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The project included events aimed primarily at the general public, which were very well received, as well as gastronomy experts, including future ones. The aim was to present a modern reinterpretation of the culinary heritage of the Cistercians with the active participation of the general and professional public.

If anyone was unsure what to expect from a European cooperation project on the culinary heritage of Cistercians in Central Europe, the first public exhibition provided a clear answer: participants were treated to an experience for all the senses, with delicious dishes offering a variety of flavours and aromas, as well as lessons from history. It was no coincidence that the popular event "Futrování na Farských" (Feasting at the Rectory), an open street food festival in the town of **Žďár nad Sázavou** (09/2023, Czech Republic), was chosen for this presentation.

Visitors obtained information about the ongoing research of archival sources from the most authoritative sources – Dr. Michael Brauer, head of the Department of Gastronomy at the Paris Lodron University of Salzburg (P.L.U.S.), and a member of his team, Mr Julian Bernauer, who is responsible for sorting the relevant archives and transcribing their contents into modern language.

More than 200 people had the opportunity to taste four dishes prepared according to recipes from Cistercian monasteries that were selected for this exhibition – baked carp with herbs, chicken in a sweet and sour fruit sauce, Swiss chard with egg omelette, and golden mushroom ragout with spices. Local chef Jan Novák ensured that these dishes were beautifully presented throughout the afternoon.

We approached the presentation on stage as an experiential cooking session with a local culinary professional, which also created good conditions for the long-term sustainability of the activity in the area and its development beyond the scope of the project (*note: the event inspired a follow-up event, "Futrování na Farských" in autumn 2025, beyond the scope of the project, in cooperation with representatives of the Cistercian monastery regions of Žďár nad Sázavou (CZ) and Zwettl (AT), the culinary tradition and traditional carp production will be presented*).

The planned number of participants (200) was undoubtedly exceeded, with several thousand people attending the entire open event; 200 tasting samples were distributed, 400 leaflets with the recipes used were printed on site and distributed, and at each of the three shows on stage, an estimated crowd of over a hundred people gathered around the stage.

The second culinary experience event took place in November 2023 in **Velehrad** (Czech Republic), in connection with the local wine-making tradition established by the Cistercian Order. To present the event to experts in the fields of tourism and winemaking, the opportunity was taken to combine the

presentation with the "Cistercian Cup" event, where tastings of Baroque recipes were combined with tastings of local wines. A total of 150 portions of food were prepared according to the findings of research conducted by Paris Lodron Universität Salzburg (P.L.U.S.) – similar to those in Žďár, using mainly common ingredients – especially chicken on a sweet and sour fruit base, in which grapes were also used ( ), which attracted the attention of those present (*this recipe will definitely appear in the cookbook to be published as part of the project*). The event was attended by approximately 200 people, who were also given leaflets with the recipes used; the recipes were then published on Facebook @Cisterciácké krajiny so that the general public could start using them.

The focus in 2023 on the target group of the general public significantly increased awareness of the project, its overall positive perception and public publicity.





The events in 2024 were also more focused on the professional public, again combined with presentations for the general public – thanks in part to the fact that more historical recipes and documentation from Cistercian monasteries, especially from the Baroque period, had already been researched.

And what could be a more suitable place for culinary discoveries of Cistercian recipes from the Baroque period than the real environment? Therefore, another event for experts was held in the former administrative and economic centre of the Ebrach monastery in **Sulzheim** (Germany) – today the building is used for events as an experience restaurant with accommodation. The current owner of the castle, Mr. Armin Pöter, was on hand. An experienced host and chef, he enthusiastically and curiously transformed the proposed recipes into their modern form, while also effortlessly preparing vegan versions. Given the timing of the event before Easter (15 March 2024), most of the selected recipes were in the spirit of "Cistercian Lenten cuisine", but those who expected an ascetic evening were pleasantly surprised. Baroque Lenten dishes were not as rich and refined as those served on major holidays, but fried pastries and hearty fillings ensured long-lasting satiety. For example, roasted cabbage soup – a simple but tasty Lenten soup. Or fish pâté, whose hearty filling gets a pleasantly exotic touch from ginger, nutmeg and cloves. Similarly, fish "button" – fried balls flavoured with raisins, grated gingerbread, "yellow spice" and a range of other ingredients (*the full recipe will appear in a cookbook to be published as part of the project in print and online*). Ten people took part in the event.

The authenticity of the setting was also evident during another event in Austria. The presentation of recipes from Cistercian monasteries **at a two-day event in Rein (Austria)** was organised in cooperation with a team of experts from the Department of Gastrosophy at Paris Lodron Universität Salzburg (P.L.U.S.) and Prof. Dagmar Parmová, an expert in tourism and gastronomy from České Budějovice. Since its foundation in 1129, Rein Monastery has been continuously inhabited by the Cistercian order, making it the oldest functioning monastery of this order in the world. This made it not only a dignified venue for the event, but also one that was perfectly suited to its content. Rein Abbey provided its ceremonial hall for the occasion. This banquet demonstrated that the Cistercian culinary tradition is not only historically valuable, but can also be put to excellent use in contemporary modern gastronomy and at festive evening events, where old traditions are brought to life in an authentic setting.

During the so-called Schöffelmahl (programme on 27 September 2024), historical dishes were reinterpreted and accompanied by dramatic readings. At the same time, a meeting of experts from Austria, the Czech Republic and Germany took place, including representatives of organisations affiliated with the Gesellschafts- und Wirtschaftsmuseum Wien ( ). A total of 100 people attended the event. Professional chefs presented dishes whose recipes originate from Cistercian monasteries, and the composition of each course was compiled exactly according to records obtained from the archives (1653). Based on this research, a menu was created that combined historical authenticity with modern execution. Course 1: roasted sausages with orange peel, sweet cabbage with cinnamon and sultanas, pike in blue sauce, pike-perch soufflé, pickled beetroot, savoury mushroom tart, cherry soup, thick soup with bread baked in lard, wine soup; course 2: chicken with horseradish sauce, boiled venison with apple sauce, whole roast leg of lamb, roast pork belly, pumpkin vegetables, Swiss chard with egg filling, cabbage and turnips (white/red), rye bread with flatbread served on the table; course 3: Arzberger Stollenkäse hard cheese, Deutschmann cheese, blue cheese, candied fruit, nuts, fresh fruit (pears, grapes, apples).

*Im Original: Tracht 1.: Bratwürste mit Orangenzesten, Süßes Kraut mit Zimt und Rosinen, Hecht blau, Soufflierter Zander, Allerei Rüben gebeitz, Kirchsuppe, Kraftsuppe mit Schmalzgebackenem Brot, Weinsuppe. Tracht 2.: Huhn mit Krennsosse, Gekochter Hirsch mit Apfelsosse, Lammkeule im Ganzen (Ohne Wald), Schweinsbraten (Brüsti), Kürbisgemüse, Mangold mit Eierfülle, Kraut und Rüben )weiss/rot), Roggenfladenbrot am Tisch eingestellt. Tracht 3.: Hartkäse vom Arzberger Stollenkäse, Käse vom Deutschmann, Schimmelkäse, Kandierte Früchte, Nüsse, Frisches Obst (Birnen, Trauben, Äpfel).*



Saturday, 28 September 2024, held in the outdoor area of Rein Monastery, which is suitable for larger public events, was dedicated to "Art and Cuisine". In addition to local products and producers, the University of Paris Lodron in Salzburg once again presented itself to the public as a partner of the culinary project. The programme was complemented by local traditional music, local specialities, tastings of traditional apple varieties grown in the region and monastery products. The public was offered tastings of herbal teas and an attractive tasting of simple seasonal fried dishes prepared by chefs from Salzburg directly on the fire: fish cakes (known as "knoflíčky", the recipe can be found in our "Cistercian" cookbook) in several variations and apples fried in batter with herbs. The planned number of participants (200) was undoubtedly exceeded, with approximately 1,500 people attending the open event; Approximately 200 tasting samples were served, and leaflets with the recipes used were distributed on site, graphically designed with the new Cisterscapes logo (European network of Cistercian landscapes, holder of the European Heritage Label since April 2024).



Presentation of a themed menu based on recipes from Cistercian monasteries using monastery products in contemporary gastronomy at an event in **Vyšší Brod** (18 November 2024, Czech Republic) took place at the Hotel Šumava, in cooperation with Mr Jiří Franc, who complemented the refectory-style dining experience by reading selected chapters from the Rule of St Benedict (RB 39, RB 40 and RB 41). The menu included pikeperch and trout with roasted potatoes (fish produced by the Cistercian monastery in Vyšší Brod), dessert cheeses produced by an Austrian monastery and St. Bernard's gingerbread with plum jam and vanilla sauce (*the recipe for this "sweet treat" can also be found in the printed materials published as part of the project and available online; the recipe has been adapted for hotel use*). The event was attended by 20 members of the public and representatives of the partners.

The key mission of the project was to increase the accessibility of European cultural heritage in a user-friendly form for the main target group of the project – the general public; the audience we primarily focused on in 2023 and 2024, with a total of at least 680 people participating in the events during these years. The events were publicised primarily through social media, websites and posters at the event venue, as well as through press releases and personal invitations. Thanks to cooperation with the Prague office of the Creative Europe (CE) programme, the project was once again included in the prestigious presentation of CE projects in the Czech Republic in 2024. The project is featured in the good practice brochure "STORIES-3", and in December 2024, a personal presentation of the project was part of a presentation of programmes funded by the European Union, the Creative Europe programme and its benefits by one of the project experts, Ms Martina Schutová.

In 2025, we focused on the target group of "young people" through a combination of experiential culinary events and educational activities that took place in (Žďár nad Sázavou, Vyšší Brod) preceding the events, giving students greater insight into the Cistercians and the principles of their cuisine based on self-sufficiency and independence, in accordance with the basic rule of the Order: "Ora & labora".





In both locations – Žďár nad Sázavou and Vyšší Brod – thematic courses were held: "Little Masterchef" (Žďár nad Sázavou) and "Criss-cross through the monastery" (Vyšší Brod), which incorporated the theme of the Cistercian culinary heritage. The courses were attended by mixed groups of approximately 15 and 12 people aged 6 to 17 (target group: young people).

Two events were organised in both locations to showcase the skills acquired – one for a smaller group of visitors (Žďár nad Sázavou – Aktiv club, Vyšší Brod – monastery kitchen and visitor centre courtyard), and the other a public presentation in the form of a garden party (Žďár nad Sázavou – Farská humna, Vyšší Brod – monastery garden). Participants in the "Little Masterchef" course presented themselves with tastings of savoury and sweet pastries, often in very imaginative variations with seasonal fruit – for example, pancake skewers with strawberries – and cold dishes (mainly fish or vegetable spreads). at the event for the general public at the parish grounds, visitors could prepare their own potato pancakes "from peeling the potatoes to spreading jam on the baked pancakes" (again, making maximum use of local traditional ingredients and recipes). The local Adolpha Kolping vocational school of gastronomy also took part in this event.

In Vyšší Brod, in cooperation with the cooks of the monastery kitchen, vegetable soup, fried carp with potato salad and gingerbread "à la Benedikt" were served, and course participants were given an excursion to learn about carp farming in the monastery ponds. During the ceremony in the monastery garden, simple seasonal pastries with seasonal fruit, vegetables (rhubarb) and cottage cheese, as well as traditional Linzer torte, were presented and offered for tasting.



The summary of the number of participants (categories "public and youth/students") is again based on either the attendance lists on site, group photos or the number of tasting samples distributed at the events.

Event on 9 June 2025, Žďár nad Sázavou – 42 people (public and youth)

Event on 14 June 2025, Žďár nad Sázavou – 100 people (number of tasting portions prepared), approx. 1,500 people in total at the event

Event on 22 June 2025, Vyšší Brod – approx. 60 people (general public and young people)

Event on 25 June 2025, Vyšší Brod – 34 people (general public) and 18 people (young people, cooks and accompanying persons on the excursion)

*Note Due to the great response, the courses for young people are expected to continue in both locations in the coming years. Several schools in the Czech Republic and other Cistercian monastery regions, especially Zwettl in Lower Austria (primarily in connection with the traditional production of carp and fish farming in this region), have also expressed interest in this model of experiential education in connection with the community. The educational materials developed as part of the project are freely available. In addition to an online database of recipes obtained through research in Cistercian monasteries and memory institutions published on the Paris Lodron Universität Salzburg website, selected recipes will be published in a themed cookbook.*



(Žďár nad Sázavou, CZ)



Vyšší Brod (CZ)

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