. These are the foundations on which the future of gastronomy is being built.

INTRODUÇÃO

Porque comemos o que comemos? e porque comemos como comemos?

O património culinário forjou-se nos recursos naturais existentes, nas práticas agrícolas que foram sendo desenvolvidas, no que existia nos parceiros comerciais. É uma fonte inesgotável de ensinamentos sobre os alimentos a consumir em cada ocasião, sobre a maneira de os transformar e combinar, sobre o valor social das refeições. Estes são os alicerces em que está a ser construído o futuro da gastronomia.

PROGRAMME

Topics to be covered:

- The importance of diet diversity and biodiversity for healthy and sustainable diets.
- Food product innovation from a consumer perspective; co-creation, sensory, agile innovation, entrepreneurship, and food innovation.
- How eating habits are affected by changes in areas such as production, processing and trade, economics, migration, and housing in both the past and the present.
- Food transformations in modern and ancient culinary techniques. How and why ancient culinary techniques are being used in contemporary eating.
- The symbolic cultural identity of food.
- The role of tradition and innovation in constructing food culture and culinary heritage.
- Examining case studies of successful culinary innovation through tradition from around the world. Analyzing the cultural, social, and historical contexts that have shaped these innovations.

On-line weeks 18-29 de September

Lesson 1 (online)	18/09, 15h- 17h (CET).	Food product innovation from a consumer perspective.	Joachim Schouteten (UGhent)
Lesson 2 (online)	20/09, 15h- 17h (CET)	Food products for healthy diets.	Carl Lachat (UGhent)
Lesson 3 (online)	22/09, 15h- 17h (CET)	Diet (bio)diversity.	Carl Lachat (UGhent)
Lesson 4 (online)	25/09, 15h- 17h (CET)	The symbolism of food in painting through history. Food transformations in modern and ancient culinary techniques.	Jesus Simal-Gandara (UVigo) Juan Carlos Mejuto-Fernandez (Uvigo)
Lesson 5 (online)	27/09, 15h- 17h (CET)	Cooking with food from the sea Cooking with food from the land	Miguel Prieto (UVigo) Paz Otero (UVigo)
Lesson 6 (on-line)	29/09, 15h- 17h (CET)	Innovation in food processes and products: - Fermented foods - Functional food	Jianbo Xiao (UVigo) Hui Cao (Uvigo)

In-person week 9-13 October (PORTO – PORTUGAL)

This week, students will work in teams to complete a minor ethnological field study and collect materials concerning a delimited phenomenon of food culture (group assignment). Several field trips (Monday, Tuesday, and Wednesday) will provide opportunities to collect empirical data based on food, tradition, and innovation issues.

Build on that and other previous experiences; students will develop and produce a product or a recipe; this can be, for example, a meaningful reinterpretation of a traditional food or recipe. They will present their research results and the developed food/recipe in speech and writing. Practical cooking and tasting sessions will occur during the final day of the course.

Monday (09/10)

08h30 – Welcome – Faculty of Nutrition and Food Sciences (FCNAUP)

09h30 – Lesson 7 – fieldwork (2h) – Visit Bolhão traditional market.

15h00 – Lesson 8 (2h) - History and Culture of Food in Northern and Southern Europe.

17h00 – Visit college facilities.

Tuesday (10/10)

08h30 – Lesson 8 – fieldwork (2h) – Visit the “Museu Marítimo de Ilhavo” – the dried codfish history in Portugal; Rice fields of Baixo Vouga or Mondego; Canned fish industry; Traditional salt pans; cultivated glasswort. *The planned visits are conditioned by the availability of the locations and may be subject to changes.

20h00 – Social program – Dinner.

Wednesday (11/10)

08h30 – Lesson 9 – fieldwork (2h) - Departure. Vineyards and Port wine production; table olives production; acorns and chestnuts; goat and cheese production. *The planned visits are conditioned by the availability of the locations and may be subject to changes.

20h00 – Social program – Dinner.

Thursday (12/10)

09h00 – Lesson 10 (2h)- Case studies of successful culinary innovation through tradition worldwide.

11h00 – Lesson 11 (2h). Practical exercise to be carried out in teams: Minor ethnological field study concerning a delimited phenomenon of food culture. Develop a recipe/product.

Friday (13/10)

09h00 – Lesson 12 (2h). Cooking and tasting.

13h00 – Lesson 13 (2h). Oral presentation

APPLICATION, SELECTION OF THE STUDENTS AND ERASMUS+ GRANT

Students need to apply first at their home institution in JULY, until the **deadline** indicated by your local international coordinator, who has distributed this program to you. Then each home institution will send to the organization of the BIP a list of selected students (name and email) until the **31st JULY** (to international@fcna.up.pt).

Students can apply for an Erasmus+ grant through their own home institution for travel, food and housing costs. Usually, 70€ per working days + 2 travel days are granted.

So, to get Erasmus+ grant, you will need to apply:

a) for Student Training Mobility via your home University Erasmus+ Office. You will get this information from your local international coordinator, until the deadline by your home institution (as indicated above).

b) via Mobility Online Application to FCNAUP. We will provide the details and instructions of application once we received your name and email from your local international coordinator (to international@fcna.up.pt)

ASSESSMENT

The assessment is based on one group assignment presented in speech (25%) and writing (25%). Individual exams will be provided during the course (30%). Peer assessment will take place at the end of the final day of the course (20%).

FINAL CERTIFICATION

If you actively participate in each of the sessions (on-line sessions and in-person part) and participate in the assessment, you will receive a final Certificate of this program with 3 ECTS credits.

ACADEMIC COORDINATOR CONTACTS (to get information on the topics)

Prof. Duarte Torres: dupamato@fcna.up.pt