



Project number: 101099194

Project acronym: CulHerCis22

Project name: **Culinary Heritage of the Cistercians in Central Europe**

Aim of the project: Our aim is to increase public access to European cultural heritage - the culinary culture developed in Cistercian monasteries and landscapes - and active participation in its creative use.

Challenge: CREA-CULT-2022-COOP

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The project of cooperation between three countries in the field of reinterpretation of Cistercian culinary heritage joined the European Heritage Days 2023 in style - with a culinary exhibition for the public in Žďár nad Sázavou

Anyone who wondered what to expect from the European cooperation project on the culinary heritage of the Cistercians in Central Europe got a clear answer at the very first public event: an experience for all the senses, a variety of tastes and aromas, delicious dishes and lessons from history. It is no coincidence that the event "Futrování na Farských", the culinary festival of the town of Žďár nad Sázavou, popular with the public, was chosen for this presentation.

The visitors received information about the ongoing research of the archival sources from the most competent persons - Assoz. Prof. Dr. Michael Brauer, Head of the Gastrosophy Department at Paris Lodron University Salzburg, and a member of his team, Mr. Julian Bernauer, BEd, who is responsible for the processing of the archived sources and their translation into modern language.

More than 200 people had the opportunity to taste on the spot samples of the four dishes based on recipes from Cistercian monasteries and selected for this demonstration - fried carp with herbs, chicken with sweet and sour fruit sauce, chard with egg omelet and ragout of chanterelles (egg mushrooms) with spices. Local chef Jan Novák provided a great presentation of the preparation of these dishes throughout the afternoon.

Hundreds more people then visited the joint stand of the Cistercian monastic regions involved in the international CISTERSCAPES network, where they had the opportunity to taste products from the monastery of Vyšší Brod (South Bohemia/CZ), the Zwettl region (Lower Austria/AT), Bamberg (Upper Franconia/Bavaria/DE), Velehrad (Zlín Region/CZ) and Žďár nad Sázavou (Vysočina Region/CZ). They also received information about the project and its objectives or the nomination of the CISTERSCAPES network for the European Heritage Label.

The culinary heritage, which has its roots in the Cistercian monasteries and which draws its raw material resources primarily from the surrounding landscape cultivated and farmed by the Cistercians, has developed over many centuries hand in hand with the strict rules of the Order and European history.

The Cistercian Order has always been characterised by a high degree of cooperation and sharing of economic innovations, including the dissemination of fruit varieties. Thanks to the Cistercians, for example, the Goldparmäne apple tree or the pinot grape (known in Bohemia as Rulanda and in German as Burgunder ...) spread throughout Europe. Due to the needs of Lenten diet in many regions where they worked, they created extensive fishpond systems and fish runs. They are still a household name today - and the Žďár carp ended up on our "exhibition" plate. The Cistercians are a truly European order that has spread throughout many countries since the Middle Ages and still shapes the cultural landscape in many places today. The project 'Cistercian culinary heritage in Central Europe' follows this European approach, following in the footsteps of the Cistercians in Central Europe to find culinary,

regional and sustainable impulses for our times, while reviving an old network characterised by innovation and knowledge transfer.

Further culinary events for the public and culinary experts will follow, and a baseline study of the culinary background of Cistercian monasteries will also be completed during the autumn. Video tutorials have already been published in English, German and Czech as a project "guide" for cooperation with heritage institutions. The content of the recipe database is being worked on and will be made available to the public. Last but not least, the next important step in the project is to make young people aware of this heritage so that they can actively participate in it; we will therefore focus on cooperation with secondary vocational tourism schools.

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Beneficiaries: Paris Lodron Universität Salzburg (AT); Landkreis Bamberg (DE)

Related: www.cisterscapes.eu; www.zisterzienserweg.eu; www.masrozket.cz

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